

Ministry of Education and Science of Ukraine
Petro Mohyla Black Sea National University






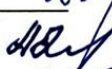


Physical Education and Sports Faculty
Olympic and Professional Sports Department



COURSE CURRICULUM

SCIENTIFIC PROBLEMS OF MODERN ATHLETES TRAINING

Level of higher education – third (educational and scientific)
The degree of higher education - Doctor of Philosophy
Field of study 01 Education / Pedagogy
Specialty 017 Physical education and sport

Developed by		Lyudmila KHARCHENKO- BARANETSKA
		Nadiia DOVGAN
Head of the Developing department		Nadiia DOVGAN
Head of the Degree-Granting Department		Nadiia DOVGAN
Guarantor of the Educational and Scientific Program		Nadiia DOVGAN
Head of the Postgraduate Department		Alla UZHVA
Physical Education and Sports Faculty Dean		Vitalii VERBYTSKYI
Head of the Educational and Methodological Department		Ievgeniia POSTYKINA

Mykolaiv - 2025

1. Description of the academic discipline

Name indicator	Characteristics of the discipline	
Name of discipline	Scientific problems of modern athlete training	
Field of study	01 Education	
Specialty	A7 Physical culture and sports	
Educational program	Physical education and sport	
Level of higher education	Third (educational and scientific)	
The status of the discipline	Elective	
Course of study	2	
Academic year	2025 – 2026 н.п.	
Semester number(s):	Full-time form	Part time form
	4	-
Total number of ECTS credits/hours	4 credits / 120 hours	
Course structure: - lectures - seminar classes (group) - hours of independent work	Full-time form	Part time form
	20	-
	20	-
	80	-
The language of instruction	English	
Control form	Exam	

2. Purpose, aims, and results of studying the discipline

Abstract of the course. The discipline "Scientific problems of modern training of athletes" is an elective educational component. The content of the discipline includes the study of thematic materials related to the problems of increasing the efficiency of the competitive activity of athletes, the rational construction of the training of athletes, the improvement of the content of the educational and training process of athletes, the objectification of the management of the training of athletes, the problems of applying ergogenic factors in sports training.

Purpose and tasks of the discipline:

The purpose of the educational component: consists in the formation and improvement of knowledge, abilities, skills, general and professional competences in relation to a scientifically based approach to solving problems in the system of modern training of athletes of various sports qualifications in various types and categories of sports.

Tasks:

- mastering the range of issues of modern training of athletes;
- acquaint applicants with the general state of the theory and practice of the functioning of the athlete training system;
- formation of the ability to choose the scientifically based approach in the rational implementation of an effective process of training athletes in modern conditions;

Methods and forms of education.

The curriculum of the educational component involves the teaching of material in the form of: conversation, debates, discussions, explanatory and illustrative methods. The main forms of education are lectures, practical classes, individual consultation work under the guidance of a teacher and independent work of applicants.

In order to achieve educational aim, general development of personality, professional training, it is advisable to use various teaching **methods**, namely: verbal, visual, practical methods; organization of cognitive activity (partial research, research); methods of stimulating and motivating learning (cognitive and educational discussions, simulation); methods of control and self-control (oral, written, testing, etc.).

Control methods: oral (presentations while practical classes, individual presentations, group discussion), written (tasks for self-study), current and semester test control.

The developed curriculum corresponds to the educational and professional program of the specialty A7 Physical education and sport, and is focused on the formation of the following **competencies:**

Integral competence - the ability to produce new ideas, to solve complex problems of professional and/or research and innovation activities in the field of physical education and sports,

to apply the methodology of scientific and pedagogical activity, to conduct one's own scientific research, the results of which have scientific novelty, theoretical and practical significance.

General competences:

GC 01. Ability to abstract thinking, analysis and synthesis.

GC 02. The ability to solve complex problems in the field of physical education and sports based on a systematic scientific worldview and a general cultural outlook with the acquisition of the principles of professional ethics and academic integrity.

Special (professional) competences:

SC 02. The ability to identify, pose and solve problems of a research nature in the field of physical education and sports, to evaluate and ensure the quality of the research performed.

SC 03. The ability to integrate knowledge from different fields, apply a systematic approach and consider legal, ethical and other aspects when solving complex problems in the field of physical education and sports and conducting research.

The following **program learning outcomes** are foreseen.

LO 01. Advanced conceptual and methodological knowledge of physical education and sports and at the border of fields of knowledge and specialties, as well as research skills sufficient to conduct scientific and applied research at the level of the latest world achievements in the relevant field, obtained new knowledge and/or implemented innovations.

LO 02. Formulated and verified scientific hypotheses, usage of appropriate evidence to substantiate conclusions, in particular, the results of theoretical analysis, empirical research, available literary data.

LO 04. Research of conceptual models of processes and systems in the field of physical education and sports and effective usage of them to obtain new knowledge and/or create innovative products.

Also, as a result of studying the educational component, applicants **must:**

know: the current state and the most relevant issues of sports training as a multifaceted object of scientific research; interdisciplinary integration of sciences dealing with the problems of training athletes; the theory and methodology of improving scientific research in the field of sports; modern strategies for solving scientific problems of sports training; features and purpose of technologies, methods, means of outlining scientific problems in the training of athletes and their solution;

be able to: navigate the problems and achievements of modern science in the training of athletes; correlate theoretical and methodological foundations with practical problems of training athletes; operate with modern theoretical knowledge based on a critical understanding of the scientific problems of training athletes; design scientific research in accordance with world standards for solving the problems of sports training;

possess: the skills to select references, search for the necessary factual and documentary materials on the problem of training athletes, systematize and generalize them, forecast trends in the development of sports and find the right management solutions for improving the training of athletes, apply adequate methods of research into the components of the system of training athletes, form and prove in the process of scientific and pedagogical activity one's own views on events, processes and phenomena in the system of training athletes;

able to demonstrate: general and professional competences in the scientific substantiation of approaches to the modernization of the system of training athletes, in the organization, implementation and provision of the process of training athletes taking into account world trends, national traditions and local conditions, as well as in achieving the expected learning outcomes.

Hardware and software/equipment. Classes in the 2025-2026 academic year take place in the online format. A synchronous form of performance of the given material is provided for applicants on the Moodle educational and informational platform.

3. Program of the academic discipline

Daily form:

	Those	Lectures (hours)	Practical (group) (hours)	Independent work (hours)
4 семестр				
1.	Topic 1. Actual problems of training and development of Ukrainian athletes in modern conditions of war.	2	2	10
2.	Topic 2: Actual problems of improving the efficiency of competitive sportsmen's activities.	4	4	15
3.	Topic 3: Rational construction of training of athletes.	4	4	10
4.	Topic 4: Improving the content of the educational and training process of athletes.	4	4	15
5.	Topic 5: Objectification of management of training of athletes.	4	4	15
6.	Topic 6: Problems of using ergogenic factors in sports training.	2	2	15
Total for the semester		20	20	80
Consultation and examination		0,3/0,9		

Course content

4.1. Lecture plan

№	Lecture topic / plan	
4th semester		
1.	Topic 1. Actual problems of training and development of Ukrainian athletes in modern conditions of war. 1. Normative aspect of the functioning and development of Ukrainian sports in the conditions of war. 2. Ways to develop Ukrainian sports in the conditions of war. 3. Political influence on Ukrainian sports during the full-scale war of Russia against Ukraine. 4. Optimizing the training of Ukrainian athletes in modern conditions of war.	2
2.	Topic 2. Actual problems of improving the efficiency of competitive activities of sportsmen. 1. Factors of effectiveness of competitive activity. 2. Orientation of the sports training system to achieve the optimal structure of competitive activity. 3. Optimizing effective participation of athletes in competitions, scientific approaches.	4
3.	Topic 3. Rational construction of sportsmen's training. 1. Scientific problems of the training structure for athletes at the stages of the multi-year educational and training process. 2. Individualization of meso- and microstructures of training athletes of various sports qualifications. 3. Selection and inclusion in the subject area of the theory of the results of various scientific studies and data of practical experience of leading specialists in the field of physical education and sport on the construction of mega-, macro-, meso- and microstructures of training athletes.	4
4.	Topic 4. Improving the content of the educational and training process of athletes. 1. Improvement of technical and tactical training of athletes. 2. Improvement of physical training of athletes. 3. Improvement of the psychological training of athletes. 4. Improvement of theoretical and methodological training of athletes. 5. Improvement of integral training of athletes.	4
5.	Topic 5. Objectification of management of training of athletes. 1. Problems of improving the sports selection of athletes and their sports orientation. 2. Problems of forecasting and modeling in the training of athletes. 3. The problem of control in the training of athletes.	5

6.	Topic 6. Problems of using ergogenic factors in sports training. 1. Scientific medical and biological problems of training athletes. 2. Scientific material and technical problems of training athletes. 3. Scientific socio-psychological problems of training athletes.	2
	Total (hours)	20

4.2. Plan of practical classes

№	Class topic / plan	
	4th semester	
1.	<p>Topic 1. Actual problems of training and development of Ukrainian athletes in modern conditions of war.</p> <p>1. Annotation of materials from information sources regarding the problems of training and development of Ukrainian athletes in modern war conditions.</p> <p>2. Discussion of issues of lecture 1.</p> <p><i>Discussion of questions for self-study:</i> Problems of training and development of Ukrainian athletes in the chosen sport within modern conditions of war.</p>	2
2.	<p>Topic 2. Actual problems of improving the efficiency of competitive activities of sportsmen.</p> <p>1. Annotating the materials of information sources regarding the optimization of sportsmen's participation in competitions, increasing the efficiency of their competitive activities.</p> <p>2. Discussion of issues of lecture 2.</p> <p><i>Discussion of questions for self-study:</i></p> <ol style="list-style-type: none"> 1. The problem of increasing the volume of competitive activity. 2. Characterization of the principle of compliance with the system of sports training for the main competitions according to the geographical and climatic conditions of the places where the competitions are held. 3. Selection and inclusion in the competition system, characterization of the system with analysis of problematic aspects (individual selection of athletes' qualifications and type of sports specialization). 	4
3.	<p>Topic 3. Rational construction of sportsmen's training.</p> <p>1. Annotation of materials from information sources regarding the construction of mega-, macro-, meso- and microstructures of training athletes.</p> <p>2. Discussion of lecture issues 3.</p> <p><i>Discussion of questions for self-study:</i></p> <ol style="list-style-type: none"> 1. Adherence to the periodization of the creative application of laws and principles of sports training instead of formal schemes. 2. Studying the issue of extending the period of successful performances of athletes at the final stages of their sports career. 	4
4.	<p>Topic 4. Improving the content of the educational and training process of athletes.</p> <p>1. Annotating the materials of information sources regarding the improvement of various aspects of sports training.</p> <p>2. Discussion of issues of lecture 4.</p> <p><i>Discussion of questions for self-study:</i></p> <ol style="list-style-type: none"> 1. The problem of increasing the volume of training activities. 	4

	<p>2. Achieving the dynamism of the training system, its operational correction on the basis of constant study and consideration of both the general trends in the development of Olympic sports and the specifics of the development of its specific types - changing the rules of competitions and the conditions of their holding, using new inventory and equipment, expanding the calendar and changing the significance of various competitions, etc.</p> <p>3. Selection and inclusion in the subject area of the theory of the results of various scientific studies and data of practical experience of the material for improving various aspects of sports training.</p>	
5.	<p>Topic 5. Objectification of management of training of athletes.</p> <p>1. Annotation of materials of information sources regarding the improvement of forecasting, modeling, control, selection in sports training.</p> <p>2. Discussion of issues of lecture 5.</p> <p>Discussion of questions for self-study:</p> <p>1. Maximum focus on the individual qualities and abilities of the athlete when choosing a sports specialization.</p> <p>2. Improvement of the management system of the training process based on the objectification of knowledge about the structure of competitive activity and preparedness, taking into account both the general laws of the formation of sportsmanship in a specific sport, and the individual capabilities of athletes.</p> <p>3. Selection and inclusion in the subject area theory about the results of various scientific studies and data on practical experience, material on improving forecasting, modeling, control, selection in sports training.</p>	
6.	<p>Topic 6. Problems of using ergogenic factors in sports training.</p> <p>1. Annotation of materials from information sources regarding rest, nutrition, means of recovery, stimulation of working capacity, mobilization of functional reserves, prevention of sports injuries and overtraining.</p> <p>2. Discussion of issues of lecture 6.</p> <p>Discussion of questions for self-study:</p> <p>1. Formation of a strictly balanced system of training and competition loads, rest, nutrition, means of recovery, stimulation of working capacity and mobilization of functional reserves.</p> <p>2. Expansion of non-traditional means of training: the use of devices, equipment and methodological techniques that allow to more fully reveal the functional reserves of the athlete's body; use of simulators that provide combined improvement of motor qualities, physical and technical improvement; carrying out training in the conditions of the middle mountains and highlands, etc.</p> <p>3. Selection and inclusion the theory of the results of various scientific studies and data of practical experience of material on rest, nutrition, means of recovery, stimulation of working capacity, mobilization of functional reserves, prevention of sports injuries and over training in the subject area.</p> <p>Control testing.</p>	4
Total (hours)		20

4.1. Tasks for independent work

The amount of independent work in the IV semester is 80 hours.

Instructions and explanations for completing tasks for independent work

1. Independent processing of materials from additional informational and methodical sources is carried out in accordance with the list given in this program.
2. Independent work with literature and electronic sources should be reflected in the synopsis of the course and as a result of preparation for the control paper, test and exam.

List of questions for self-study

1. The concept of sports and sports activities. Directions of functioning.
2. Trends of modern problems of physical education and sports, their characteristics.
3. Ways to solve problems in the field of physical education and sports.
4. General basics of sports selection and sports orientation.
5. Methods of sports orientation and sports selection.
6. Stages of sports selection.
7. Factors of effective sports selection.
8. Competition and competitive activity, basic concepts.
9. Classification of competitive activity.
10. Characteristics of types of competitive activity.
11. Factors influencing competitive activity.
12. Planning competitive activities.
13. Criteria for determining the competitive result.
14. Characteristics of types of control .
15. Characterization of the phasing of control in sports activities.
16. Peculiarities of pedagogical control.
17. Peculiarities of control over the physical fitness of athletes.
18. Peculiarities of control over the technical training of athletes.
19. Peculiarities of control over the tactical training of athletes.
20. Peculiarities of monitoring the psychological readiness of athletes.
21. Control of components of sports training. Problematic aspects.
22. Problems of improving the mechanisms of development of children's and youth sports in Ukraine.
23. Priority areas of regulation of children's sports in the legislative sphere of physical education and sports.
24. Ways to improve financing of the field of physical education and sports through the system of children's and youth sports in Ukraine.
25. Main types of activities of children's and youth sports in Ukraine.
26. Basic principles of ensuring a healthy lifestyle.
27. Aesthetic perception of body structure and motor activity.
28. Relationship between health and sports.
29. Reasons for the decline of public interest in physical education and sports.
30. Modern problems of infrastructure development of physical education and sports in Ukraine.
31. Analyze existing problems in the field of the chosen sport.
32. Present ways of solving existing problems in the field of the chosen sport.
33. Reveal the main aspects, as well as modern elements of sports selection in the chosen

- sport.
34. Characteristics of the basics of competitive activity in the chosen sport.
 35. Reveal the dominant influencing factors on the result of competitive activity in the chosen sport.
 36. Problems of the system of competitive activity in sports.
 37. Characteristics of types of control.
 38. Control of components of sports training. Problematic aspects.
 39. Problematic issues of the full implementation of the control system in the system of physical education and sports activities.
 40. Types of control in the chosen type of sports specialization.
 41. Problematic issues of full implementation of the control system in the system of physical education and sports activities.
 42. Professional duties of coaches in the system of children's and youth sports schools.
 43. Prospective directions for improving the system of long-term training of top-class athletes.
 44. Relevance of OK "Actual problems of physical education and sports".
 45. General concept of physical activity. Actual problems of using rational physical load in sports activities.
 46. Characteristics of physical exertion.
 47. Characteristics of external load criteria.
 48. Characteristics of internal load criteria.
 49. Reveal the system of managing the amount of load in relation to the "trainer-athlete" interaction.
 50. Characterize load components.

5. Examination questions
Sample "0" version of the exam ticket

Petro Mohyla Black Sea National University
Physical education and sports Faculty
Olympic and professional sports Department

Educational component "Scientific problems of modern training of athletes".
 Educational and qualification level - third (educational and scientific)
 Educational and professional program - Physical education and sports
 Specialty - A7 Physical education and sports

EXAMINATION TICKET No. 0

1. Professional duties of coaches in the system of children's and youth sports schools.
2. Optimization of effective participation of athletes in competitions, scientific approaches.
3. Scientific problems of the training structure for athletes at the stages of the multi-year educational and training process.

Approved at the meeting
 of Olympic and professional sports Departments
 Protocol No. __ dated “__” _____ 2025.

Examiner Assoc.
 Head of the department

Lyudmila KHARCHENKO-BARANETSKA
 prof. Nadia DOVGANY

**List of exam questions on the academic discipline
"Scientific problems of modern training of athletes"**

1. Normative aspect of the functioning and development of Ukrainian sports in the conditions of war.
2. Ways of development of Ukrainian sports in the conditions of war.
3. Political influence on Ukrainian sports during the full-scale war of Russia against Ukraine.
4. Optimizing the training of Ukrainian athletes in modern conditions of war.
5. Effectiveness of factors of competitive activity.
6. Orientation of the sports training system to achieve the optimal structure of competitive activity.
7. Optimizing effective participation of athletes in competitions, scientific approaches.
8. Scientific problems of the training structure for athletes at the stages of the multi-year educational and training process.
9. Individualization of meso- and microstructures of training of novice athletes in cycle sports.
10. Individualization of meso- and microstructures of training of novice athletes in acyclic sports.
11. Individualization of meso- and microstructures of the training of athletes at the stage of basic sports training in cycle sports.
12. Individualization of meso- and microstructures of training of athletes at the stage of basic sports training in acyclic sports.
13. Individualization of meso- and microstructures of training of athletes of the highest sportsmanship in cycle sports.
14. Individualization of meso- and microstructures of training of athletes of the highest sports skill in acyclic sports.
15. Improvement of technical and tactical training of athletes.
16. Improvement of physical training of athletes.
17. Improvement of the psychological training of athletes.
18. Improvement of theoretical and methodological training of athletes.
19. The concept of sports and sports activities. Directions of functioning.
20. Trends of modern problems of physical education and sports, their characteristics.
21. Ways to solve problems in the field of physical education and sports.
22. General basics of sports selection and sports orientation.
23. Methods of sports orientation and sports selection.
24. Stages of sports selection.
25. Factors of effective sports selection.
26. Competition and competitive activity, basic concepts.
27. Classification of competitive activity.
28. Characteristics of types of competitive activity.
29. Factors influencing competitive activity.
30. Planning competitive activities.
31. Criteria for determining the competitive result.
32. Characteristics of types of control.
33. Characterization of the phasing of control in sports activities.
34. Peculiarities of pedagogical control.
35. Peculiarities of control over the physical fitness of athletes.
36. Peculiarities of control over the technical training of athletes.
37. Peculiarities of control over the tactical preparation of sportsmen.

38. Peculiarities of monitoring the psychological readiness of athletes.
39. Control of components of sports training. Problematic aspects.
40. Problems of improving the mechanisms of development of children's and youth sports in Ukraine.
41. Priority areas of regulation of children's sports in the legislative sphere of physical education and sports.
42. Ways to improve financing of the field of physical education and sports through the system of children's and youth sports in Ukraine.
43. The main types of activities of children's and youth sports in Ukraine.
44. Basic principles of ensuring a healthy lifestyle.
45. Aesthetic perception of body structure and motor activity.
46. Relationship between health and sports.
47. Reasons for the decline of public interest in physical education and sports.
48. Modern problems of infrastructure development of physical education and sports in Ukraine.
49. Analyze existing problems in the field of the chosen sport.
50. Present ways of solving existing problems in the field of the chosen sport.
51. Reveal the main aspects, as well as modern elements of sports selection in the chosen sport.
52. Characteristics of the basics of competitive activity in the chosen sport.
53. Reveal the dominant influencing factors on the result of competitive activity in the chosen sport.
54. Problems of the system of competitive activity in sports activities.
55. Characteristics of types of control.
56. Control of components of sports training. Problematic aspects.
57. Problematic issues of the full implementation of the control system in the system of physical education and sports activities.
58. Types of control in the chosen type of sports specialization.
59. Problematic issues of full implementation of the control system in the system of physical education and sports activities.
60. Professional duties of coaches in the system of children's and youth sports schools.
61. Prospective directions are perfected.
62. Relevance of OK "Actual problems of physical education and sports".
63. General concept of physical activity. Actual problems of using rational physical load in sports activities.
64. Characteristics of physical exertion.
65. Characteristics of external load criteria.
66. Characteristics of internal load criteria.
67. Reveal the system of managing the amount of load in relation to the "trainer-athlete" interaction.
68. Characterize load components.
69. Improvement of integral training of athletes.
70. Problems of improving the sports selection of athletes and their sports orientation.
71. Problems of forecasting and modeling in the training of athletes.
72. The problem of control in the training of athletes.
73. Scientific medical and biological problems of training athletes.
74. Scientific material and technical problems of training athletes.
75. Scientific socio-psychological problems of training athletes.
76. Problems of training and development of Ukrainian athletes in the chosen sport in modern conditions of war.
77. The problem of increasing the volume of competitive activity.
78. Characteristics of the principle of compliance with the system of sports training for the main competitions according to the geographical and climatic conditions of the places where the competitions are held.

79. Selection and inclusion in the competition system, characteristics of the system with analysis of problematic aspects (individual selection of athletes' qualifications and type of sports specialization).
80. Adherence to the periodization of the creative application of laws and principles of sports training instead of formal schemes.
81. Study of the issue of extending the period of successful performances of athletes at the final stages of their sports career.
82. The problem of increasing the volume of training activities.
83. Achieving the dynamism of the training system, its operational correction on the basis of constant study and consideration of both the general trends in the development of Olympic sports and the specifics of the development of its specific types - changing the rules of competitions and the conditions of their holding, using new inventory and equipment, expanding the calendar and changing the importance of various competitions, etc.
84. Selection and inclusion in the subject area of the theory of the results of various scientific studies and data of practical experience of material on improving various aspects of sports training.
85. Maximum focus on the individual qualities and abilities of the athlete when choosing a sports specialization.
86. Improvement of the management system of the training process based on the objectification of knowledge about the structure of competitive activity and preparedness, taking into account both the general laws of the formation of sports skills in a specific sport, and the individual capabilities of athletes.
87. Selection and inclusion in the subject area of the theory of the results of various scientific studies and data of practical experience of material on improving forecasting, modeling, control, selection in sports training.
88. Formation of a strictly balanced system of training and competition loads, rest, nutrition, means of recovery, stimulation of working capacity and mobilization of functional reserves.
89. Expansion of non-traditional means of training: the use of devices, equipment and methodological techniques that allow to more fully reveal the functional reserves of the athlete's body; use of simulators that provide combined improvement of motor qualities, physical and technical improvement; carrying out training in the conditions of the middle mountains and highlands, etc.
90. Selection and inclusion in the subject area of the theory of the results of various scientific studies and data of practical experience of material on rest, nutrition, means of recovery, stimulation of working capacity, mobilization of functional reserves, prevention of sports injuries and overtraining.

6. Grading scale for the course

The course-based credit system of the educational component "Scientific problems of modern training of athletes" in the IV semester

Types of work	Points
Practical work	6 x 5 points = 30 points
Control test	1 x 30 points
Total: max 60 points	
Exam: maximum 40 points	
Max 100 points	

Criteria for evaluating types of works

Evaluation criteria of practical works

5 points - the practical work is completed within the specified time (according to the schedule), in full, without errors, the student of higher education demonstrates the ability to draw analytical conclusions from the problems of the thematic task based on the analysis of literature, as well as the generalization of practice and modern scientific research.

4 points - the practical work was completed in full without errors.

3 points - the practical work is completed in full, but contains a number of errors.

2 points – the practical work is partially completed, but correctly or completely, with significant errors

1 point - the practical work is completed, but incorrectly.

0 points – practical work is not completed.

Assessment criteria for control test

The control test is provided in an online format on the information and educational platform of the Petro Mohyla Black Sea National University - Moodle. Control test will be available for passing on the specified day and time. The test will include 30 multiple-choice questions. Applicants must choose one correct answer from the specified list. Each correct answer is valued at 1 point. The maximum score for the control test is 30 points. The number of attempts to pass the control test set by the electronic system is the only one. After passing the control test, the applicant will immediately see his own final score for the passed control test, which the electronic program will immediately transfer to the applicant's electronic journal.

Assessment scale: national and ECTS

Sum of points	Estimation ESTS	Assessment according to the national scale	
		exam	credit
90-100	A	is excellent	credited
82-89	B	good	
75 - 81	C		
67-74	D		
60-66	E	is satisfactory	not credited
35-59	FX	not satisfactorily	
1-34	F		

Assessment criteria

The control of the success of a higher education applicant is carried out using the methods and means specified in PMBSNU. The academic success of a student of higher education is assessed according to the scale used in the Petro Mohyla Black Sea National University with transfer of points to the national scale and the ECTS scale.

Excellent A - The applicant has deep, solid and systematic knowledge of the entire theoretical course, can clearly formulate definitions using special terminology, has a conceptual apparatus, knows the main problems in the field of physical education and sports. Is able to creatively apply the acquired practical skills and abilities when analyzing the main questions of the course and uses them when answering.

Good B - The acquirer has deep solid fundamental knowledge, uses practical skills, but may admit inaccuracies in wording, minor errors in the given examples.

Good C - The applicant knows the program material in its entirety, but does not know how to combine theoretical and practical aspects of physical education and sports. His answer is complete, logical, but with some inaccuracies.

Satisfactory D - The applicant reproduces a significant part of the theoretical material, demonstrates knowledge and understanding of the need to combine theory and practice in physical education, but allows inaccuracies in terminology, answers are incomplete, among which there is a significant number of essential ones.

Satisfactory E - The applicant has the basic level of knowledge, possesses the necessary skills and practical skills to solve standard sports performance tasks; shows an understanding of only the main provisions of the educational material; is able, with errors and with additional questions, to formulate definitions of concepts and categories.

Unsatisfactory FX - The applicant is little aware of the purpose of educational and cognitive activity; is weakly oriented in concepts, definitions, does not connect the theory and practice of physical education and sports into a single structure.

Unsatisfactory F - The applicant does not have the necessary knowledge, abilities, skills and scientific terms, does not use practical skills and skills in physical education and sports, demonstrates the low level of theoretical and methodological knowledge and skills.

7. Literature

Basic literature:

1. Кіндзерська А.Г., Багас О.П. Актуальні проблеми підготовки та розвитку українських спортсменів в сучасних умовах війни. Науковий часопис Українського державного університету імені Михайла Драгоманова. Серія 15, 9(182), 2024. 137-142. [https://doi.org/10.31392/UDU-nc.series15.2024.9\(182\).24](https://doi.org/10.31392/UDU-nc.series15.2024.9(182).24) URL: <https://spppc.com.ua/index.php/journal/article/view/2134>
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