

DIPLOMA IN PHYSICAL EDUCATION PROGRAMME

CURRICULUM STRUCTURE FOR DIP PE PROGRAMME

The curriculum structure for the Diploma in Physical Education (Primary) programme is shown in Table 6 below:

Table 6: Curriculum Structure of the Dip PE (Primary) Programme

Year 1

| Category/ Subject | Module Code | Title | No. of AUs |
|--|----------------|---|---------------|
| EDUCATION STUDIES | | | |
| | EED100 | Introduction to Instructional Technology | 2 |
| | EED101 | Introduction to Learning and Teaching | 2 |
| | EED102 | Providing for Individual Differences in Learning and Teaching | 2 |
| CURRICULUM STUDIES | | | |
| Physical Education | EPC100 | Fundamentals of Movement | 1 |
| | EPC101 | Curriculum Gymnastics (Floor) | 1 |
| | EPC102 | Track & Field | 1 |
| | EPC103 | Folk Dance for Children | 1 |
| | EPC104 | Swimming | 1 |
| | EPC110 | Badminton | 1 |
| | EPC113 | Invasion/Territorial Games | 1 |
| | EPC114 | Net/Striking Games | 1 |
| | EPC115 | Instructional Methods in Physical Education | 2 |
| | EPC119 | Residential Camp Experience | 0 |
| CURRICULUM STUDIES (Select either English Language or Mathematics) | | | |
| English Language | ECE101 | Teaching English at the Lower Primary Level I | 3 |
| | ECE102 | Teaching English at the Lower Primary Level II | 2 |
| Mathematics | ECM101 | Teaching and Learning of Primary Mathematics I | 2 |
| | ECM102 | Teaching and Learning of Primary Mathematics II | 2 |
| CURRICULUM CONTENT (Select 1 subject corresponding to the Curriculum Studies subject) | | | |
| English Language | ETE101 | Introduction to Language | 2 |
| Mathematics | ETM101 | Topics related to Primary Mathematics I | 2 |

cont'd

| Category/ Subject | Module Code | Title | No. of AUs |
|--|----------------|---|---------------|
| ACADEMIC SUBJECTS | | | |
| Physical Education | EPA100 | Introduction to Physical Education & Sport | 2 |
| | EPA101 | Human Functional Anatomy | 2 |
| | EPA102 | Growth & Motor Development | 2 |
| PRACTICUM | | | |
| | EPR110 | Practicum I | 5 |
| LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS | | | |
| Use of English in Teaching | ELE101 | Use of English in Teaching (Written Communication) | 2 |

Year 2

| Category/ Subject | Module Code | Title | No. of Aus |
|---|----------------|---|---------------|
| CURRICULUM STUDIES | | | |
| Physical Education | EPC201 | Curriculum Gymnastics (Apparatus) | 1 |
| | EPC202 | Fitness & Conditioning | 1 |
| | EPC203 | Creative Dance for Children | 1 |
| | EPC205 | Netball | 1 |
| | EPC206 | Soccer | 1 |
| | EPC207 | Rugby | 1 |
| | EPC208 | Hockey | 1 |
| | EPC209 | Basketball | 1 |
| | EPC215 | Instructional Strategies for Physical Education | 2 |
| CURRICULUM STUDIES (Select either English Language or Mathematics) | | | |
| English Language | ECE201 | Teaching English at the Upper Primary Level I | 3 |
| | ECE202 | Teaching English at the Upper Primary Level II | 2 |
| Mathematics | ECM201 | Teaching and Learning of Primary Mathematics III | 2 |
| | ECM202 | Teaching and Learning of Primary Mathematics IV | 2 |
| CURRICULUM CONTENT (Further studies in subject taken in Year 1) | | | |
| English Language | ETE201 | Introduction to Text and Context | 2 |
| Mathematics | ETM201 | Topics related to Primary Mathematics II | 2 |
| ACADEMIC SUBJECTS | | | |
| Physical Education | EPA203 | Social and Psychological Foundation of Physical Education & Sport | 2 |
| | EPA204 | Biomechanics | 2 |
| | EPA205 | Motor Learning | 2 |
| | EPA211 | Physiology of Exercise | 2 |
| PRACTICUM | | | |
| | EPR210 | Practicum II | 9 |
| LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS | | | |
| Use of English in Teaching | ELE202 | Spoken English in Teaching | 2 |

Note: In addition to the core modules and the required number of prescribed electives, trainee teachers must offer a minimum of 2 academic units of general electives during the course of study. Trainee teachers are strongly encouraged to take these general electives in a semester which is not too heavy in terms of total number of AUs.

CONTENTS OF CORE MODULES & PRESCRIBED ELECTIVES

EDUCATION STUDIES - Please refer to Pg 33 – 44.

CURRICULUM STUDIES

The Teaching of English Language - Please refer to Pg 48 & Pg 49

The Teaching of Mathematics - Please refer to Pg 50 & 51.

The Teaching of Physical Education

| Year | Module Code | Title | Module Category | No. of AUs | Pre-requisites |
|------|-------------|---|-----------------|------------|----------------|
| 1 | EPC100 | Fundamentals of Movement | Core | 1 | - |
| | EPC101 | Curriculum Gymnastics (Floor) | Core | 1 | EPC100 |
| | EPC102 | Track & Field | Core | 1 | - |
| | EPC103 | Folk Dance for Children | Core | 1 | - |
| | EPC104 | Swimming | Core | 1 | - |
| | EPC110 | Badminton | Core | 1 | EPC114 |
| | EPC113 | Invasion/Territorial Games | Core | 1 | - |
| | EPC114 | Net/Striking Games | Core | 1 | - |
| | EPC115 | Instructional Methods in Physical Education | Core | 2 | - |
| | EPC119 | Residential Camp Experience | Core | 0 | - |
| 2 | EPC201 | Curriculum Gymnastics (Apparatus) | Core | 1 | EPC101 |
| | EPC202 | Fitness & Conditioning | Core | 1 | - |
| | EPC203 | Creative Dance for Children | Core | 1 | - |
| | EPC205 | Netball | Core | 1 | EPC113 |
| | EPC206 | Soccer | Core | 1 | EPC113 |
| | EPC207 | Rugby | Core | 1 | EPC113 |
| | EPC208 | Hockey | Core | 1 | EPC113 |
| | EPC209 | Basketball | Core | 1 | EPC113 |
| | EPC215 | Instructional Strategies for Physical Education | Core | 2 | EPC115 |

EPC100 Fundamentals of Movement

The module provides the physical educator with a knowledge and understanding of the basic principles and laws governing body motion. Specifically, it will address the various manipulative, locomotor and nonlocomotor skills applied within the movement components of body, space, effort and relationships that helps define the qualitative and quantitative aspects of human effort. Emphasis will also be on teaching physical educators how to observe, analyze, describe and teach movement to children in the primary school.

EPC101 Curriculum Gymnastics (Floor)

Movement ideas will be presented creatively through a series of movement themes appropriate for floor-work in the primary school. Problem solving and discovery techniques will enable individuals to develop their performance skills. Music, rhythmic gymnastics and partner work will further stimulate the content.

EPC102 Track & Field

This module introduces teachers to the basic mechanics of running, jumping and throwing in relation to the teaching of athletics in the primary school. Individuals will be given opportunity to improve their personal performance skills while implicitly gaining an appreciation of the pedagogical strategies required for the effective and enjoyable teaching of athletics.

EPC103 Folk Dance for Children

Teaching methods and resource for the planning and instruction of folk dances in the primary school curriculum. Singing games and simple line dances will also be introduced. Teachers will learn dances from different cultures reflecting a variety of styles and techniques.

EPC104 Swimming

This module introduces the teaching of swimming in schools. The module aims to equip teachers with the necessary skills and knowledge to teach and demonstrate the four swimming strokes of frontcrawl, breaststroke, backstroke, and butterfly. Teachers will also be introduced to the skills of diving from the poolside, as well as some water-confidence activities.

EPC110 Badminton

This course is designed to equip teachers with the basic skills of badminton, enabling them to enjoy playing the game socially and providing them with the ability to introduce the game to children in primary schools.

EPC113 Invasion/Territorial Games

The module is designed to introduce teachers to the theories, generic concepts and principles underpinning invasion/territorial games. Emphasis will be on the use of lead-up and modified activities for teachers to develop an understanding of the nature of these games and to allow them to approach the teaching of games concepts from a creative and analytical approach.

EPC114 Net/Striking Games

The module is designed to introduce teachers to the theories, generic concepts and principles underpinning net/striking games suitable for the primary school children. Emphasis will be on the use of lead-up and modified activities for teachers to develop an understanding of the nature of these games and to allow them to approach the teaching of concepts and principles from a creative and analytical approach.

EPC115 Instructional Methods in Physical Education

Foundation skills of planning, teaching and evaluating physical education for the primary schools: content selection; organisation; instructional methods; task, time and student management systems; observation of student performance; feedback provision. Module format will include lectures, discussions, practical experiences, and microteaching.

EPC119 Residential Camp Experience

This intensive course will focus on two aspects: personal development through adventure-based activities and team-building exercises; and professional enrichment. Theory lectures, group discussions and debriefing sessions will be used to complement the practical activities and experiences.

EPC201 Curriculum Gymnastics (Apparatus)

Different themes will be used for simple as well as complex apparatus designs. Partner work will be extended and small group formations will be introduced. Basic vaulting and agility activities will be included to enhance the apparatus challenge.

EPC202 Fitness & Conditioning

Strategies to promote the development of physical fitness and performance of children in primary schools taking into consideration the process of maturation. Teachers will learn to apply physiological, biomechanical, and psychological knowledge to allow the effective incorporation and implementation of fitness programmes in both physical education lessons and Co-Curricular Activities.

EPC203 Creative Dance for Children

This module focuses on the theory and practice of teaching creative dance to young children. Emphasis is on exploring methods of leading creative dance activities and experiences to enable teachers to design lessons appropriate for the different age groups of children in primary schools.

EPC205 Netball

This module provides teachers with an understanding and practical knowledge of netball. Basic skills of footwork, ball handling, goal shooting, attacking and defending play and basic strategies will be covered and applied to actual game situations. Game analysis and basic umpiring skills will also be introduced.

EPC206 Soccer

This module presents the fundamental individual and team skills that comprise soccer. The course is developed with two prime objectives: (a) to develop the personal ability of the teachers to a level where they can confidently demonstrate the basic elements of the game and, (b) to introduce simple teaching strategies that will enable teachers to create enjoyable and beneficial learning situations for children. Particular emphasis is placed on optimal use of space, equipment, and appropriate group sizes.

EPC207 Rugby

This module will introduce the teaching of rugby to primary school children, focusing primarily on touch rugby that allows children of different genders and ages to participate safely together. Activities concentrating on skills development and co-ordination will be presented in a safe and enjoyable manner.

EPC208 Hockey

The module aims to provide teachers with the necessary skills and knowledge in presenting the game in a safe, yet enjoyable and fun manner to the children in the primary school. Basic skills of dribbling, passing, trapping and shooting will be covered.

EPC209 Basketball

Offensive and defensive concepts and principles of basketball will be introduced through a modified games approach. To augment game play, basic skills including passing and catching, dribbling, shooting and defending and basic rules will be covered.

EPC215 Instructional Strategies for Physical Education

Enhanced planning, teaching and evaluating physical education for primary schools: applying Mosston's spectrum of teaching styles; selecting contextually-specific teaching strategies; stimulating students' higher level thinking skills; using observational systems. Instruction is through lectures, seminars, peer observations and microteaching.

CURRICULUM CONTENT

English Language - Please refer to Pg 59 & 60.

Mathematics - Please refer to Pg 61.

ACADEMIC SUBJECT

Physical Education

| Year | Module Code | Title | Module Category | No. of AUs | Pre-requisites |
|------|-------------|---|-----------------|------------|----------------|
| 1 | EPA100 | Introduction to Physical Education & Sport | Core | 2 | - |
| | EPA101 | Human Functional Anatomy | Core | 2 | - |
| | EPA102 | Growth & Motor Development | Core | 2 | - |
| 2 | EPA203 | Social and Psychological Foundation of Physical Education & Sport | Core | 2 | - |
| | EPA204 | Biomechanics | Core | 2 | - |
| | EPA205 | Motor Learning | Core | 2 | - |
| | EPA211 | Physiology of Exercise | Core | 2 | EPA101 |

EPA100 Introduction to Physical Education & 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 sociological foundations and its application in the field. Examines the structure of the Singapore Sports Council, national sports 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 of physical education and sport are also explored.

EPA101 Human Functional Anatomy

Anatomy is the study of the form and structure of the body. Functional anatomy deals with the variation in structure and how this affects physical performance. In this module, students will learn anatomical terminology through techniques of observation and manipulation. Emphasis will be placed on the locomotor, muscular and cardiovascular systems, bone growth and development, and the relationship of anatomy to physical education and sports.

EPA102 Growth & Motor Development

A study of the physical growth and motor development of the growing child. This module focuses on factors that impact physical growth and motor development, age-related changes, individual and gender differences in development and performance.

EPA203 Social and Psychological Foundation of Physical Education and Sport

This module introduces the study of social and psychological aspects of physical education and sport. Theoretical and applied perspectives of motivation, personality, aggression, moral development, team building and cohesion, stress and coping, and leadership are some of the main topics covered. This module also discusses the role of sport psychology in schools, its importance in development and performance, for both students and physical educators.

EPA204 Biomechanics

This module introduces the basic mechanical concepts and principles that govern human movement. It also relates the use of sporting equipment to the physical attributes of the user. Qualitative analysis of sports using basic biomechanical concepts will be introduced to explain movements required in various sports.

EPA205 Motor Learning

This purpose of this module is to introduce students to some of the basic theories and practices associated with the acquisition and learning of motor skills. The focus is on how the individual develops, learns and maximises the performance of motor skills. This module is taught through a series of lectures, readings and laboratory exercises.

EPA211 Physiology of Exercise

This academic module embraces important concepts in the physiology of exercise in the school-going age population (8-18 years), contrasting with those of adults. The principal areas covered include the energetics of exercise, the impact of growth & maturation on aerobic & anaerobic performance, muscular strength & endurance, the trainability of strength, aerobic & anaerobic fitness of young people. Issues on normalising exercise performance in growing young people will also be highlighted.

PRACTICUM

| Year | Module code | Title | Module Category | No. of AUs | Pre-requisites |
|------|-------------|--------------|-----------------|------------|----------------|
| 1 | EPR110 | Practicum I | Core | 5 | - |
| 2 | EPR210 | Practicum II | Core | 9 | - |

EPR110 Practicum I

The main objective is to provide trainee teachers with an opportunity to link theory with practice and develop competence in classroom teaching. During the Practicum, the trainee teachers will practise, among others, the skills of planning, managing, organising and evaluating their lessons in Physical Education and English Language/Mathematics.

EPR210 Practicum II

Having been initiated into the schools, trainee teachers are expected to participate in a range of instructional activities to practise skills learned and to further develop their knowledge and competency in teaching. It is hoped that through continuous practice and interaction with pupils and fellow teachers, they will be able to build up their confidence in teaching Physical Education in this school attachment. Additionally they will have the opportunity to develop their classroom teaching skills in English Language/Mathematics.

LANGUAGE ENRICHMENT AND ACADEMIC DISCOURSE SKILLS

Use of English in Teaching

| Year | Module Code | Title | Module Category | No. of AUs | Pre-requisites |
|-------------|--------------------|--|------------------------|-------------------|-----------------------|
| 1 | ELE101 | Use of English in Teaching (Written Communication) | Core | 2 | - |
| 2 | ELE202 | Spoken English in Teaching | Core | 2 | - |

ELE101 Use of English in Teaching (Written Communication)

Written communication in the context of situations that teachers are likely to encounter in their professional capacity. Knowledge of and practice in conventions of professional written communication, using a process-driven approach based on prewriting, drafting, revising and editing, sharing and publishing. Use of language appropriately in producing clear, grammatically acceptable, and stylistically suitable writings.

ELE202 Spoken English in Teaching

Development of effective oral communication skills in instructing, explaining, questioning and responding as well as in reading aloud prose and poetry to children. Focus on effective articulation, including pronunciation, rhythm, stress and intonation, as well as non-verbal skills such as gesture and vocal tone.

GENERAL ELECTIVES

In addition to the core modules and the required number of prescribed electives, Dip PE students must offer a minimum of 2 academic units of general electives which can be chosen from subjects offered by the Institute.