



UNIVERSITI TEKNOLOGI MARA

SED450: INTRODUCTION TO PHYSICAL AND HEALTH EDUCATION PEDAGOGY

Course Name (English)	INTRODUCTION TO PHYSICAL AND HEALTH EDUCATION PEDAGOGY APPROVED
Course Code	SED450
MQF Credit	3
Course Description	This course is designed to introduce Physical and Health Education curriculum in school and its importance value to achieve the National Curriculum objectives. This course focuses on the various concepts, approaches, methods and techniques that can be used in teaching Physical and Health Education in enhancing pedagogical knowledge and teaching skills. This course also enables students to develop the knowledge, skills, and attitudes necessary to effectively teach and promote physical activity as an essential component of a healthy lifestyle.
Transferable Skills	Enables the students to know the theories and methods of teaching PHE
Teaching Methodologies	Lectures, Demonstrations, Discussion, Presentation, Peer Practice
CLO	CLO1 Apply knowledge and understanding of the importance of physical and health education curriculum as an integral part of national education and quality of life. CLO2 Display the practical skill in applying techniques used in teaching Physical and Health Education. CLO3 Demonstrate values and attitudes in tasks related Physical and Health Education.
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to pedagogy for PHE: School Curriculum 1.1) Concepts and Principles 1.2) Philosophy 1.3) Aims and purposes 1.4) Dimensions	
2. Models and Theories of Pedagogy 2.1) Teaching Games for Understanding 2.2) Cooperative Learning 2.3) Contextual Learning 2.4) Mastery Learning 2.5) Constructivism Learning 2.6) Multiple Intelligences Theory	
3. Pedagogy of Teaching Physical and Health Education 3.1) Teaching Approaches 3.2) Teaching Strategies 3.3) Teaching Methodologies 3.4) Teaching Styles	
4. Planning a Lesson 4.1) Lesson organization and management 4.2) Lesson Plan 4.3) Assessments in Physical and Health Education	
5. ICT and innovative approach to enhance Learning in Physical and Health Education 5.1) Digital skills for Physical Education Teacher	

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Portfolio/Log Book	Reflection task to emphasize the MQF 4 – Values, attitudes and professionalism	20%	CLO3
	Presentation	Peer Teaching to emphasize the MQF 2 – Practical skills	30%	CLO2
	Test	Written Test to emphasized MQF 1 - Knowledge	50%	CLO1

Reading List	Recommended Text	Bailey, R. 2010, <i>Physical Education for Learning: A Guide for Secondary Schools</i> , Continuum International Publishing Group
	Reference Book Resources	<ul style="list-style-type: none"> • Capel, S & Whitehead, M. 2010, <i>Learning to Teach Physical Education in the Secondary School: A Companion to School Experience</i>, 3rd Ed., Routledge. • Bailey. R 2003, <i>Teaching Physical Education: A handbook for Primary and Secondary School Teachers</i>, Kogan Page India Private Limited • <i>Buku Teks KSSM Pendidikan Jasmani dan Pendidikan Kesihatan Tingkatan 1</i> Dewan Bahasa dan Pustaka • <i>Buku Teks KSSM Pendidikan Jasmani dan Pendidikan Kesihatan, Tingkatan 2</i> Dewan Bahasa dan Pustaka • <i>Buku Teks KSSM Pendidikan Jasmani dan Pendidikan Kesihatan, Tingkatan 3</i> Dewan Bahasa dan Pustaka • <i>Buku Teks KSSM Pendidikan Jasmani dan Pendidikan Kesihatan, Tingkatan 4</i> Dewan Bahasa dan Pustaka • <i>Buku Teks KSSM Pendidikan Jasmani dan Pendidikan Kesihatan, 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	