

## Liverpool John Moores University

Title: Physical Education Practice 5  
Status: Definitive  
Code: **5503YAUPE** (127913)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Yunnan Agricultural University

Team	Leader
Matthew Andrew	Y

**Academic Level:** FHEQ5  
**Credit Value:** 20  
**Total Delivered Hours:** 60  
**Total Learning Hours:** 200  
**Private Study:** 140

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Practical	60

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practical	Physical practice of the skills acquired for football that are inline with the requirements of the MoE for in China in physical education.	40	1
Practice	Practical	Physical practice of the skills acquired for swimming that are inline with the requirements of the MoE for in China in physical education.	30	1
Practice	Practical	Physical practice of the skills acquired for orienteering that are inline with the requirements of the MoE for in China in physical education.	30	1

## **Aims**

*The module aims to continue to enhance the students' understanding of the practical aspect of physical education with particular reference to swimming and orienteering, as well as football as the core component. Upon completion of this module, students will continue to further develop knowledge of the how to perform skills and actions. They will not only be able to demonstrate these skills but teach others. This is in line with the physical education curriculum in China and the requirements of the Ministry of Education.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Describe key components of how to perform a range of basic and advanced skills related to various sports including football, swimming, and orienteering in line with the requirements of the MoE in China for physical education.
- 2 Physically perform to a better level a range of basic skills from various sports including football, swimming, and orienteering in line with the requirements of the MoE in China for physical education.

## **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

Practice - Football	1	2
Practice - Swimming	1	2
Practice - Orienteering	1	2

## **Outline Syllabus**

*Teaching and learning methods will predominantly include practical sessions (indoor and outdoor). The taught component of the module explores a range of sports related skills. practicing sport and physical education. Specific examples of the sports to be explored include:*

1. *Football - Advanced skills including tactical elements of the game, phases of play, advanced small sided games. Specific skills and teaching points for various positions and areas of the pitch.*
2. *Swimming – Further development of skills including various strokes including front crawl, breaststroke and back crawl as well as a further knowledge of the life guarding and water safety.*
3. *Orienteering - Basic skills such as those required to deliver physical education (in line with the MoE) including orientating the map to north (with ground or compass), reading features on the map, taking and following a compass bearing, pacing and*

*judging distance.*

## **Learning Activities**

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. During the practical sessions they are expected to engage with and contribute to the learning environment through discussion and practice (in various physical education contexts). Some of the teaching sessions will contain group work and practical activities where students will be required to communicate and work as a team with others to enhance their own learning. Students should complete any required and recommended reading to widen their knowledge and understanding. Students will be required to evidence this during their practical assessments and any teaching they may conduct.

## **Notes**

This module is designed to introduce students to a number of skills and sports in physical education. The module will be evaluated by the completion of appropriate assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support.