Syllabus

Course Description

Course Title	Pedagogy and Didactics of Movement 1 - Basics
Course Code	12412
Course Title Additional	
Scientific-Disciplinary Sector	MEDF-01/A
Language	German
Degree Course	5 year master degree in Primary Education - German section
Other Degree Courses (Loaned)	LM-85 bis Education Ladin section
Lecturers	Prof. Dr. Benjamin Niederkofler, Benjamin.Niederkofler@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/47451 Mag. Kirsten Hergit Beier-Marchesi, KirstenHergit.BeierMarchesi@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/39251
Teaching Assistant	
Semester	Second semester
Course Year/s	2.
CP	5
Teaching Hours	30
Lab Hours	20
Individual Study Hours	75
Planned Office Hours	15
Contents Summary	Based on general educational goals in kindergarten and primary school, the module is dedicated to the scientific and didactic foundations of the subject of movement and exercise.
Course Topics	This course offers in-depth insights into movement science, sports pedagogy, and sports psychology research. It also includes hands-on experiences in selected areas of movement domains, alongside

	the planning, execution, and evaluation of teaching strategies.
Keywords	Sport Science, Subject-Specific Didactics of Physical Education, Practice-Based Approach
Recommended Prerequisites	
Propaedeutic Courses	
Teaching Format	Lecture with media support, work in small groups, dialogue with scientific texts; laboratory
Mandatory Attendance	In accordance with the regulation
Specific Educational Objectives and Learning Outcomes	On this basis, students should be able to - make professional and interdisciplinary decisions on exercise and sport in kindergarten and primary school and justify decisions in the context of education and training, the development, learning and socialisation of children; - reflect on their own sporting biographical experiences as well as their own school sporting experiences and make them useful for professional development; - plan and implement physical activity and sport units for formal (kindergarten, primary school) and informal occasions (e.g. leisure time, family) and evaluate them within the framework of educational goals. Expected learning outcomes and competences: Knowledge and understanding Students know and understand the sport science and sport didactic principles of the subject of physical activity and sport in kindergarten and primary school. Applying knowledge and understanding Students can select the topic, content and objectives when planning physical activity and sports units, organise the lessons methodically and justify them in terms of sports education. Judgement Students can analyse, reflect on and assess their own and observed movement and sports units on the basis of sports science and sport-didactic principles. Communication

	Students have the language skills required for the subject of movement and sport. They can verbalise their observations in movement and sport units and provide feedback to fellow students in a supportive manner. Learning strategies Acquisition and reflection of strategies for their own professional activities in kindergarten and primary school in movement and sport with the aim of expanding subject-related, professional competences. Acquisition of strategies for dealing with movement and sport-related readiness and personal sporting ability.
Specific Educational Objectives and Learning Outcomes (additional info.)	
Assessment	Final oral module examination taking into account the contents of the lecture and the written work (portfolio) from the laboratory. Written work (portfolio): Documentation of the learning outcomes from the laboratory (including planning a lesson with conditional and factual analysis for kindergarten / the first years of primary school). Oral examination: Checking knowledge and understanding of the contents of the lecture and laboratory.
Evaluation Criteria	Assignment of a final assessment for the overall module based on the individual parts of the module examination. Assessment criteria: Completion of all laboratory coursework, understanding of lecture content, ability to critically reflect on one's own experiences and learning processes, and the capacity to connect knowledge gained in the laboratory with that from the lectures. In accordance with the examination regulations of the faculty, the assessment for each individual course belonging to the module must also be positive for a positive overall assessment of the module performance. In the case of a negative assessment of the overall module, any positively assessed module components may be credited during the next attempt at the module examination. However, please note that a negative assessment will still count toward the total number of examination attempts. According to the

	examination regulations, failing the module three times results in a suspension from taking the exam for three subsequent examination periods. (See also Article 6, Paragraph 4 of the current examination regulations.)
Required Readings	Baur, J., Bös, K., Conzelmann, A., & Singer, R. (eds.). (2009). *Handbuch motorische Entwicklung*. Schorndorf: Hofmann. Gabler, H., Nitsch, J. R., & Singer, R. (eds.). (2000). *Einführung in die Sportpsychologie. Teil 1: Grundthemen*. Schorndorf: Hoffmann. Güllich, A., & Krüger, M. (eds.). (2013). *Sport. Das Lehrbuch für das Sportstudium*. Heidelberg: Springer. Messmer, R. (ed.) (2013). *Fachdidaktik Sport*. Bern: UTP. Scheid, V., & Prohl, R. (2017). *Sportdidaktik. Grundlagen, Vermittlungsformen, Bewegungsfelder*. Wiebelsheim: Limpert.
Supplementary Readings	The literature list will be provided by the respective lecturer of the course.
Further Information	
Sustainable Development Goals (SDGs)	Quality education, Good health and well-being

Course Module

Course Constituent Title	Pedagogy and Didactics of Movement: Theoretical and Methodological Basics
Course Code	12412A
Scientific-Disciplinary Sector	MEDF-01/A
Language	German
Lecturers	Prof. Dr. Benjamin Niederkofler, Benjamin.Niederkofler@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/47451
Teaching Assistant	
Semester	Second semester
CP	3
Responsible Lecturer	

Teaching Hours	30
Lab Hours	0
Individual Study Hours	45
Planned Office Hours	9
Contents Summary	The importance of physical activity and sport for the education, development, learning and socialisation of children
Course Topics	- Educational foundations and objectives of early childhood and primary physical education - Didactics of planning and evaluation in physical activity and sport - Subject-specific teaching methods - Motor development - Components of physical performance - Motor and psychological aspects of learning in sport - Acquisition of knowledge, skills, and readiness related to movement, play, and sport
Teaching Format	Lecture with media support, work in small groups, dialogue with scientific texts
Required Readings	Baur, J., Bös, K., Conzelmann, A., & Singer, R. (eds.). (2009). *Handbuch motorische Entwicklung*. Schorndorf: Hofmann. Gabler, H., Nitsch, J. R., & Singer, R. (eds.). (2000). *Einführung in die Sportpsychologie. Teil 1: Grundthemen*. Schorndorf: Hoffmann. Güllich, A., & Krüger, M. (eds.). (2013). *Sport. Das Lehrbuch für das Sportstudium*. Heidelberg: Springer. Messmer, R. (ed.) (2013). *Fachdidaktik Sport*. Bern: UTP. Scheid, V., & Prohl, R. (2017). *Sportdidaktik. Grundlagen, Vermittlungsformen, Bewegungsfelder*. Wiebelsheim: Limpert.
Supplementary Readings	

Course Module

Course Constituent Title	Pedagogy and Didactics of Movement with an Emphasis on the Age Range (0)-2-7 (Lab.)
Course Code	12412B
Scientific-Disciplinary Sector	MEDF-01/A
Language	German
Lecturers	Prof. Dr. Benjamin Niederkofler,

	Benjamin.Niederkofler@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/47451 Mag. Kirsten Hergit Beier-Marchesi, KirstenHergit.BeierMarchesi@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/39251
Teaching Assistant	
Semester	Second semester
CP	2
Responsible Lecturer	
Teaching Hours	0
Lab Hours	20 Gruppe 1 und 2: Prof. Dr. Benjamin Niederkofler Gruppe 3 und 4: Mag. Kirsten Hergit Beier-Marchesi
Individual Study Hours	30
Planned Office Hours	6
Contents Summary	Discussion of scientific and practice-related texts; planning, implementation and evaluation of individual movement and sport units in small groups and in individual work; discussion of own movement and sport-related readiness and sporting ability.
Course Topics	- Planning, realisation and evaluation of physical education lessons - Subject-specific methodological practice - Experiencing educational perspectives in physical education (including e.g. health, cooperation, creativity, body awareness, risk-taking, and performance) - Exploring movement domains (e.g. playing, moving on and with equipment, gymnastic/rhythmic and dance-based movement, running/jumping/throwing, moving in water, cycling/skating/gliding, partner-based combat activities, and fitness training) - Hands-on exploration and acquisition of movement abilities/skills - Teaching and fostering subject-specific skills, abilities and competences in early childhood and primary education
Teaching Format	Laboratorium, student contributions, flipped classroom
Required Readings	Messmer, R. (ed.) (2013). *Fachdidaktik Sport*. Bern: UTP.

	Scheid, V., & Prohl, R. (2017). *Sportdidaktik. Grundlagen, Vermittlungsformen, Bewegungsfelder*. Wiebelsheim: Limpert. Zaragoza Mulas Adriana Pilar: Dincher, A. (2020). *Einfach Sport: Gleiten, Rollen, Fahren: Kreativ, kompetenzorientiert und sicher*. AOL. Dincher, A. (2021). *Einfach Sport: Bewegen an Geräten: Kreativ, kompetenzorientiert und sicher*. AOL. Dincher, A. (2021). *Einfach Sport: Darstellen, Gestalten, Tanzen: Kreativ, kompetenzorientiert und sicher*. AOL. Dincher, A. (2021). *Einfach Sport: Laufen, Springen, Werfen: Kreativ, kompetenzorientiert und sicher*. AOL. Dincher, A. (2021). *Einfach Sport: Ringen, Raufen, Kämpfen: Kreativ, kompetenzorientiert und sicher*. AOL. Dincher, A. (2022). *Einfach Sport: Spielen: Kreativ, kompetenzorientiert und sicher*. AOL.
Supplementary Readings	