



COURSE SYLLABUS “METHODOLOGY OF PHYSICAL EDUCATION”

Të dhëna bazike të lëndës	
Academic unit:	Faculty of Education, "Ukshin Hoti" University - Prizren
Subject title:	Methodology of physical education
Program	Primary
Level:	Bachelor
Case Status:	Obligation
Year of studies:	2025-2026
Number of hours per week:	3+2
Credit value – ECTS:	6
Time / location:	12.00-14.15
Subject teacher:	Prof. Ass. Dr. Lulzim Ibri
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Description of the subject	In this course, students will receive information on the methods of organizing and developing the teaching process in physical and health education. Knowledge of the flow of the teaching process of the methodology of physical education in the acquisition and correct understanding of the activities that take place during the teaching of this process, the development of critical thinking and acquaintance with the theoretical and practical rules of the best application of organizational forms of work, tasks, tools and requisites, as well as principles and methods, in the methodology of physical education.
Objectives of the course	The primary goal of the course is the acquisition of knowledge and correct understanding of the basic concepts and activities that take place during the teaching of this process in the lower cycle of primary school. The second goal is the development of students' skills and abilities to independently solve, interpret and manage all programs and organizational forms of work in the methodology of physical education. At the same time, the course aims to develop students' ability to plan and implement effective teaching in the lower cycle of primary education using teaching tools, methods, tasks and principles.
Expected student outcomes:	At the end of the course, students will be able to: ▪ know how to plan and implement practical and theoretical subject material in the methodology of physical education, ▪ know the impact of physical activities on the body, ▪ know and practice the basic principles of the methodology of physical education, ▪ apply various games, exercises and sports competitions, ▪ know how to use tools, equipment, and props, ▪ know how to conduct assessment,

	Competency ▪ At the end of the course, students will be able to: ▪ Integrate knowledge and teaching methodology in concrete teaching situations. ▪ develop practical and theoretical teaching plans adapted to the age of students, ▪ evaluate the teaching strategy for explaining the tasks of the methodology of physical education, ▪ demonstrate a critical and creative approach in the selection of teaching tools, methods and principles. ▪ collaborate effectively with colleagues to develop and reflect on best teaching practices in physical education.		
Student workload (should correspond to the student's learning outcomes)			
Activity	Hours	Day/Week	Total
Lectures	3	15	45
Theoretical/laboratory exercises	2	15	30
Practical work	/	/	/
Contacts with the teacher/consultations	1	15	15
Field exercises	3	1	6
Colloquiums, seminars	3	2	6
Homework	3	1	3
Student's independent study time (in the library or at home)	2	15	30
Final exam preparation	3	4	12
Time spent on assessment (tests, quizzes, final exam)	1	3	3
Projects, presentations, etc	1	3	3
Total			150 hour (6 ECTS)
Teaching methodology:	In the implementation of teaching topics, a modern methodology will be applied: Advanced lectures, independent work of students according to modern forms of cooperation. Various topics and activities. Group work. Discussions. Presentations.		
Evaluation methodology:	Student assessment is based on the following activities: - Seminar paper.....10% - Coll. (test II).....15% - Coll. (test II).15% - Final exam.....60% Total100%		



	Final grade 94-100 grade 10 84-94 grade 9 73-83 grade 8 61-72 grade 7 50-60 grade 6-
Literature:	
Bazic literature:	Angela Glenn, Jacquie Cousins dhe Alicia Helps: Loja dhe të Nxënërit në Moshën e Hershme, Tiranë 2006 Daci J & Belliu V: Metodika e edukimit fizik, Tiranë 2000 Hasangjekaj B:1998, Metodika e edukimit fizik. Prishtine, 1998 Krasniqi F: Metodika e edukimit fizik I dhe II, Prishtine 2006 Subashi G & Daci J: Didaktika e edukimit fizik Tirane, 2004 Zajmi B: Metodika e edukimit fizik, Prishtine 1981
Additional literature:	Bompa T.: Theory and methodology of education, Ilionis,USA, 2000 Grup autoresh: Pedagogjia e Sportit, Universiteti i Vjenës – Fakulteti i Shkencave Sportive 2014 Grup autoresh: Metodika e mesimesh, Tirane 1999 Polloshka N: Edukimi fizik e shendetesor, Prishtine, 1984 Polloshka N: Edukata fizike me metodike, Prishtine, 1984 Polloshka N: Shkaqet e deformiteteve trupore, Prishtine, 1985

DESIGNED LESSON PLAN:		
Week	Lectures	Exercise
First week:	PE methodology, subject, importance and purpose.	Walking - running.
Second week:	Basic notions and their application in physical education.	Jumping - skipping.
Third week:	Physical education curriculum for primary school students from grades I-V.	Throws - catches.
Fourth week:	Methodological, organizational forms of work in the classroom and other organizational forms of work in school and outside of school.	Crawling - combinations
Fifth week:	Teaching time and its structure	Lifting - carrying
Sixth week:	Education through physical activities	Dips - swings
Seventh week:	Intermediate assessment I	Types of games
Eighth week:	Principles of teaching in physical education	Commands, alignments – returns
Week nine	The role of the teacher in physical education	Pull-ups - push-ups
Tenth week	Methods and methods in physical education	Flips - Falls
Eleventh week:	The impact of physical activities on the body of students	Elementary relay games.
Week twelve:	Kinesthetic intelligence	Complex of exercises without props.
Thirteenth week:	Spaces, tools, props and equipment in physical education.	Complex of exercises with props.
Week Fourteen:	Organizational and safety measures in the learning process.	Elementary games without and with a ball.
Fifteenth week:	Intermediate assessment II.	Elementary balance games.
Academic policies and rules of conduct:		
▪ In general, lectures will be given through MS Power Point presentations and lectures in appropriate environments for the subject of physical and health education. ▪ The teacher will also provide other forms of development of the learning process, such as visits, walks, excursions), in cooperation with the leading structures of the faculty and university. ▪ During each lecture, an approach of cooperation and conversation with students will be organized. ▪ Students are required to be regular in lectures and exercises and to adhere to all educational rules. ▪ Students' contribution will be evaluated when they cooperate and participate in lectures. ▪ Students' timely arrival at lectures and exercises is mandatory.		



Prof. Ass. Dr. Lulzim Ibri