

SYLLABUS OF THE COURSE

Physical education

Level of higher education: first (bachelor).

Speciality: 015.36 Professional education (Technology of light industry products), 017 Physical culture and sports, 022 Design, 034 Culturology, 035 Philology, 051 Economics, 071 Accounting and taxation, 072 Finance, banking and insurance, 073 Management, 075 Marketing, 076 Entrepreneurship, trade and exchange activities, 081 Law, 105 Applied physics and nanomaterials, 121 Software engineering, 122 Computer sciences, 123 Computer engineering, 124 System analysis, 126 Information systems and technologies, 131 Applied mechanics, 133 Industry engineering, 141 Power engineering, electrical engineering and electromechanics, 151 Automation and computer-integrated technologies, 161 Chemical technology and engineering, 162 Biotechnology and bioengineering, 182 Light industry technologies, 226 Pharmacy, industrial pharmacy, 241 Hotel and restaurant business, 242 Tourism, 281 Public management and administration.

Discipline status – obligatory.

Lecturers of the Department of physical education and health: Professor Dudorova L.Y., Professor Kolumbet O.M, Associate Professor Parishkura Y.V, Senior Lecturer Chernovsky S.M, Senior Lecturer Tkachenko V.P.

1. Course annotation:

Semesters: 1, 2, 3, 4.

Module volume: total number of hours – 360, of them: practical – 96 hours., individual work of a student –264 hours.; number of ECTS credits – 12.

The purpose of the course – formation of social and personal competencies of students that ensure the targeted use of appropriate means of physical education to maintain, promote health and preparation for professional activities, the ability to use different types and forms of physical activity for active recreation and healthy living.

The results of discipline' studying:

to know: patterns and features of the use of physical activity for the formation of health; basics of organization and methods of the most effective types and forms of rational motor activity; basics of methods of rehabilitation and physical improvement by means and methods of physical culture; basics of professional and applied physical training;

be able: to perform certain sets of exercises and motor actions in a particular type of motor activity; to build an independent lesson, to distribute the sequence of exercises in it, their volume and intensity; determine the amount of load as a separate exercise and a single lesson; to control one's own functional state during the performance of independent classes with a certain type of motor activity and in the recovery period to perform state tests and standards at the level of the requirements of educational programs;

be able to demonstrate: acquired knowledge and skills in practical activities and daily life to improve efficiency, maintain and strengthen health, organize and conduct active recreation and participation in sports competitions;

to possess the skills in: basketball games; volleyball games; long jump and high jump; running; balancing on a gymnastic bench, etc.

Required training components (prerequisites, co-requisites, post-requisites): business Ukrainian language, life safety and civil protection.

Course content: Topic 1. Athletics. Short distance running. Topic 2. Athletics. Long jumps from the run. Topic 3. Cross-country training, endurance running. Topic 4. Sports games. Volleyball and basketball Topic 5. Development of strength. Topic 6. Sports games. Volleyball and basketball. Topic 7. Development of strength. Topic 8. Cross-country training, endurance running. Topic 9. Athletics. Short distance running. Long jumps from the run. Topic 10. Athletics. Short distance running. Topic 11. Athletics. Short distance running. Long jumps from the run. Topic 12. Cross-country training, endurance running. Topic 13. Sports games. Volleyball and basketball. Topic 14. Development of strength. Topic 15. Sports games. Volleyball and basketball Topic 16. Development of strength.

Types of training lessons: practical, consultation.

Forms of final control: test (semesters 1, 2, 3, 4).

Tools for diagnosing studying success: performance of state test tasks.

Language of studying: Ukrainian

2. Assessment:

Distribution of points received by students

1- 1 semester

Current assessment				MC	Sum
T1	T2	T3	T4		
15	15	15	15	40	100

2- 2 semester

Current assessment				MC K	Sum
T5	T6	T7	T8		
15	15	15	15	40	100

3- 3 semester

Current assessment				MC	Sum
T9	T10	T11	T12		
15	15	15	15	40	100

4- 4 semester

Current assessment				MC	Sum
T13	T14	T15	T16		
15	15	15	15	40	100

1-

2-

Distribution of points in discipline

3-

1 semester

Types of work assessed in points	T1	T2	T3	T4	Total
Activity in lesson	10	10	10	10	40
Conducting a warm-up	5	5	5	5	20
Module control	40				40
	TOTAL				100

4-

2 semester

Types of work assessed in points	T5	T6	T7	T8	Total
Activity in lesson	10	10	10	10	40
Conducting a warm-up	5	5	5	5	20
Module control	40				40
	TOTAL				100

5-

3 semester

Types of work assessed in points	T9	T10	T11	T12	Total
Activity in lesson	10	10	10	10	40
Conducting a warm-up	5	5	5	5	20
Module control	40				40
	TOTAL				100

6-

4 semester

Types of work assessed in points	T13	T14	T15	T16	Total
Activity in lesson	10	10	10	10	40
Conducting a warm-up	5	5	5	5	20
Module control	40				40
	TOTAL				100

Compliance with the scales for assessing the quality of learning material

Score on a national scale for exam, TP, CW / offset /	Score in points	Evaluation on the ECTS scale	Explanation
Perfectly/credited	90-100	A	Perfect (excellent performance with only a small number of mistakes)
Good/credited	82-89	B	Very good (above average with several mistakes)
	74-81	C	Good (in general correct execution with a number of significant mistakes)
Satisfactorily/credited	64-73	D	Satisfactorily (not bad, but with a significant number of mistakes)
	60-63	E	Enough (execution meets the minimum criteria)
Unsatisfactorily/not credited	35-59	FX	Unsatisfactorily (with the possibility of reassembly)
	0-34	F	Unsatisfactorily (with mandatory re-study of the discipline)

3. Course policy:

3.1 Mandatory observance of academic integrity by students, namely:

- independent execution of all types of work, tasks, forms of control provided by the work program of this discipline;
- links to sources of information in the case of the use of ideas, developments, statements, information;
- compliance with the law on copyright and related rights;
- providing reliable information about the results of their own educational activities, used research methods and sources of information.
- to get a positive mark in the discipline it is necessary to obtain a minimum number of points for class activity and module control.

3.2 Obtaining a minimum grade for the discipline is possible in case when you attend all classes and have all the types of control on each topic.

3.3 In case of untimely performance of tests the estimation of each module decreases by 50% less than it is specified in the table.

3.4 Postponement of the deadline for submission of works:

- for valid reasons (hospital, academic mobility, etc.) - is estimated at 10% less than shown in the table;
- without valid reason - estimated at 50% less than shown in the table.

3.5 Missed classes (penalties): practice in extracurricular time.

3.6 Organizational and educational responsibilities of students:

- come to practical lessons pre-prepared, familiar with the progress of work;
- do not miss classes without a valid reason and not to be late;
- observance of safety and labor protection rules;
- ask questions, be interested in additional information, modern scientific knowledge of the subject and consult with the lecturer;
- argue to defend their opinion on the subject of classes, if it does not coincide with the opinion of the lecturer:
- submit relevant topics in a timely manner.

3.7 Appeal assessments are submitted in writing to the head of the department and considered by the commission (three persons).