

Strategies in Physical Education

60 Inservice Points:

Component No. 1 011 001

General Objectives

1. Update teacher competencies in the strategies of physical education and physical fitness concepts.
2. Update teacher competencies in the effective elements of coaching.

Specific Objectives

1. Explaining the principles of developing students' optimal levels of physical fitness.
2. Acquire knowledge of the significance of lifestyles on one's health and fitness
3. Describing techniques in assessing the physical development of each student.
4. Describing the President's National Physical Fitness Goals.
5. Understand the relationship between physical fitness and stress.
6. Understand sound nutritional practices related to physical fitness.
7. Evaluate physical activities in terms of fitness values.
8. Select from a variety of dynamic activities in preparing a developmental approach to physical education instruction for all grade levels.
9. Describe and apply correct biomechanical and physiological principles related to exercise and training.
10. Understand and apply safety practices associated with physical fitness.
11. Describe lessons which help students to apply physical fitness and activities to their personal lifestyle.

Activities

1. Discussions, brainstorming sessions, videotapes, and handouts.
2. Development of lesson plans to upgrade the physical education program.

Evaluation

1. Pre and post test.
2. Observed lessons evaluated by the instructor, administrator or peer coach.
3. Participants will complete a workshop evaluation form.

