

## FORM PE1 - PHYSICAL EDUCATION QUALIFICATIONS

The following tables outline the main areas that are regarded as essential for a physical education teacher to have studied at undergraduate level and/or post-graduate level. Please complete the table, indicating the cumulative number of lecture/tutorial contact hours over all years of the course(s) studied. This should be signed by the head of department(s) of the institution attended and returned with the application for recognition to the Teaching Council, Block A, Maynooth Business Campus, Maynooth, Co Kildare.

Title of Course Studied	Lecture/Tutorial Contact Hours
<b>EDUCATION</b>	<b>Curriculum and Assessment (including Physical Education)</b>
	<b>Educational Pedagogy (including Physical Education)</b>
	<b>Teaching Practice (including Physical Education)</b>
	<b>Educational Psychology</b>
	<b>Educational Philosophy</b>
	<b>History and Structure of Irish Education</b>
	<b>Sociology of Education</b>
	<b>Technology in Education</b>

Physical Education Practical Components	Activity	Sub-Area	Lecture/Tutorial Contact Hours	
	<b>Adventure Activities</b>		Water Based	
Land Based				
Basic Survival Skills				
Team Challenge				
<b>Athletics</b>		Throwing		
		Jumping		
		Running/Walking		
<b>Aquatics</b>		Strokes		
		Personal Water Safety		
		Rescue		
<b>Games</b>		Games Making		
		Games	Invasion	
			Net Games	
Striking and Fielding				
<b>Gymnastics</b>		Core Skills - Rolling, Inversion, Weight Bearing, Weight Transference, Balance.		
		Educational or Formal Gymnastics Structure		
<b>Dance</b>		Ability to use body as an instrument of expression.		
		Creative Dance – Composition, Performance and Appreciation		
		Dances from different cultures and styles.		
<b>Health Related Activity</b>		Physical Activity and the Body.		
		Health Benefits of Physical Activity		
		Components of Health Related Fitness		
		Injury and Injury Prevention		
		First Aid		
		Exercise prescription, evaluation and adherence.		
Practical application of principles of training.				

Physical Education Theoretical Aspects.	Activity	Sub-Area	Lecture/Tutorial Contact Hours	
	<b>Kinesiological Aspects</b>	Musculo Skeletal Ststem		
		Cardiovascular System		
		Acute and Chronic Response of Body to Exercise		
		Physical Activity and Health		
		Fitness Development and Evaluation		
		Testing and Measuring		
		Exercise Prescription		
		Principles of Training		
		Lifestyle and Wellness		
		Biomechanics		
		Growth and Development.		
	<b>Historical &amp; Psycho-Social Aspects</b>	History of PE and Sport		
		Skill		
		Practice		
		Imagery and Visualisation		
		Relaxation		
		Factors influencing performance		
		Determinants of Physical Activity Participation		
		Socialisation		
		Social Context of Sport		
		Media		
		Ethics		
Personality				
Inequality				
<b>Aesthetic and Artistic Aspects</b>	Contribution of P.E. to Aesthetic and Artistic Understanding			
	Aesthetic Concepts and their Application			
	Evaluation of Movement			
	Artistic Concepts and their Application			
	Structure of Composition			
	Application of Artistic Criteria			
	Aesthetic Features of Sport			
<b>Special Needs</b>	Knowledge and Understanding of Nature and Needs of Special Needs populations within the education system.			
	Ability to assess various needs			
	Ability to adapt a programme to meet individual needs			
<b>Dissertation/ Thesis</b>	Title:			
	Length (no. of words):			
	Active involvement in Research.			
	Design, Structure of Study			
	Utilisation of Research Skills in Relevant area of Education.			
	Investigative Method, Research Techniques, Writing Techniques, Independent Study.			

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

College Authority  
Head of Department Signature: \_\_\_\_\_ Date: \_\_\_\_\_

College Authority Stamp/Seal: