

**PGDE PROGRAMME SPECIALISING IN TEACHING OF
PHYSICAL EDUCATION AT SECONDARY LEVEL**

CURRICULUM STRUCTURE

The curriculum structure of the PGDE (Teaching of Physical Education at Secondary Level) programme is shown in Table 8 below:

Table 8 : Curriculum Structure of the PGDE (Teaching of Physical Education at Secondary Level) Programme

Year 1

Category/ Subject	Module Code	Title	No. of AUs
EDUCATION STUDIES			
	PED513	Instructional Technology	2
	PED514	Social Context of Teaching & Learning	2
	PED515	The Psychology of Pupil Development and the Learning Process	2
	PED516	Teaching & Classroom Management	2
CURRICULUM STUDIES			
Physical Education	PPC510	Curriculum Gymnastics I	1
	PPC512	Track & Field	1
	PPC514	Outdoor Education	1
	PPC515	Instructional Strategies & Methods in Physical Education	2
	PPC516	Principles of Secondary Games	1
	PPC518	Residential Camp Experience	0
	PPC519	Swimming	1
CURRICULUM STUDIES (Select 3)			
Physical Education	PPC551	Netball	1
	PPC552	Soccer	1
	PPC553	Rugby	1
	PPC554	Hockey	1

cont'd

Category/ Subject	Module Code	Title	No. of AUs
ACADEMIC SUBJECTS			
Physical Education	PPA510	Human Functional Anatomy	2
	PPA511	Introduction to Physical Education & Sport	2
	PPA512	Health Education	2
	PPA514	Physiology of Exercise, Health & Nutrition	2
	PPA515	Skill Acquisition	2
LANGUAGE ENRICHMENT & ACADEMIC DISCOURSE SKILLS			
Use of English in Teaching	PCU511☒	Use of English in Teaching	0

- ☒ This module is offered on a Pass/Fail basis. A Pass is required in order to fulfil the programme requirements.

Year 2

Category/ Subject	Module Code	Title	No. of AUs
CURRICULUM STUDIES			
Physical Education	PPC610	Volleyball	1
	PPC611	Dance	1
	PPC612	Fitness and Conditioning	1
	PPC613	Badminton	1
	PPC615	Effective Teaching of Physical Education	2
	PPC616	Curriculum Gymnastics II	1
	PPC620	Basketball	1
CURRICULUM STUDIES (Select 2)			
Physical Education	PPC650	Sepak Takraw	1
	PPC651	Boardsailing	1
	PPC652	Tennis	1
	PPC653	Table Tennis	1
	PPC654	Squash	1
	PPC655	Sailing	1
	PPC656	Advanced Gymnastics	1
	PPC657	Aerobics	1
	PPC658	Weight Training	1
	PPC659	Canoeing	1
	PPC660	Softball	1
CURRICULUM STUDIES (Select 1 from the list of Arts/Science Curriculum Studies subjects in pp 85-134)			
		Arts/Science Curriculum Studies subjects	8
ACADEMIC SUBJECTS			
Physical Education	PPA613	Social and Psychological Foundation of Physical Education and Sports	2
	PPA616	Biomechanics	2
PRACTICUM			
	PPR611 ❖	Practicum	0

- ❖ Although the Practicum carries zero AUs, a trainee teacher must pass the Practicum before he/she can be awarded the PGDE.

CONTENTS OF CORE MODULES AND PRESCRIBED ELECTIVES

EDUCATION STUDIES

The modules for PED513-516 are described in the Education Studies Section under the PGDE Programme Specialising in Secondary School Teaching.

CURRICULUM STUDIES

The Teaching of ...

Descriptions of modules for Arts/Science Curriculum Studies subjects are available in the Curriculum Studies Section under the PGDE Programme Specialising in Secondary School Teaching.

Curriculum Studies: The Teaching of Physical Education

Year	Module Code	Title	Module Category	No. of AUs	Pre-requisites
1	PPC510	Curriculum Gymnastics I	Core	1	-
	PPC512	Track and Field	Core	1	-
	PPC514	Outdoor Education	Core	1	-
	PPC515	Instructional Strategies and Methods in Physical Education	Core	2	-
	PPC516	Principles of Secondary Games	Core	1	-
	PPC518	Residential Camp Experience (7-day camp)	Core	0	-
	PPC519	Swimming	Core	1	-
	PPC551	Netball	Prescribed	1	-
	PPC552	Soccer	Prescribed	1	-
	PPC553	Rugby	Prescribed	1	-
PPC554	Hockey	Prescribed	1	-	
2	PPC610	Volleyball	Core	1	-
	PPC611	Dance	Core	1	-
	PPC612	Fitness and Conditioning	Core	1	-
	PPC613	Badminton	Core	1	-
	PPC615	Effective Teaching of Physical Education	Core	2	PPC515
	PPC616	Curriculum Gymnastics II	Core	1	PPC510
	PPC620	Basketball	Core	1	-
	PPC650	Sepak Takraw	Prescribed	1	-
	PPC651	Boardsailing	Prescribed	1	-
	PPC652	Tennis	Prescribed	1	-
	PPC653	Table Tennis	Prescribed	1	-
	PPC654	Squash	Prescribed	1	-
	PPC655	Sailing	Prescribed	1	-
	PPC656	Advanced Gymnastics	Prescribed	1	PPC616
	PPC657	Aerobics	Prescribed	1	-
	PPC658	Weight Training	Prescribed	1	-
PPC659	Canoeing	Prescribed	1	-	
PPC660	Softball	Prescribed	1	-	

PPC510 Curriculum Gymnastics I

Instruction of educational gymnastics based on movement themes. Problem solving and discovery techniques in order to allow individuals and small groups to develop themes appropriate for both apparatus and floor work.

PPC512 Track and Field

The basic mechanics of running, jumping and throwing in relation to the teaching of track and field events in the secondary school.

PPC514 Outdoor Education

Basic orienteering, campcraft, trust and co-operation games, problem solving skills and the organisation of school camps.

PPC515 Instructional Strategies and Methods in Physical Education

The generic skills of teaching; the principles of organisation, control and planning; the skills of observation, providing feedback, correction and encouragement; monitoring pupils' on-task behaviour; the use of games as an educational experience; and the content of physical education lessons and programmes. Lectures, seminars and micro-teaching experiences.

PPC516 Principles of Secondary Games

The nature of games. An analytical approach to the teaching of games with emphasis on underlying tactics of territorial-invasion, net-barrier, and striking-fielding games. The uses and advantages of conditioned games as a teaching strategy.

PPC518 Residential Camp Experience (A 7-day Camp)

An extension of the outdoor education course. Exposure to environmental, residential learning; skill learning; expedition organisation and safety considerations. The educational potential of Adventure Education.

PPC519 Swimming

Water confidence activities, introduction to swimming, the techniques and progression for teaching front crawl, back crawl and breast stroke. Introduction to diving from the pool side and basic life-saving skills.

PPC551 Netball

How to teach the game of netball at secondary school level. Basic skills, attacking and defending play, use of modified and conditioned games, use of modified equipment, organisation and basic rules of play.

PPC552 Soccer

The foundation skills of soccer. How to introduce soccer in secondary schools in an efficient, enjoyable way through small-sided and conditioned games.

PPC553 Rugby

How to teach rugby in secondary schools. The fun aspect of playing a running, handling game and the development of individual skill through the medium of non-contact/limited-contact structured games.

PPC554 Hockey

How to introduce the game of hockey to secondary school classes. Safety. How to present skills in a simple yet enjoyable manner.

PPC610 Volleyball

The content and method necessary to teach volleyball in the secondary school. An activity-based course. The opportunity to progress in a variety of skill learning games.

PPC611 Dance

An introduction to the teaching of international folk dances and basic dance technique for children, with a focus on fundamental principles of safe, efficient and aesthetic movement.

PPC612 Fitness and Conditioning

How to teach Fitness and Conditioning in secondary schools. The influence of the maturation process on the parameters of fitness. Strategies to promote the development of fitness through an integrated physical education programme.

PPC613 Badminton

The development of badminton skills in students and an understanding of the nature of the game: the court, strokes and basic tactics. The awareness and skills to teach badminton at beginners' level.

PPC615 Effective Teaching of Physical Education

Opportunities to build on the knowledge and skills gained in the Instructional Strategies and Methods in Physical Education course. Further opportunities for students to teach in micro-teaching settings; to plan, implement and discuss lessons. The use of variability in teaching. Knowledge and understanding of various teaching and learning styles and how they can be incorporated in their classes. The use of observer systems to analyse teaching/learning process.

PPC616 Curriculum Gymnastics II

Development of the basic techniques already taught in the first course by exploring different themes on simple as well as complex apparatus designs. Aspects of partner work and rhythmic apparatus.

PPC620 Basketball

The basic manipulative skills of a ball-handling game. How to introduce secondary school classes to receiving and passing, and moving into space in this territorial invasion game.

PPC650 Sepak Takraw

How to teach the basics of sepak takraw as a class activity in school. The elementary tactics of this popular indigenous game.

PPC651 Boardsailing

For students with little or no previous experience. How to sail competently on all points of sail.

PPC652 Tennis

Rules and regulations; grip (one hand or both hands); basic strokes; forehand; backhand; service; ground strokes; the volleys; the lob and overhead shots; elementary tactics; scoring in the singles game and the doubles game.

PPC653 Table Tennis

The basic techniques and tactics. Grip; use of spin; service; rallying; mobility; rules and scoring.

PPC654 Squash

Basic technical and tactical elements; grip; swing; basic mechanics; forehand backhand drive; drop; lob; boast; overhead; court movement; control of centre; moving your opponent; rules and marking; refereeing.

PPC655 Sailing

An introductory basic course in dinghy sailing. Terms and terminology in sailing, knots, parts of a dinghy, safety aspects, launching and recovery, the main points of sail and basic right of way rules. Target: the ability to sail a prescribed course in light to moderate wind.

PPC656 Advanced Gymnastics

Personal performance and advanced skills on floor and selected apparatus.

PPC657 Aerobics

How to teach aerobics classes in school. Fitness principles from the 'Fitness and Conditioning' module adapted to an aerobics setting. Low and high impact activity and insights into class flow and choreographing a routine. Resistance training and the construction and organisation of routines in a workshop setting.

PPC658 Weight Training

Weight training techniques and methods. Safety procedures related to the use of both fixed equipment and free weights. The principles of maximum strength training, maximum endurance training, a combination of strength and endurance training, power training and circuit training.

PPC659 Canoeing

An introductory course to the basic canoeing strokes as well as various capsize rescue drills. Trainee teachers will also be exposed to pool and open sea canoeing experiences.

PPC660 Softball

Basic techniques: overarm throwing, catching, pitching, bunting, hitting, running bases. Application of rules of the game. Basic tactics such as advancing a runner, taking pitches, stealing. Learning experiences in drills and simulated game situations in small groups and the full game.

ACADEMIC SUBJECT

Physical Education

Year	Module Code	Title	Module Category	No. of AUs	Pre-requisites
1	PPA510	Human Functional Anatomy	Core	2	-
	PPA511	Introduction to Physical Education & Sport	Core	2	-
	PPA512	Health Education	Core	2	-
	PPA514	Physiology of Exercise, Health and Nutrition	Core	2	PPA510
	PPA515	Skill Acquisition	Core	2	-
2	PPA613	Social and Psychological Foundation of Physical Education and Sports	Core	2	-
	PPA616	Biomechanics	Core	2	-

PPA510 Human Functional Anatomy

Variation in the form and structure of the body and how this affects physical performance. Anatomical terminology and techniques of observation and manipulation. The locomotor, muscular and cardiovascular systems, bone growth and development, and the relationship of anatomy to physical education and sports.

PPA511 Introduction to Physical Education and Sport

A course emphasising concepts related to the broad field of physical education and sport. It provides an overview of the disciplines that study the field's philosophical, historical, cultural, and scientific foundations and its application in the field. Examines the structure of national sport organisations and their relationships to promoting participation in sports from the recreational to high performance levels. The daily work in physical education and sport, looking at the traditional field of teaching and coaching are highlighted. Current issues and future directions in the field for the twenty-first century are also explored.

PPA512 Health Education

Healthy living, fitness, nutrition, stress management and the use of alcohol, smoking and drugs and their inherent problems. Family life, sexuality, first aid and sports medicine. The basic first aid principles, the prevention, treatment and rehabilitation of acute sports injuries and heat illness.

PPA514 Physiology of Exercise, Health and Nutrition

Aspects of exercise physiology that are most relevant to the Physical Education teacher in Singapore, namely, thermoregulation in children and adolescents; children and physical performance; nutrition and dietary imbalances; cardiovascular diseases.

PPA515 Skill Acquisition

Introductory studies on the relevance of selected areas to the processes of learning and performing motor skills. The individual as a complex organism, which operates under varied environmental conditions. Particular reference to learning theories, motor control, practice conditions, transfer of learning, memory and retention.

PPA613 Social and Psychological Foundation of Physical Education and Sports

The social psychology of physical activity with particular reference to the dynamics of group interaction in the sporting arena. Motivation, arousal, personality, competition, and anxiety control and implications for human behaviour in social settings.

PPA616 Biomechanics

The fundamental mechanical concepts and principles which govern human movement. The effect of internal and external forces which act on the human body when moving on land, in water and in the air.

PRACTICUM

Module Code	Title	Module Category	No. of AUs	Pre-requisites
PPR611❖	Practicum	Core	0	-

- ❖ Although the Practicum carries zero AUs, a trainee teacher must pass the Practicum before he/she can be awarded the PGDE.

PPR611 Practicum

The main objective of the Practicum is to provide trainee teachers with an opportunity to link the theory of teaching with the practice of teaching as well as to develop competence in classroom teaching. During the Practicum, the trainee teacher will reflect on the skills of planning, managing, organising and evaluating their lessons in physical education.

LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS

Use of English in Teaching

The module for this subject (PCU511) is described in the Language Enrichment and Academic Discourse Skills Section under the PGDE Programme Specialising in Secondary School Teaching.