



Interdisciplinary teaching and physical activity

Module 6 – Frederick University, Department of Physical Education and
Sport Science



Educational modules:

1. The whole-school/system approach in promoting HEPA
2. Creating active societies
3. Creating active environments
4. Creating active people
5. Creating active systems
6. **Interdisciplinary teaching and physical activity**





The learning objectives of this module

- This module is aiming to introduce participants to the importance of creating active people and discuss effective ways to achieve this
 - Understand the concept of interdisciplinary teaching
 - Understand the role of interdisciplinary teaching in the promotion of physical activity within the school context
 - Receive basic guidelines of how interdisciplinary teaching can promote physical activity
 - Receive information and examples of how these guidelines can be implemented into real life practice





Structure of this session

- 1 Theory – interdisciplinary teaching
 - Concept and basic definitions
 - Interdisciplinary teaching and physical activity
 - Promoting and inhibiting effects of environments
- 2 Guidelines for the implementation of active environment
 - Practical guidelines and successful examples of interdisciplinary teaching
- 3 Application into practice
 - Implementation activities

