



COURSE SYLLABUS “PHYSICAL EDUCATION AND HEALTH”

Të dhëna bazike të lëndës	
Academic unit:	Faculty of Education, "Ukshin Hoti" University - Prizren
Subject title:	Physical and Health Education
Program	Primary
Level:	Bachelor
Case Status:	Obligation
Year of studies:	2025-2026
Number of hours per week:	2+1
Credit value – ECTS:	4
Time / location:	14.15-15.45
Subject teacher:	Prof. Ass. Dr. Lulzim Ibri
Contact details:	+383 44 470 003 lulzimibri@gmail.com lulzim.ibri@uni-prizren.com
Description of the subject	In this course, students will receive information on the ways of organizing and developing the learning process in physical and health education. Knowledge of the flow of the learning process in physical and health education in the acquisition and correct understanding of the activities that take place during the learning of this process, the development of critical thinking and familiarization with the theoretical and practical rules for the best application of organizational forms of work, tasks, tools and requisites, as well as principles and methods, in physical and health education.
Objectives of the course	The primary goal of the course is to acquire knowledge and a proper 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 to develop the students' abilities and skills to independently solve, interpret and manage all programs and organizational forms of work in physical and health education. At the same time, the course aims to develop the students' ability to plan and implement effective teaching in physical and health education, 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 physical and health education; ▪ know the impact of physical activities on the body; ▪ know and practice the basic principles of physical and health education. ▪ know the importance of play and health ▪ apply various sports games, exercises and competitions ▪ know how to use tools, equipment and props.

	▪ know how to conduct assessment; Competencies ▪ At the end of the course, students will be able to: ▪ Integrate knowledge of physical and health education and teaching methodology in concrete teaching situations. ▪ develop lesson plans adapted to the age of students and theoretical knowledge in physical and health education; ▪ evaluate the teaching strategy for explaining physical and health education tasks, ▪ demonstrate critical and creative approaches in the selection of teaching tools, methods and principles. ▪ collaborate effectively with colleagues to develop and reflect on best teaching practices in physical and health education.		
Student workload (should correspond to the student's learning outcomes)			
Activity	Hours	Day/Week	Total
Lectures	2	15	30
Theoretical/laboratory exercises	1	15	15
Practical work	/	/	/
Contacts with the teacher/consultations	2	5	10
Field exercises	/	/	/
Colloquiums, seminars	1	5	5
Homework	/	/	/
Student's independent study time (in the library or at home)	/	/	/
Final exam preparation	6	5	30
Time spent on assessment (tests, quizzes, final exam)	2	5	10
Projects, presentations, etc	/	/	/
Total			100 hour (4 ECTS)
Teaching methodology:	In the implementation of teaching topics, contemporary methodology will be applied: Advanced lectures, independent work of students according to contemporary forms of cooperation. Games, Exercises 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:	
Basic literature:	1. Hasangjekaj, B:1998, Metodika e Edukimit fizik, Prishtine, 1998 2. Daci J & Belliu V: Metodika e edukimit fizik, Tiranë 2000 3. Shala, M. (2009). Vlerësimi i aftësive lëvziore bazike të fëmijëve parashkollorë. Mozaiku Prishtinë. 4. Rexhepi ,A. (2009) Mjekesia Sportive, Prishtine 5. Grup Autorës: Edukatë shëndetësore 1, 2. Libër për mësuesin, AEDP - Tiranë 2018 6. <u>Ravikumar N G</u> : Physical and Health Education, 2024
Additional literature:	1. Susan K. Telljohann. Cynthia W. Symons, Beth Patmen & Denise M. Seabert: Health Education, Elementary and Middle School Applications. 2. Bompa T.: Theory and methodology of education, Ilionis,USA, 2000 3. Polloshka N: Edukimi fizik e shendetesor, Prishtine, 1984 4. Polloshka N: Shkaqet e deformiteteve trupore, Prishtine, 1985 5. Grup Autorës: Edukatë fizike, sportet dhe Shëndeti 1. Libër për mësuesin, - Tiranë 2020 6. Mimoza Shkodra: Edukatë fizike, sportet dhe Shëndeti Libër për mësuesin, - Tiranë 2020

DESIGNED LESSON PLAN:		
Week	Lectures	Exercise
First week:	Introducing students to the importance of the subject, its objectives and syllabus.	Positions, commands and turns
Second week:	Basic notions in physical and health education.	Walking, stopping and starting
Third week:	Physical and health education as two unique components.	Running in different directions
Fourth week:	Maintaining health and developing hygiene habits.	Throws and catches
Fifth week:	Motor and morphological	Drags, descents, lifts and carries



	development of children.	
Sixth week:	Tasks of physical and health education	Elementary games
Seventh week:	The role of the teacher in physical and health education.	Jumps, skips, pulls and pushes.
Eighth week:	The impact of physical activities on the prevention of body deformities.	Games with props
Week nine	The impact of physical activities on the immune system.	U: Throws, catches, hangs and swings.
Tenth week	Physical and health education and diabetes in children.	Sports games
Eleventh week:	The impact of physical activities on the prevention of jaundice in children.	Manipulation with props and relay games.
Week twelve:	The impact of physical activities on contemporary diseases, stress, anxiety, depression	Complex of training exercises with props.
Thirteenth week:	The impact of physical activities on the cardiovascular and respiratory systems.	Complex of training exercises without props.
Week Fourteen:	Physical education and first aid in children.	Games without a ball and with a ball
Fifteenth week:	The impact of physical activities on the prevention of the use of narcotic substances	Games without a ball and with a ball
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