

SHORT COURSE DETAILS

1.0 Name of Series

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2.0 Name of Course

Physical Health Education

3.0 Synopsis of Course (60-word limit)

In this course, students will understand the importance of Physical and Health Education in the early childhood curriculum. They will learn to plan, implement and evaluate a Physical and Health education programme. Most significant would be the provision of play stations as an inclusive feature of quality early childhood education.

For Whom?

- Parents with young children
- Early childhood educators and carers
- Others working with young children from 1-7 years old
- Physical education teachers working with young children

4.0 Course Outcomes (100-word limit)

- Explain the importance of Physical and Health Education in early childhood programme.
- Examine the characteristics of physical developmental skills and themes in physical education programme for young children
- Plan integrated Physical and Health Education in Early Childhood Curriculum for young children.

5.0 Delivery Mode

Full online learning

6.0 Duration of Course

20 hours

7.0 Level of Course & Microcredential Credit Value, if any

Diploma (4 credit)

8.0 Course Outline

Module 1 Introduction to Physical Health Education

Module 2	Growth and Motor Development for children from birth to Age 8
Module 3	Movement Skill Acquisition
Module 4	The Physical Skill Theme
Module 5	Right Pedagogy and Right Assessment

9.0 Short Bio of Trainer/s (50-word limit)

Ms. Nurul has been working in Early Childhood Education for 6 years. Her research interest in the field of Early Childhood Education are physical literacy for young children, health and wellbeing in early childhood, as well as contemporary issues in early childhood.