

National Sports Institute

A division of the PNG Sports Foundation



# Certificate III in Physical Education

The Certificate III Program is accredited approved by the University of Goroka, under the Institute of Technical & Vocational Education and Training.



## NSI CONTACT:

Human Movement Studies Section  
National Sports Institute  
P O Box 337  
Goroka, EHP 441

Phone: +675-532 2391  
Fax: +675 532 1941  
E-mail: [info@pngnsi.org.pg](mailto:info@pngnsi.org.pg)

# Certificate III in Physical Education

This short course is intended for Elementary and Primary School Teachers who currently teach a physical education curriculum in their schools; and school leavers who have a keen interest in Physical Education. The course develops and enhances content knowledge and skills to support the teaching of Physical Education. It covers a range of foundation courses that build the basis for further education in the area of physical education. Units such as Fundamental Human Movement, How the body works and athletics will provide clients with significant knowledge and skills that will certainly create an appreciation of what the human body is capable of doing in terms of movement development.

## Course Offering

No.	Unit Code	Unit Name	CP	Hrs/Wk	Duration
1	THS 021	Basic First Aid	10	10hrs/wk	6 weeks
2	THS 011	How the Body Works	10	10hrs/wk	6 weeks
3	THC 011	Athletics	10	10hrs/wk	6 weeks
4	THC 012	Court Games	10	10hrs/wk	6 weeks
5	THP 103	Fundamental Human Movement	10	10hrs/wk	6 weeks
6	THP 153	Workplace Training	15	40hrs/wk	6 weeks
			<b>65</b>		

Note that Units 1 –5 are completed over a 6-week block, while Unit 6 is completed in the following 6 weeks.

*The total Credit points for this course is sixty five (65). To qualify for the certificate, a student must obtain not less than fifty five (55) credit points and must also pass workplace training.*

## Course Fees

This program is accredited by the University of Goroka so tuition fees are determined by the university. As at 2021, the advertised Tuition Fee was K3,630.00 (non-residential) and K6,270.00 (residential).

For more information, contact the Director—Student Admin, UOG on Telephone: 531-1739 / 531-1887

# Course Descriptions

**TITLE:** Basic First Aid  
**CODE:** THS 021  
**CREDIT POINTS:** 10  
**PREREQUISITES:** None

## **Description:**

Accidents and injuries are bound to happen anywhere and anytime. It is very important that when accidents do occur, proper management procedures must be applied before the injured is referred to the hospital for expert medical treatment. Such first aid management procedures are applied at the scene of the injury or where the accident happened. In this course students will learn the first aid management procedures used to manage injuries. In addition the course also builds confidence in the students' ability to apply first aid to the injured.

## **Learning Outcomes:**

At the end of the unit, students will;

- \* Manage injuries using first aid management procedures
- \* Demonstrate the ability to perform a simple diagnosis
- \* Identify the causes and signs and symptoms of injuries
- \* Differentiate the difference between first and medical aid
- \* Perform CPR

## **Content:**

1. DRSABCD Action Plan
2. CPR
3. Management of common injuries
4. Prevention and management of common Sports Injuries

## **Teaching and Learning Strategies:**

As much as possible this course will mostly be practical. It involves mostly demonstration, exposition, group discussions and case studies.

## **Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Tutorial Task</i>	-	10%
<i>Task 2 Practical Test</i>	-	40%
<i>Task 3 Assignment</i>	-	20%
<i>Task 4 Examination</i>	-	30%

## **Selected Key References:**

\* St. John Ambulance, 2006, Australian First Aid, St. John Ambulance, Australia

\* Archer, F, et.al, (2002), Level 1 Sports Trainer, Sports Medicine Australia, Australia

**TITLE:** How the Body Works  
**CODE:** THC 011  
**CREDIT POINTS:** 10  
**PREREQUISITES:** None

**Description:**

The human body is a complex living machine that has the capability to perform a variety of activities to keep it alive. Coaching involves the human body therefore it is very essential that coaches and athletes alike understand how the body works with regard to exercising and training. This unit will provide the participants an opportunity to recognize the different structures that the body is made of and understand their functions and how they work together and respond to exercise and training.

**Learning Outcomes:**

At the end of the course, participants will;

- \* Identify and name the structures of the body
- \* Use the movement and directional terminologies in their coaching
- \* Demonstrate and apply the skills and knowledge of the human body, how it works and how it responds to exercise and training in coaching

**Content:**

1. Cells and Tissues
2. Basic Anatomical concepts
3. The Musculo-Skeletal System
4. The Nervous System
5. The Cardio-Respiratory System
6. How the body responds to exercise & training

**Teaching and Learning Strategies:**

As much as possible this course will mostly involve exposition, group discussions, and demonstrations.

**Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Quiz</i>	-	10%
<i>Task 2 Test</i>	-	30%
<i>Task 3 Research and Oral Presentation</i>	-	20%
<i>Task 4 Examination</i>	-	40%

**Selected Key References:**

- Thompson, P.J.L., 2009, Introduction to Coaching: The Official IAAF Guide to Coaching, Athletics, IAAF, Monaco
- Wilmore, J.H. & Costill, D.L., (1994), Physiology of Sport and Exercise, Human Kinetics, Champaign, Illinois
- Beashel, P, and Taylor, J, (1992), Sport Examined 2<sup>nd</sup> Ed, Thomas Nelson and Sons Ltd, Australia
- Pyke, F,S, (2001), Better Coaching; Advanced Coach's Manual 2<sup>nd</sup> Ed, Human Kinetics, Australia

**TITLE:** Athletics  
**CODE:** THC 101  
**CREDIT POINTS:** 10  
**PREREQUISITES:**

### **Description**

Athletics is a sport activity that dates back to ancient times. The fundamentals of running, jumping and throwing are basic to the events comprised in this activity. This course will add to your basic understanding, as well as provide simple teaching/coaching points for each of the track and field events. In addition, participants develop a greater awareness of an athlete's strength and conditioning in order to improve performance.

### **Outcomes:**

At the completion of this course, you can:

- \* Demonstrate the correct techniques in warming up and cooling down
- \* Demonstrate basic skills in running, jumping and throwing
- \* Plan a training Session

### **Content:**

1. Introduction to Warm up and Cool Down
2. Introduction to Track Events
3. Field Event – Throwing Principles
4. Field Events – Jumping Principles
5. Planning and conducting an athletics training session

### **Teaching and Learning Strategies:**

This course is practically oriented and therefore a number of suitable teaching and learning strategies have been selected accordingly. These include activity-centered learning, peer teaching, demonstrations, guest speakers, learning log, reflection, inquiry process and finally, research process.

### **Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Project</i>	-	35%
<i>Task 2 Assignment</i>	-	15%
<i>Task 3 Practical Examination</i>	-	50%

### **Selected Key References:**

- Goodman, N, Black, K Schembri, G, 2008, Coaching Children, Australian Sports Commission, Canberra, Australia
- McEwen, F., & Hollings, S. (2002). *Basic athletics*. Adelaide: Oceania Amateur Athletic Association.
- Thompson, P., J. (2009). *Introduction to coaching: The official IAAF guide to coaching athletics*. Lincolnshire, UK: International Association of Athletics Federations.

**TITLE: Court Games**  
**CODE: THC 102**  
**CREDIT POINTS: 10**  
**PREREQUISITES: NIL**

**Description**

This course is designed to assist Physical Educators to teach the team sport of Basketball, Netball and Volleyball. It attempts to provide students with basic skills, as well as the progression involved in teaching the skills of different codes to novices. The course also deals with the administrative skills in these sports especially with umpiring, officiating, tactics and the development of teaching and coaching programs and coaching programs for use in schools and club situations.

**Outcomes:**

At the completion of this course, you can:

- \* Perform the skills of the different court games effectively and efficiently;
- \* Develop an understanding of the similarities of the skills shared by these court games
- \* Demonstrate the basic rules of each of these court games

**Content:**

1. Introduction to Court Games
2. Basketball Skills & Basic Rules
3. Netball Skills & Basic Rules
4. Volleyball Skills & Basic Rules

**Teaching and Learning Strategies:**

This course is practically oriented and therefore a number of suitable teaching and learning strategies have been selected accordingly. These include activity-centered learning, peer teaching, demonstrations, guest speakers, learning log, portfolio, inquiry process and finally, research process.

**Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Essay</i>	-	20%
<i>Task 2 Port Folio</i>	-	20%
<i>Task 3 Training Plan</i>	-	20%
<i>Task 4 Practical Examination</i>	-	40%

**Selected Key References:**

- American Sports Education Program. (2001). *Coaching youth basketball (3<sup>rd</sup> Ed.)*. Champaign, IL: Human Kinetics.
- Crouch, H (Ed.). (1992). *Netball coaching (2<sup>nd</sup> Ed.)* London: A & C Black.
- Galsworthy, B. (1990). *Netball: The skills of the game*. Wiltshire: The Crowood Press Ltd.
- Oliver, Jon. (2004). *Basketball fundamentals: A better way to learn basics*. Champaign, IL: Human Kinetics.
- Shondell, D., and Reynolds, C. (Eds.). (2002). *The volleyball coaching bible*. Champaign, IL: Human Kinetics.
- Wissel, H. (1994). *Basketball: Steps to success*. Champaign, IL: Human Kinetics.

**TITLE:** Fundamental Human Movement  
**CODE:** THP 103  
**CREDIT POINTS:** 10  
**PREREQUISITES:** NIL

**Description:**

This course provides an introduction to the development of basic human movement. The emphasis is on the understanding and application of the basic principles of efficient movement. Movement activities are a significant part of the Elementary Education as it allows children to explore the ranges at which the body moves in. This course is practically oriented and allows learners to explore and demonstrate for themselves movements involved in dance, gymnastics and games.

**Outcomes:**

At the completion of this course, you can:

- \* Develop an understanding of the principles of movement activities;
- \* Identify fundamental human movements
- \* Demonstrate fundamental movement via practical application using dance, gymnastics, and games
- \* Develop an awareness of fundamental human movement, and its role and importance in a physical education program.

**Content:**

1. Introduction to Fundamental Human Movement
2. Dance
3. Gymnastics
4. Games

**Teaching and Learning Strategies:**

This course is practically oriented and therefore a number of suitable teaching and learning strategies have been selected accordingly. These include activity-centered learning, peer teaching, demonstrations, learning log, portfolio, presentations, inquiry process and finally, research process.

**Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Case Study</i>	-	30%
<i>Task 2 Practical Assessment</i>	-	30%
<i>Task 3 Major Project</i>	-	40%

**Selected Key References:**

- Lichtman, B. (1993). *Innovative Games*. South Australia: Human Kinetics
- Sykes, R. (1986). *Games for Physical Education: a teacher's guide*. Great Britain: A & C Black.
- Thompson, P., J. (2009). *Introduction to coaching: The official IAAF guide to coaching athletics*. Lincolnshire, UK: International Association of Athletics Federations.

**TITLE:** Workplace Training  
**CODE:** THP 153  
**CREDIT POINTS:** 15  
**PREREQUISITES:** All units covered in the Course

**Description:**

Workplace Training is an important part of professional development. Workplace Training provides the students the opportunity to put into practice what they learn from the courses. This includes, working with sporting clubs and associations, provincial sports offices, the corporate sector such as mining companies who seek to have a healthier, fitter and active workforce. The course gives the participants a chance to experience working in an established organisation and putting into practice the skills and knowledge acquired in the respective courses. Students will first of all be taken through requirements of the course and will then be expected to complete the assessment tasks during workplace training.

**Learning Outcomes;**

At the end of workplace training students will have;

- \* Acquired the skills and knowledge required to work in an organization
- \* Gained experience and confidence in working in an organization
- \* Applied their knowledge and skills

**Content**

1. Self-Branding and Marketing
2. Contracts
3. Host Organization
4. Mini Expo - Invite Heads of Schools, Sports and Recreation Organisations to talk to students & generate interest for students to work at their organisation

**Assessment**

*The following are assessment tasks and requirements to successfully complete the six weeks workplace training.*

<b>Task 1 The Organisation:</b>	-	15%
<b>Task 2 The Placement</b>	-	30%
<b>Task 3 Graduate Capabilities Developed while on Workplace Training</b>	-	30
<b>Task 4 Written Reflection</b>	-	25%