

Programme PRIME PETE Erasmus +

MICRO MODULE DETAILS	
Micro Module Title	Foundations of Primary Physical Education: Motivation, Motivational Climate and Enjoyment in Physical Education
Suggested Number of ECTS	1 ECTS
Dimensions Core	D3K1, D3S1 D3S2, D3C1 D3C2 D3C3.
Dimensions Extended	D3K2 D3K3, D3S3.
Setting (Online, Hybrid, Offline, Movement Based, Theory Based (Lecture or Seminar))	Theory-based (1.5 hours) + movement-based lectures (1.5 hours). The micro-module is predominantly movement based and run in part in a university classroom and in part in a sport facility, e.g., gym. The theoretical part consists of face-to-face lecture. Practical activities consist of creative and enjoyable PE classes designed and implemented by small groups of students.
Short Description	<p>The aim of this micro module is to provide students with the capacity and commitment to create positive and enjoyable learning environments. A quick overview of relevant theories on motivation in PE is provided, together with suggestions for implementing effective and enjoyable PE classes.</p> <p>Students will acquire teaching strategies, know how to reflect on them to design and implement effective and enjoyable teaching activities.</p> <p>In the theoretical part of the micro module (1 hour and a half), the Transtheoretical model of behaviour change (Prochaska & Markus, 1994) and the Self-Determination Theory (Ryan & Deci, 2000; 2017) are presented and discussed. Suggestions for the design of QPE classes based on these theories will be part of the lesson.</p> <p>In the practical part (1 hour and a half), students will work in small groups to implement PE classes characterised by enjoyment and intrinsic motivation promotion. One group will act as teachers and the other groups as pupils, then the groups will rotate. Students will then be asked to assess the lessons proposed by their colleagues in terms of enjoyment, by using a validated measurement instrument (Carraro et al., 2008; Motl et al., 2001).</p>

MICRO MODULE LEARNING OUTCOMES	
Upon successful completion of this micro module, the student will be able to:	
LO1	Acquire teaching strategies and reflect on them
LO2	design and implement effective and enjoyable teaching activities.

Indicative Content (list topics to be covered)

Lecture
Theories relating to PE:

- Transtheoretical model of behaviour change
- Self-Determination Theory
- Group discussion

Seminar

- Implementation of a PE lesson based on the theoretical contents

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TEACHING METHODOLOGIES	
Teaching Methodologies	Lecture: Face-to-face classroom discussion with the use of “traditional” tools, such as slides shows, videos, and videoclips. Group work.
	Seminar: small group work aims at creating effective and enjoyable PE classes.

FACILITIES: INDOORS AND/OR OUTDOOR
University room with slide projector.
Gym with equipment for PE.

MICRO MODULE WORKLOAD		
Type	Learning Outcomes	Total Hours
Lecture		1.5 hrs.
Seminar/Workshop/Tutorial		1.5 hrs.
Structured Independent Work		
Independent Work		
Total Workload		3 hrs.

READING
Essential Reading
<ol style="list-style-type: none"> Carraro, A.; Young, M.C.; Robazza, C. A contribution to the validation of the Physical Activity Enjoyment Scale in an Italian sample. <i>Soc. Behav. Pers.</i> 2008, 36, 911–918. https://doi.org/10.2224/sbp.2008.36.7.911 Motl, R.W.; Dishman, R.K.; Saunders, R.; Dowda, M.; Felton, G.; Pate, R.R. Measuring enjoyment of physical activity in ado-lescent girls. <i>Am. J. Prev. Med.</i> 2001, 21, 110–117. https://doi.org/10.1016/S0749-3797(01)00326-9. Prochaska, J.O.; Marcus, B.H. The transtheoretical model: Applications to exercise. In <i>Advances in Exercise Adherence</i>; Dishman, R.K., Ed.; Human Kinetics Publishers: Champaign, IL, USA, 1994; pp. 161–180. Ryan, R.M.; Deci, E.L. Intrinsic and extrinsic motivations: Classic definitions and new directions. <i>Contemp. Educ. Psychol.</i> 2000, 25, 54–67. https://doi.org/10.1006/ceps.1999.1020 Ryan, R.M.; Deci, E.L. <i>Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness</i>; Guilford Publications: New York, NY, USA, 2017.