

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Physical education in early childhood

**COURSE CODE:**

N124

**E.C.T.S. CREDITS**

5

**RESPONSIBLE FOR THE COURSE:**

NAME	Vassiliki Derri		
POSITION	Associate Professor		
SECTOR	Sports Management, School Physical Education & Recreation		
OFFICE	B1 - 10		
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CO-INSTRUCTORS	Olga Kouli, Lecturer to be appointed		

**SEMESTER:**

1 <sup>st</sup>	<input checked="" type="checkbox"/>	2 <sup>nd</sup>	<input type="checkbox"/>	3 <sup>rd</sup>	<input type="checkbox"/>	4 <sup>th</sup>	<input type="checkbox"/>
5 <sup>th</sup>	<input type="checkbox"/>	6 <sup>th</sup>	<input type="checkbox"/>	7 <sup>th</sup>	<input type="checkbox"/>	8 <sup>th</sup>	<input type="checkbox"/>

**COURSE TYPE:**

Obligatory	<input checked="" type="checkbox"/>
Direction	<input type="checkbox"/>
Specialization	<input type="checkbox"/>
Prerequisite for specialization	<input type="checkbox"/>
Elective ( <i>open</i> )	<input type="checkbox"/>

**HOURS (per week):**

2

**DIRECTION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

**SPECIALIZATION (only for 3<sup>rd</sup> & 4<sup>th</sup> year courses):**

**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

**AIM OF THE COURSE** (*content and acquired skills*):

The aim of this class is to provide students with adequate knowledge on the : a) nature of the multifaceted development of preschool children, b) importance of the purposes and objectives of physical education in preschool age and c) planning and development of appropriate physical education classes for preschool age.

**COURSE CONTENTS** (*outline – titles of lectures*)

1. Introduction to preschool physical education - Requirements of the class.
2. Importance of physical education in preschool age.
3. Presentation of the Program “Early Steps” (Socrates Comenius Program).
4. Development in early childhood (motor, cognitive, social, emotional).
5. Aims - Objectives – Goals of preschool physical education.
6. How preschool children learn.
7. Movement concepts and skills.
8. Role of the teacher in preschool education.
9. Design of developmentally appropriate programs.
10. Organization of developmentally appropriate programs.
11. Developmentally appropriate methods in Physical Education programs for preschoolers.
12. Interdisciplinary teaching.
13. Assessment in early childhood.

**TEACHING METHOD** (*lectures – labs – practice etc.*):

Lectures.

**ASSESSMENT METHOD(S):**

- A) Classroom participation 20%  
4 quizzes 50%  
Final exams 30%
- B) Only final exams 100%

**LEARNING OUTCOMES:**

- Upon the completion of this course the student will be able to:
1. Know of preschool children, multifaceted development nature.
  2. Understand the importance of the purposes and objectives of physical education in preschool age.
  3. Know the difference between physical education programs in early childhood and other education levels.
  4. Plan and organize developmentally appropriate physical education classes for preschool age.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
Knowledge of preschool children, multifaceted development nature.	Lectures, guidance for research on the website, home study.	Intermediate checks with written tests of	25

		cognitive assessment.	
Understanding of the importance of physical education in preschool age purposes and objectives.	Lectures, thematic discussions, experiential exercises, home study.	Intermediaries with appropriate controls, individual & group projects.	50
Knowledge of the difference between physical education programs in early childhood and other education levels.	Lectures, team projects, home study.	Intermediaries with appropriate controls, individual & group projects, quiz evaluation,	25
Ability to plan and organize developmentally appropriate physical education classes for preschool age.	Lectures, practical exercises, drawing projects, 1 individual and 1 teamwork, home study.	Presentations of individual & group projects, final exams.	50
		<b>TOTAL</b>	<b>150</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Zachopoulou, E. (2007). The physical education at the beginning of the 21<sup>st</sup> century: aims - objectives – goals - Early childhood education. Thessaloniki: Christodoulidis.
2. Vidali, A. (2009). Education and early childhood: a psychosocial approach. Thessaloniki: Kyriakidis.
3. Grosdos, S., Kantartzi, E., Kanatsoulis, N.A., Nakos, H., Ntoliopoulou, E., Kakana, D.M. & Chrisafidis, K. (2008). The pre-school education in the 21<sup>st</sup> century. Thessaloniki: Epikentro SA.