

Course Syllabus

«PHYSICAL CULTURE AND HEALTH»

***Lecturers:***

*Table tennis - Bondarenko I.G., Ph.D. in Physical Education, Associate Professor Athletic gymnastics - Andriushchenko M. I., senior lecturer*

*Academic rowing - Bondarenko O. V., senior lecturer Badminton - Konoplianyk O. V., senior lecturer Football - Kurasa H. O., senior lecturer*

*Volleyball - Mayer V. Ya., senior lecturer*

*Basketball - Mintz M. O., Ph.D., Associate Professor*

# Expected learning outcomes

As a result of studying the discipline, students should

*know:*

* basics of organization and methods of the most effective types and forms of rational motor activity and the ability to apply them in practice in their physical activity;
* basics of methods of rehabilitation and physical improvement by traditional and non-traditional means and methods of physical culture;
* basics of professional and applied physical training and be able to apply them in practice;
* basics of physical education of different segments of the population.

*be able to:*

* apply systematic physical training of health or sports orientation;
* to make complexes of morning hygienic gymnastics, physical pause and minutes, a complex of physical exercises directed on strengthening of a muscular corset; complexes of physical exercises which promote development of flexibility, speed, the general endurance and force, complexes of physical exercises for restoration of working capacity of mental fatigue.

**Volume:** 3 ECTS credits (90 hours), of which 58 hours of independent work.

**The purpose of the discipline** is the formation of general and professional culture of the future specialist.

# The content of the course

Students choose the type of motor activity by the free choice of students. Students assigned to the main medical group due to their health condition, can choose the following sports sections:

* volleyball,
* basketball
* football,
* rowing,
* athletic gymnastics,
* badminton
* table tennis,
* athletics.

Classes are held separately for a special medical group.

Each semester the student chooses the type of physical activity.

# Prerequisites

Physical education as a discipline deepens knowledge of human anatomy and physiology, physical rehabilitation, sports medicine.

# Details

Physical education provides general and special physical training, is one of the means of forming a comprehensively developed personality, maintaining and strengthening health, optimizing the physical and psychophysiological condition of students in the process of professional training of a doctor. As a discipline, physical education is a means of optimizing the physical and physiological condition of students in the process of training.

# Semester control: credit Criteria for evaluating the final test

**Evaluation:**

For the semester: 120 points For credit: 80 points

# Types of work:

Execution of creative search task / abstract Execution of practical tasks (doing test standards) Execution of final test

Additionally: participation in sports activities of the university (city, Ukraine) - up to 20 points.

# Ensuring the educational process:

1. Sports halls: №1, №2, gym, water sports complex.
2. Visual materials: diagrams, tables, drawings.
3. Rules of modular rating assessment of the level of physical fitness.
4. The Internet.

# Criteria for evaluating practical classes

The assessment is set according to quantitative or qualitative indicators, respectively, control standards and tests. The correctness of the exercises, the number of mistakes is taken into account.

# Criteria for evaluating independent work

Registration according to requirements. Compliance with the basic theoretical and practical material, the availability of new, non-traditional information on this issue and proposals for its practical application.

The final test is carried out upon completion of the study of all topics of the block at the last test of the semester. Provides answers to theoretical questions. The completeness and validity of the answer, terms of drawing up of control work are estimated.

# Deadline policy:

Works that are submitted in violation of deadlines without good reason are evaluated at a lower grade.

# Academic Integrity Policy

Provides independent performance of an individual creative search task / abstract. Write- off during the offset (including using mobile devices) is prohibited. In case of detection of plagiarism or write-off of work are not credited.