Jadara University

جامعة جدارا

ref# FR/P1/P1/1/v1

Course Description

				Physical Education	**The college**
	NQF level			Physical Education	**section**
	Prerequisite	**131471**	**The symbol**	Methods and Techniques of Teaching Physical Education, Section 1	**Course Name**
	Practical	√	**Theoretical**	3	**Credit hours**
s.bataineh@jadara.edu.jo			**Email**	Dr. Sohaib Bataineh	**Course Coordinator**
s.bataineh@jadara.edu.jo			**Emails**	Dr. Sohaib Bataineh	**Course Coordinator**
Integrated	**Form of attendance**	F210	**The place**	8.30- 10	**Lecture time**
2026/3/24	Modification Date	2022/03/07	**Preparation Date**	second	**Semester**
				Remotely ☐ Integrated ☐ My face ☐	**Form of education**

Brief course description
This subject includes clarifying the terms and concepts related to the methods and techniques of physical education, and equipping students with the ability to teach methods, select the best ones, use them, and convey sufficient information to students to achieve the desired objectives, as well as helping the student interpret educational behavior.
Course Objectives
1- Introducing students to teaching methods in terms of their benefits, drawbacks, and best uses. 2- Enabling students to transfer information to achieve the set objectives in a way that suits desires and inclinations. 3- Enabling students to choose the most appropriate method to use with students according to their age stages 4- Enabling students to learn how to manage the classroom. 5- Enabling students to identify positive and negative behaviors practiced by both the teacher and the student. 6- Helping the student analyze and interpret students' educational behavior while they are performing motor activities.

CILOs Learning Outcomes
Knowledge - Theoretical Understanding Upon completing the course requirements, the graduate will be able to:
a1 Definition of terms and concepts related to teaching methods and techniques in physical education. (K1)
Knowledge - Practical Application Upon completing the course requirements, the graduate will be able to:

a2. a2 Applying scientific principles and foundations related to the use of contemporary teaching methods, implementing them, and interpreting behavior (K4)
Skills - General problem-solving and analytical skills **Upon completing the course requirements, the graduate will be able to:**
b1. b1 Explaining the importance of choosing the most appropriate teaching method to use with students according to their age stages S1))
Skills - Communications, Information and Communication Technology, and Accounting **Upon completing the course requirements, the graduate will be able to:**
a3. b2 Optimal use of means and information technology in teaching methods for physical education. (S3)
Competencies: Autonomy, Responsibility, and Context **Upon completing the course requirements, the graduate will be able to:**
c1. c1: Judging the methods and approaches used in teaching physical education curricula (C2).
Methods of learning and teaching
☐ In-person lectures ☐ Brainstorming ☐ Synchronous remote ☐ Research project ☐ Case study ☐ Using video ☐ Discussions ☐ Asynchronous remote ☐ Problem solving ☐ Field visit
Evaluation methods
☐ Formative Assessment ☐ Short Exam ☐ Lab Test ☐ Homework ☐ Project Assessment ☐ Presentation ☐ Midterm Exam ☐ Final Exam

Course content					
Evaluation methods	**Methods of learning and teaching**	**Topics**	**Outputs**	**Hours**	**Week**
Midterm exam. Theoretical tests. Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Teaching (Its Concept, Its Requirements)	**a1+ a2**	4	1 + 2
Midterm exam. Theoretical tests. Direct and indirect questions. Continuous assessment during lectures	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Principles of teaching Conditions and criteria for selecting the appropriate method and means of teaching	**a1+ a2** **c1+b1**	4	3 + 4
Midterm exam. Theoretical tests. Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-related websites.	Physical education lesson (its planning, organization, implementation)	**a1+ a2** **c1b2+**	4	5 + 6
امتحان منتصف الفصل	Physical education lesson (its planning, organization, implementation)	The first test)Midterm)		2	7
Theoretical exams. Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Determinants of the Physical Education Lesson	**a1+ a2** **c1+**	2	8 + 9
Theoretical exams. Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Methods and Techniques of Teaching Physical Education	**+c1a2** **b1+b2**	2	10 + 11
Theoretical tests. Direct and indirect questions. Continuous assessment during lectures. Direct and indirect questions. Continuous assessment during lectures.	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Fields of Preparing Physical Education Teachers	**a1+a2** **b1+b2 b2c1+**	2	12 + 13

	Brainstorming. Lectures. Discussion and dialogue within the lecture scope. Browsing curriculum-specific websites.	Job Responsibilities of a Physical Education Teacher	**a1+a2 b1+b2 b2c1+**	2	14
The final exam				2	15 + 16

Ingredients	
Methods and techniques of teaching physical education	**The book**
Hammouda (2020) Methods and Approaches of Teaching Physical Education, Hamada Foundation for University Studies, Publishing and Distribution, Irbid, Jordan. Zakeya Kamel 2015 Methods of Teaching in Physical Education, Alexandria Mirfat Khafaga 2012 Introduction to Teaching Physical Education, Al-Ishaa Library, Alexandria	**References**
Contemporary Strategies and Models in Teaching Physical Education in Light of Cognitive Construction	**Recommended for reading**
https://cte.univ-setif2.dz/moodle/mod/book/view.php?id=15576&chapterid=3903	**Electronic material**
The digital library, to view studies and research related to the subject.	**Other sites**

Course Assessment Plan							
Outputs					degree	Evaluation methods	
c1	b2	b1	a2	a1			
4	2	4	7	13	30	**The first exam (midterm)**	
-	-	-	-	-	-	**The second exam (midterm)**	
10	-	10	10	10	40	**The final exam**	
-	-	-	-	-		**Chapter Works**	
-	20	-	-	-	20	Jobs	**Quarterly business evaluations**
-	-	-	-	-	-	Cases for study	
5	-	-	-	-	5	Discussion and interaction	
-	-	-	-	-	-	Group activities	
-	-	-	-	-	-	Laboratory exams and assignments	
-	-	-	-	-	-	Presentations	
5	-	-	-	-	5	Short exams	
24	22	14	17	23	100	**Total**	

Plagiarism
Plagiarism or literary theft is when someone takes another person's work and claims it as their own. The university has a strict policy regarding plagiarism, and if plagiarism is indeed discovered, this policy will be applied. Sanctions also apply to

anyone who assists another person in committing plagiarism (for example, by knowingly allowing someone to copy your code).

Plagiarism is different from group work, where several individuals share ideas on how to complete coursework. We strongly encourage you to work in groups, and you certainly will not be penalized for that. This means you can work together on a project or complete an assignment. The important thing is to have a full understanding of all aspects of the supplementary program. To allow for proper assessment, you must strictly adhere to the project or assignment requirements as stated above and detailed. These requirements exist to encourage teamwork, individual understanding, facilitate individual assessment, and prevent plagiarism.