



DIDACTICAL AND PSYCHOLOGICAL PRINCIPLES OF PERSONALITY DEVELOPMENT

In Article 1 of the *“International Charta of Physical Education, Physical Activity and Sport”*, the United Nations Educational, Scientific and Cultural Organization (UNESCO) describes access to sports as “fundamental right for all”:

“Every human being has a fundamental right to physical education, physical activity and sport (which is essential for the full development of their personality) ... The freedom to develop physical, psychological and social well-being and capabilities through these activities must be supported by all governmental, sport and educational institutions.”

So, there is no doubt about the importance of sports for personality development. But how can you specifically contribute to the personality development of the children entrusted to your care? This is what we intend to convey in this subject.

Topics:

- A child/the exercising human being as a holistic framework
- Practical implementation of learning goals
- Familiarization with different approaches of the self-concept
- Imparting of coaching competences in dealing with children
- Methodical design of personality development and team development
- Learning methods and teaching concepts in dealing with children
- Peculiar aspects of training with children
- Work shadowing during physical education classes at primary schools
- Planning and implementation of classes for/with primary school children
- Elaboration of training catalogues for practical use in the home country