

BPHY312 Physical Education Testing and IT in Sports

ECTS Value: 3 ECTS
Self-Study Hours: 35

Contact Hours: 15
Assessment Hours: 25

Overall Objectives and Outcomes

The course participant will become knowledgeable on the different types of fitness testing in Physical Education and will have the ability to perform such testing. During this module the course participant will acquire the ability to use Information Technology (IT) resources to analyse data gathered from fitness testing. This will help the course participant to perform, analyse and create opportunities where his students can improve their abilities in various activities learned.

By the end of this module, the learner will be able to:

Competences

- a. conduct Fitness Testing;
- b. use of Information Technology resources in an effective way;
- c. understand the abilities of his students and create activities that would enhance students' abilities.

Knowledge

- a. recognise various types of Fitness Testing;
- b. use effectively various types of Information Technology resources;
- c. analyse results and implementation of various progressions that would be implemented to enhance students' performance.

Skills

- a. practise various fitness tests;
- b. demonstrate good use of Information Technology Resources;
- c. evaluate students abilities in an effective way and develop various progressions that would help a student to reach higher levels in various skills.

Assessment Methods

This module will be assessed through: Write-up, presentation, self-reflection

Suggested Readings

Core Reading List:

1. Andrew T. & Stratton G. (2006) *What we are really doing with ICT in physical education: A national audit of equipment, use, teacher attitudes, support, and training.* [British Journal of Educational Technology](#) 37(4):617 - 632 · July
2. Dr. Ramesh KA (2016) *International Journal of Physical Education, Sports and Health* 2016; 3(5): 277-279

3. Ewan T. & Palma A. (2018) *Physical Fitness Evaluation of School Children in Southern Italy: A Cross Sectional Evaluation*. Journal of Functional Morphology and Kinesiology.
4. Mears, D. (2009). *Podcasts and wiki's: Delivering content information using technology. Strategies: A Journal for Physical and Sport Educators*, 23(1), 29-34.
5. Heyward Vivian H. & Gibson Ann L. (2014) *Advanced Fitness Assessment and Exercise Prescription 7th Edition With Online Video*. Human Kinetics.
6. Morgan, C. F., Pangrazi, R. P., & Beighle, A. (2003). *Using pedometers to promote physical activity in physical education*. Journal of Physical Education, Recreation and Dance 4(7), 33-38.
7. Oliver D. (2004). *Basketball on Paper: Rules and Tools for Performances Analysis*.
8. Palao, J. M., Hastie, P. A., Guerrero Cruz, P., & Ortega, E. (2015). *The impact of video technology on student performance in physical education*. Technology, Pedagogy and Education, 24(1), 51-63.
9. Pangrazi, R.P., & Corbin, C.B. (1990) *Age as a factor relating to physical fitness test performance, Research Quarterly for Exercise and Sport*, 61(4), 410-414.
10. Papastergiou, M. (2009). *Exploring the potential of computer and video games for health and physical education: A literature review*. Computers & Education, 53(3), 603-622.
11. Pate, R. (1991) *Health-related measures of children's physical fitness*, Journal of 1086 School Health, 61, 231-233.
12. Rice, M.H., & Howell, C.C. (2000) *Measurement of physical activity, exercise and physical fitness in children: issues and concerns*, Journal of Pediatric Nursing, 15(3), 148-156.
13. Robinson D. & Randall L. (2017). *Gadgets in the Gymnasium: Physical Educators' Use of Digital Technologies*. Canadian Journal of Learning and Technology 43 (1).
14. Safrit, M. (1990) *The validity and reliability of fitness tests for children: A review*, Pediatric Exercise Science, 2, 9-28.

Supplementary Reading List:

1. Andy Glockner (2016). *Chasing Perfection: A behind the scenes look at the high stakes of creating an NBA Champion.*
2. Morc Coulson & David Archer (2009). *Practical Fitness Testing: Analysis and Exercise in Sports*.