



UNIVERSITI TEKNOLOGI MARA

SED606: METHODS OF TEACHING PHYSICAL AND HEALTH EDUCATION

Course Name (English)	METHODS OF TEACHING PHYSICAL AND HEALTH EDUCATION APPROVED
Course Code	SED606
MQF Credit	3
Course Description	The course is designed to introduce students to variety concepts of teaching Physical Education and Health Education in secondary school. The subject matter includes the various theories of approaches, methods, strategies, and techniques in teaching Physical Education and Health. Students are required to do micro teaching and perform practical measurement and evaluation in Physical Education and Health.
Transferable Skills	Knowledge, Practical Skills and problem solving skills in teaching PHE
Teaching Methodologies	Lectures, Microteaching, Demonstrations, Simulation Activity, Problem Based Learning (PBL), Discussion, Project-based Learning
CLO	CLO1 Apply various teaching approaches and strategies in the teaching of Physical and Health Education. CLO2 Organize innovative and creative Physical and Health Education lessons based on varying teaching approaches in the teaching of PHE. CLO3 Produce teaching aids for specific purpose.
Pre-Requisite Courses	No course recommendations
Topics	
1. An overview of teaching Physical and Health Education (PHE). 1.1) • Concepts and Principles 1.2) • Philosophy 1.3) • Aims and purposes 1.4) • Dimensions	
2. Teaching Skills and Approaches 2.1) Learning Theories 2.2) Models of Pedagogy 2.3) Teaching Games for Understanding 2.4) Sport Education	
3. Planning and evaluation 3.1) N/A	
4. Lesson organization and management 4.1) N/A	
5. Communication in PHE 5.1) N/A	
6. Developing and maintaining an effective learning environment. 6.1) N/A	
7. Using ICT to enhance Learning in Physical and Health Education 7.1) N/A	
8. Micro teaching 8.1) N/A	

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Final Test	Final Test (Written) to emphasized MQF 1 - Knowledge	20%	CLO1
	Group Project	Teaching Aid Project to emphasize the MQF 6 – problem solving	20%	CLO3
	Simulation Evaluation	2 sessions of Micro Teaching to emphasize the MQF 2 – Practical skills	60%	CLO2

Reading List	Recommended Text	• Capel, S. & Whitehead, M 2010, <i>Learning to Teach Physical Education in the Secondary School: A Companion to School Experience</i> , 3rd Ed., Routledge
	Reference Book Resources	<ul style="list-style-type: none"> • Bailey, R. 2010, <i>Physical Education for Learning: A Guide for Secondary Schools</i>, Continuum International Publishing Group • Bailey, R. 2003, <i>Teaching Physical Education: A handbook for Primary and Secondary School Teachers</i>, Kogan Page India Private Limited • Breckon, P. 2016, <i>A Practical Guide to Teaching Physical Education in the Secondary School</i>, Routledge • <i>Buku Teks KBSM Pendidikan Jasmani dan Pendidikan Kesihatan, Tingkatan 1 hingga Tingkatan 5</i>, Dewan Bahasa dan Pustaka
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	