

MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE

Petro Mohyla Black Sea National University

Faculty of Physical Education and Sports

Department of Theory and Methods of Physical Education

"APPROVE "

The first vice-rector  
Tshchenko NM

" " 2021

CURRICULUM WORK PROGRAM

PHYSICAL EDUCATION

Area of knowledge 22 "Health"  
Specialty 222 "Medicine"

Developer	Bondarenko IG Andryushchenko MI Bondarenko OV Konoplyanik OV Kurasa G.O. Mayer V.Ya. Mintz MO
Head of the Department of Developer	Bondarenko IG
Guarantor of the educational program	Klimenko MO
Director of the Institute	Grishchenko GV
Chief of EMD	Shkirehak SI

Mykolayiv - 2021

### Description of the discipline

Characteristic	Characteristics of the discipline	
Name of discipline	Physical Education	
Branch of knowledge	22 "Health care"	
Specialty	222 "Medicine"	
Specialization (if any)		
Educational program	Medicine	
Level of higher education	bachelor	
Discipline status	Normative	
Curriculum	1-2nd	
Academic year	2021 -2022	
Semester numbers:	Full-time	Correspondence form
	1st, 2nd, 3rd, 4th	
Total number of ECTS credits / hours	1st year - 36 hours 2nd year - 36 hours	
Course structure: - practical classes	Full-time	Correspondence form
	1 semester - 15 years 2nd semester - 21 years 3rd semester - 15 years 4th semester - 21 years	
Percentage of classroom load	-	
Language of instruction	ENG	
Form of intermediate control (if any)	-	
Form of final control	1 semester - a test 2nd semester - credit 3rd semester - certification 4th semester - credit	

## 2. Purpose, tasks and planned learning outcomes

**The purpose of** teaching / studying the discipline "Physical Education" is an integral part of the system of humanitarian education of students, the formation of general and professional culture of the future specialist.

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. During the study it is important to form in students an understanding of the need to constantly work on themselves, studying the features of their body, rational use of their physical potential, leading a healthy lifestyle, constantly learning the values of physical culture. Based on the concept of a healthy lifestyle, a doctor today should be focused not only on pathology, but also to prevent disease, ie the health of a healthy person. A graduate of a higher medical educational institution at the present stage should become a propagandist of the formation of the prestige of health and the introduction of means of physical education and sports in the way of life of all segments of the population. Physical education in higher medical educational institutions is not only a means of strengthening the health, increasing the mental and physical capacity of students, but also an integral part of education and training of future doctors.

**Objectives:** acquisition by a student of competencies, knowledge, skills and abilities for professional activity in the specialty of:

- maintaining and strengthening the health of students, promoting a healthy lifestyle, maintaining and improving the level of efficiency during training;
- educating students in the need for regular physical exercises, taking into account the peculiarities of their future professional activities and physical self-improvement;
- mastering the methods of assessing physical development, functional status and self-control during exercise;
- obtaining by students the necessary knowledge, skills and abilities in the use of physical culture for disease prevention, recovery and strengthening of health, continuation of professional activity of the working population;
- formation of understanding of the role of physical culture in the development of personality and its preparation for professional activity, motivational and value attitude to physical culture, to a healthy lifestyle, physical improvement and self-education, the need for regular exercise and sports;
- formation of a system of knowledge and skills in physical culture and a healthy lifestyle;
- strengthening health, promoting the formation of comprehensive development of the organism, disease prevention, ensuring the optimal level of physical fitness, physical performance, functional status during the training period;
- mastering the system of practical skills and abilities to engage in basic types of physical exercises and forms of rational physical activity;
- ensuring, maintaining and strengthening health, development and improvement of psychophysical capabilities, qualities and personality traits;
- acquisition of motor skills and abilities, providing general and professionally- applied physical fitness;
- gaining experience in the creative use of physical culture and health and sports activities;
- acquisition of the ability to perform tests and standards of physical fitness.
- Improving the sports skills of student-athletes.

The developed program corresponds to the educational program and is focused on the formation of *competencies* .

<b>General Competences (GC)</b>	<b>GC 2</b>	Ability to apply knowledge in practical situations.
	<b>GC 4</b>	Ability to adapt and act in a new situation.
	<b>GC 5</b>	Ability to make an informed decision; work in a team;

	interpersonal skills.
--	-----------------------

**Prerequisites for studying the discipline (interdisciplinary and narrative connections).**

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

Learning outcomes:

**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, a 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.

According to the educational program, the expected learning outcomes include the ability to:

PEO26	<p>Implement a system of anti-epidemic and preventive measures in the health care institution, its unit on the basis of data on the health of certain contingents of the population and the impact on the environment, using existing methods, within the primary health care, of:</p> <ul style="list-style-type: none"> <li>• organization of nutrition, water supply;</li> <li>• mode of activity and rest;</li> <li>• formation of a favorable production environment;</li> <li>• primary prevention of diseases and injuries;</li> <li>• vaccine prophylaxis;</li> <li>• prevention of bad habits;</li> <li>• prevention of unwanted pregnancy;</li> <li>• promotion of a healthy lifestyle .</li> </ul>
PEO27	<p>Implement a system of primary prevention measures, based on data on the health of the population served and the presence of the determinants of health, in the health care facility and outside it using existing methods, within the primary care. sanitary assistance to the population:</p> <ul style="list-style-type: none"> <li>• sanitary and educational measures to prevent the occurrence of infectious and non-infectious diseases, injuries and the <i>promotion of a healthy lifestyle</i> ;</li> <li>• organization of rational nutrition, safe social and living conditions, water supply; mode of activity and rest .</li> </ul>

### 3. The program of the discipline

#### The structure of the discipline

The choice of the type of motor activity is made by the free choice of students . For students, as well as the state of health was assigned to the main medical group with proposed sports sections : volleyball, basketball, football, rowing, athletics, badminton, table tennis, athletics.

Each semester the student chooses the type of physical activity.

#### Volleyball

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Safety rules during classes. Equipment and inventory for the game.	2
2	Racks and moving. Classification and basic concepts of game technique.	2
3	General physical training.	2
4	Introduction to the technique of playing volleyball: passing the ball (two hands from above, two hands from below); n receiving the ball with both hands from below, n passing the ball)	2
5	Improving motor skills in volleyball ( front fall, side fall, ball lock, attacking kick, receiving the ball from the net)	4
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>15</b>
<b>2nd semester</b>		
1	Control and self-control in the process of physical improvement.	4
2	General technique of the game.	6
3	Game tactics.	4
4	Integral training.	2
5	Refereeing.	2
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
<b>3rd semester</b>		
1	Injury prevention. Safety rules during classes.	2
2	The basis of the technique of playing volleyball. Racks and moving.	2
3	General physical training.	2
4	Improving the technique of playing volleyball: passing the ball (two hands from above, two hands from below); n receiving the ball with both hands from below, n passing the ball)	4
5	Improving motor skills in volleyball ( front fall, side fall, ball lock, attacking kick, receiving the ball from the net)	4
6	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>4th semester</b>		
1	Control and self-control in the process of physical improvement.	4
2	Improving the technique of the game.	6
3	Improving tactical training.	4
4	Integral training: competitive conditions.	2
5	Refereeing of student team competitions.	2
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Athletics

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Safety rules during classes. Equipment and inventory.	2
2	History of 1 / athletics development. Wellness walking.	2
3	General physical training. Development of speed -power qualities. Development of flexibility, strength.	2

4	Special physical training.	4
5	Running technique	4
6	Assessment of the level of physical and technical fitness	1
		<b>15</b>
	<b>2nd semester</b>	
1	Safety rules during classes. Self-control of physical condition in class.	2
2	General physical training. Development of endurance, flexibility.	6
3	Improving special physical training.	4
4	Integral training.	4
5	Refereeing.	2
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	
1	Safety rules during classes. Equipment and inventory.	2
2	Wellness walking., Running.	2
3	General physical training. Development of speed -power qualities. Development of flexibility, strength, endurance	2
4	Special physical training. Long jumps from a place.	4
5	Technique of running, jumping.	4
6	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	Safety rules during classes. Equipment and inventory.	2
2	General physical training	6
3	Special physical training.	4
4	Integral training.	4
5	Refereeing.	2
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Athletic gymnastics

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Safety rules during classes. History of development of athletic gymnastics.	2
2	Control and self-control in the process of physical improvement, injury prevention.	2
3	The main muscle groups are the basic exercises for their development	2
4	Basic exercises to develop the muscles of the neck and shoulder are in	4
5	Basic and formative exercises for the development of muscles of the chest, legs, back	4
6	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>2nd semester</b>		
1	Circuit training.	4
2	Improving the development of endurance, flexibility, speed, coordination, strength by means of athletic gymnastics	8
3	Exercises with rubber, expander, on gymnastic devices with and without weight	6
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
<b>3rd semester</b>		
1	Safety rules during classes. History of development of athletic gymnastics.	2
2	Control and self-control in the process of physical improvement, injury prevention.	2
3	The main muscle groups are the basic exercises for their development	2
4	Basic and formative exercises for the development of muscles of the back, pelvic girdle, legs, torso	8
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>4th semester</b>		
1	Circuit training.	4
2	Improving the development of endurance, flexibility, speed, coordination, strength by means of athletic gymnastics	6
3	Exercises with rubber, expander, on gymnastic devices with and without weight	8
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Football

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Historical and theoretical information about the game of football. Injury prevention during the game. Football rules.	2
2	Basics of football technique. Technical training of players.	8

3	Tactical training of football players.	2
4	Organization and holding of football competitions	2
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>2nd semester</b>	
1	Injury prevention during the game.	2
2	Improving physical qualities: strength, endurance, speed, short circuit, mobility in the joints	10
3	Basics of tactical actions in football	4
4	Basics of football technique	4
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	
1	Injury prevention during the game. Football rules.	2
2	Basics of football technique. Technical training of players.	6
3	Tactics of the game in defense. Attack tactics. Tactical schemes of the game	4
4	Organization and holding of football competitions	2
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	Injury prevention during the game.	2
2	Improving physical qualities: strength, endurance, speed, short circuit, mobility in the joints	10
4	Basics of football technique	6
5	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Badminton

	Topics	Practical ( semi-group )
	<b>1 semester</b>	
1	Safety rules during classes. Equipment and inventory for the game. Material support.	2
2	Racks and moving. Classification and basic concepts of game technique.	2
3	Methods of teaching innings. Exercises with a steering wheel.	8
4	Methods of teaching defensive play.	4
5	Methods of learning to play in attack	18
6	Assessment of the level of physical and technical fitness	4
	<b>Total</b>	<b>15</b>
	<b>2nd semester</b>	
1	Safety rules during classes.	2
2	General physical training.	2
3	Steam game.	6
4	Mixed pairs game	8
5	Refereeing.	2
6	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	



1	Safety rules during classes. Equipment and inventory for the game. Material support.	2
2	Racks and moving. Classification and basic concepts of game technique.	4
3	Methods of teaching innings. Exercises with a steering wheel.	4
4	Methods of teaching defensive play. Methods of learning to play in attack	4
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	Safety rules during classes.	2
2	General physical training.	2
3	Steam game.	6
4	Mixed pairs game	6
5	Refereeing.	2
6	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Table tennis

	Topics	Practical ( semi-group )
	<b>1 semester</b>	
1	Safety rules during classes. Equipment and inventory for the game. Material support.	2
2	About dreams and technical training .	8
3	Basic tactical training .	4
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>2nd semester</b>	
1	Callisthenics. Improving physical qualities: strength, endurance, speed, short circuit, flexibility.	1 0
2	Technical training.	6
3	Tactical training.	4
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	
1	Callisthenics. Improving physical qualities: strength, endurance, speed, short circuit, flexibility.	4
2	Technical training.	6
3	Tactical training.	4
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	Callisthenics. Improving physical qualities: strength, endurance, speed, short circuit, flexibility.	4
2	Technical training.	8
3	Tactical training.	6
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

## Rowing

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	The subject of physical education in ZVO. Equipment of water sports complex (VSK). Rules of conduct in boats and on VSK. History of rowing. Oz Mr. ayomlennya with technology training rowing boats.	4
2	Methods of teaching motor skills and rowing skills (ergometer)	4
3	F izychna training.	6
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>2nd semester</b>		
1	Rules of conduct in boats and on VSK.	2
2	Methods of teaching motor skills and rowing skills (ergometer)	8
3	Physical training .	4
4	Technical, tactical training in rowing.	6
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>21</b>
<b>3rd semester</b>		
1	Rules of conduct in boats and on VSK.	2
2	Methods of teaching motor skills and rowing skills (ergometer)	2
3	Physical training .	4
4	Technical, tactical training in rowing.	6
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>4th semester</b>		
1	Rules of conduct in boats and on VSK.	2
2	Methods of teaching motor skills and rowing skills (ergometer)	6
3	Physical training .	6
4	Technical, tactical training in rowing.	4
5	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

## Fitness

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Safety rules during fitness classes.	2
2	Features of health fitness exercises.	4
3	Control and self-control in the process of physical improvement	2
4	Technical training in fitness.	6
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>2nd semester</b>		
1	Safety rules during fitness classes.	2
2	A set of exercises. Aerobics.	8
3	Comprehensive fitness training	4
4	Fitness yoga	4

5	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	
1	Safety rules during fitness classes.	2
2	Fitbol -trenuvannya	8
3	Fitness yoga	4
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	Safety rules during fitness classes.	2
2	Development of physical qualities by means of aerobics	8
3	Comprehensive fitness training	9
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Basketball

	Topics	Practical ( semi-group )
	<b>1 semester</b>	
1	Safety rules during classes. Equipment and inventory for the game.	2
2	Rules of basketball. Classification and basic concepts of game technique.	4
3	General and special physical training.	4
4	Introduction to the technique of playing basketball: passing the ball, driving the ball, throwing the ball into the basket	2
5	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>15</b>
	<b>2nd semester</b>	
1	Control and self-control in the process of physical improvement. History and prospects of basketball development	4
2	Improving the technical training of a basketball player. General technique of the game.	8
3	Game tactics.	6
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
	<b>3rd semester</b>	
1	General basics of basketball.	2
2	Improving special physical training of basketball players.	8
3	Integral training.	4
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
	<b>4th semester</b>	
1	The main types of injuries in the game of basketball, their prevention.	2
2	Technical training: conducting individual classes based on the role of the game.	2
3	Improving tactical training.	6
4	Game preparation. Educational games.	8
5	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### Special medical group

	Topics	Practical ( semi-group )
<b>1 semester</b>		
1	Safety rules during physical education classes. Hygienic bases of physical culture and sports.	2
2	Control and self-control in the process of physical improvement.	2
3	Therapeutic physical culture.	10
5	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>2nd semester</b>		
1	Safety rules during physical education classes. Hygienic bases of physical culture and sports.	2
2	Control and self-control in the process of physical improvement.	2
3	Therapeutic physical culture.	14
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>
<b>3rd semester</b>		
1	Safety rules during physical education classes. Hygienic bases of physical culture and sports.	2
2	Control and self-control in the process of physical improvement.	2
3	Therapeutic physical culture.	10
4	Assessment of the level of physical and technical fitness	1
	<b>Total</b>	<b>15</b>
<b>4th semester</b>		
1	Safety rules during physical education classes. Hygienic bases of physical culture and sports.	2
2	Control and self-control in the process of physical improvement.	2
3	Therapeutic physical culture.	14
4	Assessment of the level of physical and technical fitness	3
	<b>Total</b>	<b>21</b>

### 3. The content of the discipline

#### 4.1. The lecture course is not provided by the plan

#### 4.2. Plan of practical (group) classes

##### Volleyball

##### 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes. Equipment and inventory for the game.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Equipment and inventory for the game.
2	<b>Topic 2. Racks and movements. Classification and basic concepts of game technique.</b> 1. Racks of volleyball players at various actions. 2. Moving around the site. 3. Moving games.
3	<b>Topic 3. General physical training.</b> 1. Exercises for coordination of movements. 2. Strength exercises. 3 Exercises to develop flexibility. Educational game
4	<b>Topic 4. Passing the ball with both hands (top, bottom).</b> 1. Passing the ball with both hands from above. Passing the ball with both hands on top of the wall. Passing the ball with both hands from above in pairs. 2. Receiving the ball with both hands from below from the partner's throw. Receiving the ball with both hands from the bottom of the bounce from the wall.
5	<b>Topic 4. Improving the delivery and the ball.</b> 1. Passing the ball from below. 2. Passing the ball from the side. 3. Educational game.
6	<b>Topic 5. Blocking the ball.</b> 1. Imitation of blocking the ball. 2. Single ball lock. 3. Double ball lock. Educational game.
7	<b>Topic 5. Attacking blow.</b> 1. Attacking kick from his own throwing the ball. 2. Attacking kick by throwing the ball by a partner. 3. Educational game.
8	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

##### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Control and self-control in the process of physical improvement.</b> 1. Medical control. 2. Self-control during classes. 3. Educational game
2	<b>Topic 1. Control and self-control in the process of physical improvement.</b> 1. Safety of training.

	2. Self-control during classes. 3. Educational game
3	<b>Topic 2. General technique of the game. Receiving the ball from the net.</b> 1. Receiving the ball from the net standing facing it. 2. Receiving the ball from the net standing with his back to it. 3. Educational game.
4	<b>Topic 2. General technique of the game. Passing the ball.</b> 1. Passing the ball from the side. 2. Passing the ball from above. 3. Educational game.
5	<b>Topic 2. General technique of the game. Passing the ball.</b> 1. Passing the ball from the side. 2. Passing the ball from above. 3. Educational game.
6	<b>Topic 3. Game tactics.</b> 1. Functions of players. 2. Individual tactical actions. 3. Educational game.
7	<b>Topic 3. Game tactics.</b> 1. Functions of players. 2. Team tactical actions. 3. Educational game.
8	<b>Topic 4. Integral training.</b> 1. Technical training. 2. Tactical training. 3. Educational game.
9	<b>Topic 5. Refereeing.</b> 1. Gestures of the first judge. 2. Gestures of the second judge. 3. Educational game with refereeing.
10	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game
11	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game

### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes. Equipment and inventory for the game.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Equipment and inventory for the game.
2	<b>Topic 2. Racks and movements. Classification and basic concepts of game technique.</b> 1. Racks of volleyball players at various actions. 2. Moving around the site. 3. Moving games.
3	<b>Topic 3. General physical training.</b> 1. Exercises to develop endurance.

	2. Exercises for the development of strength abilities. 3. Exercises to develop flexibility.
4	<b>Topic 4. Improving the transfer and the ball with both hands (top, bottom).</b> 1. Passing the ball with both hands from above. Passing the ball with both hands on top of the wall. Passing the ball with both hands from above in pairs. 2. Receiving the ball with both hands from below from the partner's throw. Receiving the ball with both hands from below with a bounce in from the wall.
5	<b>Topic 4. Improving the delivery and the ball.</b> 1. Passing the ball from below. 2. Passing the ball from the side. 3. Educational game.
6	<b>Topic 5. Blocking the ball.</b> 1. Imitation of blocking the ball. 2. Single ball lock. 3. Double ball lock. Educational game.
7	<b>Topic 5. Attacking blow.</b> 1. Attacking kick from his own throwing the ball. 2. Attacking kick by throwing the ball by a partner. 3. Educational game.
8	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Control and self-control in the process of physical improvement.</b> 1. Medical control. 2. Self-control during classes. 3. Educational game
2	<b>Topic 2. General technique of the game.</b> 1. Improving the delivery of the ball. 2. Passing the ball. 3. Educational game.
3	<b>Topic 2. General technique of the game.</b> 1. Improving the transfer of the ball. 2. Passing the ball in pairs. 3. Educational game.
4	<b>Topic 2. General technique of the game.</b> 1. Passing the ball. 2. Passing the ball. 3. Educational game.
5	<b>Topic 3. Game tactics.</b> 1. Functions of players. 2. Individual tactical actions. 3. Educational game.
6	<b>Topic 3. Game tactics.</b> 1. Functions of players. 2. Individual tactical actions. 3. Educational game.
7	<b>Topic 4. Integral training.</b> 1. Technical training.

	2. Tactical training. 3. Physical training. 4. Educational game.
8	<b>Topic 4. Integral training.</b> 1. Technical training. 2. Tactical training. 3. Educational game.
9	<b>Topic 5. Refereeing.</b> 1. Gestures of the first judge. 2. Gestures of the second judge. 3. Educational game with refereeing.
10	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.
11	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

### Athletics

#### 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> <b>Equipment and inventory.</b> 1) Safety rules during individual lessons. 2) Safety rules during group classes. 3) Equipment and inventory.
2	<b>Topic 2. History of I / athletics. Wellness walking.</b> 1) History of I / athletics. 2) Wellness walking. 3) Relay.
3	<b>Topic 3. General physical training.</b> 1) Exercises to develop endurance. 2) Exercises for the development of the abdominal press. 3) Relay.
4	<b>Topic 4. Special physical training.</b> 1) Initial study of the technique of long jump from a place. 2). In-depth study of the technique of running from a high start (under command). 3) Exercises to develop flexibility
5	<b>Topic 4. Special physical training.</b> 1) Learning the technique of throwing the ball. 2) In-depth study of the technique of long jump from a place. 3) Relay.
6	<b>Topic 5. Running technique.</b> 1) Wellness walking, running. Cooper's test. 2) Learning the technique of high start. 3) Relay.
7	<b>Topic 5. Running technique.</b> 4) Exercises to develop running speed. 5) Running for short and medium distances. 6) Relay.



8	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.
---	---

### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> <b>Equipment and inventory.</b> 1) Safety rules during individual lessons. 2) Safety rules during group classes. 3) Equipment and inventory.
2	<b>Topic 2. General physical training.</b> 1) Exercises to develop endurance. 2) Exercises for the development of the abdominal press. 3) Relay.
3	<b>Topic 2. General physical training.</b> 4) Exercises of general physical training. 5) Health running. Running for short and medium distances 6) Relay
4	<b>Topic 2. General physical training.</b> 1) Running exercises. 2) Exercises to develop leg strength. 3) Exercises to develop flexibility.
5	<b>Topic 3. Special physical training.</b> 1) In-depth study of the technique of long jump from a place. 2). In-depth study of the technique of running from a high start (under command). 3) Exercises to develop flexibility
6	<b>Topic 3. Special physical training.</b> 1) Learning the technique of throwing the ball. 2) In-depth study of the technique of long jump from a place. 3) Relay.
7	<b>Topic 4. Integral training.</b> 1) Learning the technique of throwing the ball. 2) Initial study of the technique of long jump from the run. 3) Relay.
8	<b>Topic 4. Integral training.</b> 1) Learning the technique of throwing the ball. 2) In-depth study of the technique of long jump from a place. 3) Relay.
9	<b>Topic 5. Refereeing.</b> 1. Participation in athletics competitions. 2. participation in the judging of relays.
10	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.
11	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes. Equipment and inventory.</b> 1) Safety rules during individual lessons. 2) Safety rules during group classes. 3) Equipment and inventory.
2	<b>Topic 2. History of I / athletics. Wellness walking.</b> 1) History of I / athletics. 2) Wellness walking. 3) Relay.
3	<b>Topic 3. General physical training.</b> 4) Exercises of general physical training. 5) Health running. Running for short and medium distances 6) Relay
4	<b>Topic 4. Special physical training.</b> 1) In-depth study of the technique of long jump from a place. 2). In-depth study of the technique of running from a high start (under command). 3) Exercises to develop flexibility
5	<b>Topic 4. Special physical training.</b> 1) In-depth study of the technique of throwing the ball. In-depth study of the technique of long jump from a place. 2). In-depth study of the technique of running from a high start (under command). 3) Exercises to develop flexibility
6	<b>Topic 5. Running technique.</b> 4) Exercises to develop running speed. 5) Running for short and medium distances. 6) Relay.
7	<b>Topic 5. Jumping technique.</b> 1) Wellness walking, running. Cooper's test. 2) Learning the technique of jumping from a place. 3) Relay.
8	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes. Equipment and inventory.</b> 1) Safety rules during individual lessons. 2) Safety rules during group classes. 3) Equipment and inventory.
2	<b>Topic 2. General physical training.</b> 1) Running exercises. 2) Exercises to develop leg strength. 3) Exercises to develop flexibility.
3	<b>Topic 2. General physical training.</b> 1) Exercises for coordination of movements. 2) Strength exercises. 3) Exercises to develop flexibility.

4	<b>Topic 2. Development of speed -power qualities.</b> 1) Development of speed qualities. 2) Development of strength and coordination qualities 3) Relay.
5	<b>Topic 3. Special physical training.</b> 1) In-depth study of the technique of long jump from a place. 2). In-depth study of the technique of running from a high start (under command). 3) Exercises to develop flexibility
6	<b>Topic 3. Special physical training.</b> 1) Learning the technique of throwing the ball. 2) In-depth study of the technique of long jump from a place. 3) Relay.
7	<b>Topic 4. Integral training (competitive factor)</b> 1) Exercises to develop running speed. 2) Running short and medium distances. 3) Relay.
8	<b>Topic 4. Integral training (competitive factor)</b> 1) Exercises to develop running speed. 2) In the right to improve the jumps on the run. 3) Relay.
9	<b>Topic 5. Refereeing.</b> 1. Participation in athletics competitions. 2. participation in the judging of relays.
10	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.
11	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

### Athletic gymnastics

#### 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> <b>History of development of athletic gymnastics.</b> 1. Safety rules during group classes. 2. Safety rules when training on devices or with objects. 3. History of the development of athletic gymnastics in Ukraine.
2	<b>Topic 2. Control and self-control in the process of physical improvement, injury prevention.</b> 1. Medical control. 2. Self-control during classes, injury prevention. 3. Breathing exercises.
3	<b>Topic 3. The main muscle groups are basic exercises for their development.</b> 1. Squats. 2. Bench press. 3. Thrust. 4 . Breathing exercises.
4	<b>Theme 4. The basic exercises to develop the muscles of the neck and shoulder are in .</b>

	<ol style="list-style-type: none"> <li>1. The main muscles of the neck.</li> <li>2. Exercises for the development of neck muscles.</li> <li>3. Breathing exercises.</li> </ol>
5	<p><b>Theme 4. The basic exercises to develop the muscles of the neck and shoulder are in .</b></p> <ol style="list-style-type: none"> <li>1. Muscles of the girdle of the upper limb</li> <li>2. Exercises for the development of muscles of the upper extremity.</li> </ol>
6	<p><b>Topic 5. Basic and formative exercises for the development of chest muscles.</b></p> <ol style="list-style-type: none"> <li>4. Exercises for the development of the middle part of the pectoral muscles.</li> <li>5. Exercises for the development of the lower chest muscles.</li> <li>6. Breathing exercises.</li> </ol>
7	<p><b>Topic 5. Basic and formative exercises for the development of back muscles</b></p> <ol style="list-style-type: none"> <li>1. The main muscles of the back.</li> <li>2. Exercises for the development of back muscles.</li> <li>3. Breathing exercises.</li> </ol>
8	<p><b>Topic 6. Adoption of control standards.</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Educational game.</li> </ol>

### 2nd semester

№	Lesson topic / plan
1	<p><b>Topic 1. Circular training.</b></p> <ol style="list-style-type: none"> <li>1. Pulling up in the axis on the crossbar,</li> <li>2. Climbing the rope.</li> <li>3. Breathing exercises</li> </ol>
2	<p><b>Topic 1. Circular training.</b></p> <ol style="list-style-type: none"> <li>1. Training on gymnastic devices.</li> <li>2. Pull-ups hanging on the crossbar.</li> <li>3. Breathing exercises.</li> </ol>
3	<p><b>Topic 2. Development of strength, speed training by means of athletic gymnastics.</b></p> <ol style="list-style-type: none"> <li>1. Exercises for muscle development with weights.</li> <li>2. Jumping from a squat.</li> <li>3. Breathing exercises.</li> </ol>
4	<p><b>Topic 2. Development of flexibility by means of athletic gymnastics.</b></p> <ol style="list-style-type: none"> <li>1. Tilts and lifting the torso forward - back without and with a load.</li> <li>2. Tilts and lifting of the torso to the left - to the right without and with a load.</li> <li>3. Breathing exercises</li> </ol>
5	<p><b>Topic 2. Education of endurance by means of athletic gymnastics.</b></p> <ol style="list-style-type: none"> <li>1. Walking a lunge with a load.</li> <li>2. Long-term performance of exercises for muscle development without burdening.</li> <li>3. Breathing exercises</li> </ol>
6	<p><b>Topic 2. Development of coordination of movements by means of athletic gymnastics.</b></p> <ol style="list-style-type: none"> <li>1. Performing exercises standing on one leg, or with a sharp change of starting position</li> <li>2. Shuttle running.</li> <li>3. Breathing exercises</li> </ol>
7	<p><b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b></p> <ol style="list-style-type: none"> <li>1. Exercises with rubber on gymnastic devices.</li> <li>2. Exercises with an expander on gymnastic devices with a load.</li> <li>3. Breathing exercises.</li> </ol>
8	<p><b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b></p>

	<ol style="list-style-type: none"> <li>1. Exercises on gymnastic devices without weighting.</li> <li>2. Exercises on gymnastic devices with weights.</li> <li>3. Breathing exercises.</li> </ol>
9	<p><b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b></p> <ol style="list-style-type: none"> <li>1. Exercises with an expander with a load.</li> <li>2. Exercises on gymnastic devices without weighting.</li> <li>3. Breathing exercises.</li> </ol>
10	<p><b>Topic 4. Adoption of control standards.</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Educational game.</li> </ol>
11	<p><b>Topic 4. Adoption of control standards.</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Educational game.</li> </ol>

### 3rd semester

№	Lesson topic / plan
1	<p><b>Topic 1. Safety rules during classes. History of athletic gymnastics.</b></p> <ol style="list-style-type: none"> <li>1. Safety rules during group classes.</li> <li>2. Safety rules when training on devices or with objects.</li> <li>3. History of the development of athletic gymnastics in Ukraine.</li> </ol>
2	<p><b>Topic 2. Control and self-control in the process of physical improvement, injury prevention.</b></p> <ol style="list-style-type: none"> <li>1. Medical control.</li> <li>2. Self-control during classes, injury prevention.</li> <li>3. Breathing exercises.</li> </ol>
3	<p><b>Topic 3. The main muscle groups are basic exercises for their development.</b></p> <ol style="list-style-type: none"> <li>1. Squats.</li> <li>2. Bench press.</li> <li>3. Breathing exercises.</li> </ol>
4	<p><b>Topic 4. Basic and formative exercises for the development of chest muscles.</b></p> <ol style="list-style-type: none"> <li>4. Exercises for the development of the middle part of the pectoral muscles.</li> <li>5. Exercises for the development of the lower chest muscles.</li> <li>6. Breathing exercises.</li> </ol>
5	<p><b>Topic 4. Basic exercises for the development of arm muscles.</b></p> <ol style="list-style-type: none"> <li>1. Exercises for the development of shoulder muscles.</li> <li>2. Exercises for the development of forearm muscles.</li> <li>3. Breathing exercises.</li> </ol>
6	<p><b>Topic 4. Basic and formative exercises for the development of back muscles</b></p> <ol style="list-style-type: none"> <li>1. The main muscles of the back.</li> <li>2. Exercises for the development of back muscles.</li> <li>3. Breathing exercises.</li> </ol>
7	<p><b>Topic 4. Basic exercises for the development of pelvic girdle muscles</b></p> <ol style="list-style-type: none"> <li>1. Exercises for the development of pelvic girdle muscles without burdening.</li> <li>2. Exercises for the development of pelvic girdle muscles with weight.</li> <li>3. Breathing exercises.</li> </ol>
8	<p><b>Topic 6. Adoption of control standards.</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Educational game.</li> </ol>

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Circular training.</b> 1. Training on gymnastic devices. 2. Exercises to develop flexibility. 3. Breathing exercises.
2	<b>Topic 1. Circular training.</b> 1. Pulling up in the axis on the crossbar, 2. Climbing the rope. 3. Breathing exercises
3	<b>Topic 2. Development of strength, speed training by means of athletic gymnastics.</b> 1. Exercises for muscle development with weights. 2. Jumping from a squat. 3. Breathing exercises.
4	<b>Topic 2. Development of flexibility by means of athletic gymnastics.</b> 1. Tilts and lifting the torso forward - back without and with a load. 2. Tilts and lifting of the torso to the left - to the right without and with a load. 3. Breathing exercises
5	<b>Topic 2. Education of endurance by means of athletic gymnastics.</b> 1. Walking a lunge with a load. 2. Long-term performance of exercises for muscle development without burdening. 3. Breathing exercises
6	<b>Topic 3. Exercises with rubber, expander, gymnastic devices with and without encumbrance.</b> 1. Exercises with rubber. 2. Exercises on simulators. 3. Breathing exercises.
7	<b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b> 1. Exercises with rubber on gymnastic devices. 2. Exercises with an expander on gymnastic devices with a load. 3. Breathing exercises.
8	<b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b> 1. Exercises on gymnastic devices without weighting. 2. Exercises on gymnastic devices with weights. 3. Breathing exercises.
9	<b>Topic 3. Exercises with rubber, expander, on gymnastic devices without and with a load.</b> 1. Exercises with an expander with a load. 2. Exercises on gymnastic devices without weighting. 3. Breathing exercises.
10	<b>Topic 4. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.
11	<b>Topic 4. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

## 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Historical and theoretical information about the game of football.</b> 1. Development of football in the world. 2. Development of football in Ukraine. 3. Development of football in the Nikolaev area.
2	<b>Topic 2. Technique of action of a field player with a ball and without a ball.</b> 1. Walking technique. 2. Running technique. 3. Jumping technique.
3	<b>Topic 2. Technique of driving the ball. .</b> 1. Driving the ball with the outside of the rise. 2. Driving the ball by lifting. 3. Driving the ball with the inside of the foot.
4	<b>Topic 2. Ball transfer technique.</b> 1. Technique of passing the ball to the inside of the foot. 2. Technique of passing the ball to the outside of the lift. 3. Technique of passing the ball to the inside of the lift
5	<b>Topic 2. Technique of hitting the ball.</b> 1. The technique of hitting the ball with the head. 2. The technique of kicking the ball.
6	<b>Topic 3. Tactics of the game in attack.</b> 1. Individual actions. 2. Group actions. 3. Team actions. 4. Tactical schemes in football.
7	<b>Topic 4. Organization and holding of competitions.</b> 1. Duties of referees during the match. 2. Official gestures and signals of arbitrators.
8	<b>Topic 5. Compilation of test standards</b> 1. Slalom 2. A blow to accuracy 3. Juggling

## 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules in the classroom. Injury prevention during the game.</b> 1. The concept of "special warm-up". 2. Special exercises for the development of joint mobility.
2	<b>Topic 2. Methods of strength development in the training process.</b> 1. The method of re-execution. 2. The method of ugly execution with the burden of small and medium weight. 3. The method of re-execution in mixed mode.
3	<b>Topic 2. Speed as a mobile quality of football players. Educational game.</b> 1. The period of increasing the pace, growth, development of speed qualities. 2. The period of decrease in pace, growth, development of speed qualities. 3. Stabilization of pace, growth, development of speed qualities.
4	<b>Topic 2. Methods of endurance development in the training process. Flexibility exercises.</b> 1. The method of continuous loading.

	2. Method of intermittent loading (intensity change and interval loading).
5	<b>Topic 2. Methods of developing dexterity in the training process. Educational game.</b> 1. The method of repeating complex coordination movements. 2. The method of using motor skills in the game.
6	<b>Topic 2. Interaction of mobile qualities during the game.</b> 1. Strength. 2 Speed 3 Endurance. 4. Dexterity. Flexibility
7	<b>Topic 3. Feints as a means of playing football.</b> 1 Feints without a ball. 2. Feints with a ball about m.
8	<b>Topic 3. Implementation of distractions in football.</b> 1. Distance. 2. Preparatory phase. 3. The final phase.
9	<b>Topic 4. Technique of performing feint waste. Educational game.</b> 1. Distance. 2. Preparatory phase. 3. The final phase.
10	<b>Theme 4. Technique trick along with a blow to the ball. Educational game.</b> 1. Distance. 2. Preparatory phase. 3. The final phase.
11	<b>Topic 5. Compilation of test standards</b> 1. Strike on a stationary ball. 2. Keeping the ball in a straight line - 30m. 3. Passing the ball to a partner.



### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Historical and theoretical information about the game of football.</b> 1. Development of football in the world. 2. Development of football in Ukraine. 3. Development of football in the Nikolaev area.
2	<b>Topic 2. Technique of hitting the ball.</b> 1. The technique of hitting the ball with the head. 2. The technique of kicking the ball.
3	<b>Topic 2. The technique of action of a field player with a ball about m.</b> 1. Ball selection technique. 2. Technique of feints. 3. Technique of driving the ball from behind the sideline.
4	<b>Topic 2. The technique of the goalkeeper's game "</b> 1. The technique of receiving the ball. 2. Technique of entering the ball. 3. Jumping technique
5	<b>Topic 3. Tactics of the game in defense.</b> 1. Individual actions. 2. Group actions. 3. Team actions.
6	<b>Topic 3. Tactics of the game in attack.</b> 1. Individual actions. 2. Group actions. 3. Team actions. 4. Tactical schemes in football.
7	<b>Topic 4. Organization and holding of competitions.</b> 1. Duties of referees during the match. 2. Official gestures and signals of arbitrators.
8	<b>Topic 5. Compilation of test standards.</b> 1. Driving in a straight line. 2. Hit the ball with your hands. 3. Slalom 4. Strike on accuracy 5. Juggling

### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules in the classroom. Injury prevention during the game.</b> 1. The concept of "special warm-up". 2. Special exercises for the development of joint mobility.
2	<b>Topic 2. Methods of strength development in the training process.</b> 1. The method of re-execution. 2. The method of ugly execution with the burden of small and medium weight. 3. The method of re-execution in mixed mode.
3	<b>Topic 2. Speed as a mobile quality of football players. Educational game.</b> 1. The period of increasing the pace, growth, development of speed qualities. 2. The period of decrease in pace, growth, development of speed qualities. 3. Stabilization of pace, growth, development of speed qualities.
4	<b>Topic 2. Endurance as a mobile quality of football players.</b> 1. Overall endurance.

	2. Special endurance.
5	<b>Topic 2. Dexterity as a motor quality of football players.</b> 1. General dexterity. 2. Special dexterity.
6	<b>Topic 2 Methods of developing dexterity in the training process. Educational game.</b> 1. The method of repeating complex coordination movements. 2. The method of using motor skills in the game.
7	<b>Topic 3. Technical training. Feints as a means of playing football.</b> 1 Feints without a ball. 2. Feints with a ball about m.
8	<b>Topic 3. Technique of performing feints and waste. Educational game.</b> 1. Distance. 2. Preparatory phase. 3. The final phase.
9	<b>Topic 3. Repetition of the studied elements of the game.</b> 1. Keeping the ball. 2. Passing the ball. 3. Strikes on the ball. 4. Feints 5. Ball stops. 6. Feints.
10	<b>Topic 4. Compilation of test standards</b> 1. Strike on a stationary ball. 2. Keeping the ball in a straight line - 30m. 3. Passing the ball to a partner.
11	<b>Topic 4. Compilation of test standards.</b> 1. Running 30 m. 2. Shuttle running 3. Rising to the seat in minutes

**Badminton Section  
1 semester**

№	Lesson topic / plan
1	<b>Topic 1. Introduction. Safety rules during classes.</b> <b>Material support.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Equipment and inventory for the game.
2	<b>Topic 2. Methods of conducting classes . Classification and basic concepts of game technique.</b> 1. Racket holding technique. 2. Badminton player's postures and movements. 3. Moving on the site.
3	<b>Topic 3. Technical training. Exercises with a steering wheel.</b> 1. Exercises for coordination of movements. 2. Exercises with the steering wheel in place. 3. Exercises with a steering wheel in motion.
4	<b>Topic 4. Methods of teaching actions in defense.</b> 1. Reception and reflection of the steering wheel. 2. Receiving the steering wheel and hitting the "candle". 3. Educational game.

5	<b>Topic 4. Methods of teaching actions in defense.</b> 4. Stand. 5. Locking. 5. Defense tactics.
6	<b>Topic 5. Methods and techniques of attacking.</b> 1. Long shot. 2. Flat stroke. 3. Attack and attack technique. 4. Long-range strike. 3. Educational game.
7	<b>Topic 5. Methods and techniques of attacking.</b> 1. Short attacking blow. 2. Lock, stand. 3. Educational game.
8	<b>Topic 6. Adoption of control standards.</b> 1. Practical training. 2. Competitions among students. 3. Control standards

### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Juggling.
2	<b>Topic 2. General physical training.</b> 1. Jumping exercises. 2. Movement of a badminton player. 3. Educational and training game.
3	<b>Topic 3. Pair game in badminton.</b> 1. Steam game. 2. Basics of movement in pairs. 3. Tactics.
4	<b>Topic 3. Paired badminton game.</b> 1. Pair game in defense. 2. Protection and blocking. 3. Protection and stand.
5	<b>Topic 3. Paired badminton game.</b> 1. A pair game in attack. 2. Twists , undercuts. 3. Educational game.
6	<b>Topic 4. Playing mixed pairs.</b> 1. Educational game in attack. 2. Technical training. 3. Exercises to develop flexibility. Educational game.
7	<b>Topic 4. Steering wheel lock.</b> 1. Single steering wheel lock. 2. Double steering wheel lock. 3. Educational game.
8	<b>Topic 4. Playing mixed pairs.</b> 1. Educational game in defense. 2. Tactical training. 3. Introspection of the game.

9	<b>Topic 4. Playing mixed pairs.</b> 1. Educational game in defense. 2. Tactical training. 3. Introspection of the game.
10	<b>Topic 5. Refereeing.</b> 1. Gestures of the first judge. 2. Gestures of the second judge. 3. Educational game with refereeing.
11	<b>Topic 6. Adoption of control standards</b> 1. Practical training. 2. Competitions. 3. Game competitions

### 3rd semester

No	Lesson topic / plan
1	<b>Topic 1. Introduction. Safety rules during classes.</b> <b>Material support.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Equipment and inventory for the game.
2	<b>Topic 2. Methods of conducting classes . Classification and basic concepts of game technique.</b> 1. Racket holding technique. 2. Badminton player's postures and movements. 3. Moving on the site.
3	<b>Topic 2. Methods of conducting classes . Classification and basic concepts of game technique.</b> 1. Racket holding technique. 2. Badminton player's postures and movements. 3. Moving on the site.
4	<b>Topic 3. Methods of teaching innings.</b> 1. Feed tactics. 2. See innings. 3. Arbitrary game.
5	<b>Topic 3. Technical training.</b> 1. Exercises for coordination of movements. 2. Exercises with the steering wheel in place. 3. Exercises with a steering wheel in motion.
6	<b>Topic 4. Methods of teaching actions in defense.</b> 1. Reception and beating of the steering wheel. 2. Receiving the steering wheel and hitting the "candle". 3. Educational game.
7	<b>Topic 4. Methods of teaching actions in defense.</b> 4. Stand. 5. Locking. 5. Defense tactics.
8	<b>Topic 5. Adoption of control standards.</b> 1. Practical training. 2. Competitions among students. 3. Control standards

### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Juggling.
2	<b>Topic 2. General physical training.</b> 1. Jumping exercises. 2. Movement of a badminton player. 3. Educational and training game.
3	<b>Topic 3. Pair game in badminton.</b> 1. Steam game. 2. Basics of movement in pairs. 3. Tactics.
4	<b>Topic 3. Paired badminton game.</b> 1. Pair game in defense. 2. Protection and blocking. 3. Protection and stand.
5	<b>Topic 3. Paired badminton game.</b> 1. A pair game in attack. 2. Twists , undercuts. 3. Educational game.
6	<b>Topic 4. Playing mixed pairs.</b> 1. Educational game in attack. 2. Technical training. 3. Exercises to develop flexibility. Educational game.
7	<b>Topic 4. Steering wheel lock.</b> 1. Single steering wheel lock. 2. Double steering wheel lock. 3. Educational game.
8	<b>Topic 4. Playing mixed pairs.</b> 1. Educational game in defense. 2. Tactical training. 3. Introspection of the game.
9	<b>Topic 5. Refereeing.</b> 1. Gestures of the first judge. 2. Gestures of the second judge. 3. Educational game with refereeing.
10	<b>Topic 6. Adoption of control standards</b> 1. Practical training. 2. Competitions. 3. Game competitions
11	<b>Topic 6. Adoption of control standards</b> 1. Practical training. 2. Competitions. 3. Game competitions

## Table tennis

### 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during tennis lessons.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Safety rules during classes in the gym.
2	<b>Topic 2. Fundamentals of technical training.</b> 1. Racks : high, average, low. 2. Movement of the tennis player. 3. Simple submission.
3	<b>Topic 2. Fundamentals of technical training.</b> 1. Short feed near the grid. 2. Short feed on the left, in the middle, on the right . 3. Moving around the table.
4	<b>Topic 2. Fundamentals of technical training.</b> 1. Long feed. 2. Long serve at the end of the table. 3. Long feed in the center.
5	<b>Topic 2. Fundamentals of technical training.</b> 1. Short feed on different sides of the racket. 2. Long feed on different sides of the racket. 3. Consolidation of the exercise on the innings.
6	<b>Topic 3. Fundamentals of tactical training.</b> 1. Tactical instructions for raids. 2. Tactics of application of various rolls. 3. Tactics of high strikes in different areas.
7	<b>Topic 3. Fundamentals of tactical training.</b> 1. Tactics of final blows. 2. Attacking final blow from the left. 3. Attacking the final blow on the right.
8	<b>Topic 4. Adoption of control standards.</b> 1. Rolls in different ways. 2. High blows in different ways. 3. Attacking final blows.

### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1 . Physical training and self-control.</b> 1. Running and jumping exercises, exercises with a skipping rope. 2. Lifting in the saddle , bar, push-ups. 3. Flexibility, stretching .
2	<b>Topic 1 . Physical training and self-control.</b> 1. Exercises for the development of coordination skills , exercises with a skipping rope. 2. Improving the development of coordination by means of table tennis . 3. Flexibility, stretching.
3	<b>Topic 1 . Physical training and self-control.</b> 1. Exercises to develop speed. 2. Improving the development of speed qualities by means of table tennis. 3. Flexibility, stretching.

4	<b>Topic 1 . Physical training and self-control.</b> 1. Running and jumping exercises, exercises with a skipping rope. 2. Improving the development of endurance by means of table tennis . 3. Flexibility, stretching.
5	<b>Topic 1 . Physical training and self-control.</b> 1. Running and jumping exercises, exercises with a skipping rope. 2. Interaction of physical qualities during table tennis. 3. Flexibility, stretching.
6	<b>Topic 2. Technical training.</b> 1. Introduction and study of pruning. 2. Short trimming. 3. Short undercut on the left, right.
7	<b>Topic 2. Technical training.</b> 1. Acquaintance and study of distant pruning. 2. Far pruning on the right. 3. Far undercut on the left.
8	<b>Topic 2. Technical training.</b> 1. Improving undercuts in the game. 2. Fixing undercuts and use in the game. 3. Playing on the score with elimination.
9	<b>Topic 3. Fundamentals of tactical training.</b> 1. Tactical instructions for trimming 2. Tactics of using different stands. 3. Tactics of sham strikes in different areas.
10	<b>Topic 3. Fundamentals of tactical training.</b> 1. Tactical instructions for trimming 2. Tactics of using different stands. 3. Tactics of sham strikes in different areas.
11	<b>Topic 4. Adoption of control standards.</b> 1. Practical training. 2. Creative search tasks. 3. Educational game.

### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Physical training and self-control.</b> 1. Running and jumping exercises, exercises with a skipping rope. 2. Improving the development of endurance by means of table tennis. 3. Flexibility, stretching.
2	<b>Topic 1. Physical training and self-control.</b> 1. Running and jumping exercises, exercises with a skipping rope. 2. Interaction of physical qualities during table tennis. 3. Flexibility, stretching.
3	<b>Topic 3. Technical training.</b> 1. Introduction and study of pruning. 2. Short trimming. 3. Short undercut on the left, right.
4	<b>Topic 3. Technical training.</b> 1. Familiarity with and complex submissions. 2. Study of the supply of "fan". 3. Testing the feed.
5	<b>Topic 3. Technical training.</b>

	<ol style="list-style-type: none"> <li>1 . Hidden innings and .</li> <li>2 . Feeding "pendulum"</li> <li>3. Presentation for accuracy by zones.</li> </ol>
6	<b>Topic 4. Fundamentals of tactical training.</b> <ol style="list-style-type: none"> <li>1. Tactical instructions for trimming</li> <li>2. Tactics of using different stands.</li> <li>3. Tactics of sham strikes in different areas.</li> </ol>
7	<b>Topic 4. Fundamentals of tactical training.</b> <ol style="list-style-type: none"> <li>1. Feed tactics.</li> <li>2. Tactics in defense.</li> <li>3. Tactics of the game in defense, at a medium pace.</li> </ol>
8	<b>Topic. Adoption of control standards.</b> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Educational game.</li> </ol>

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Physical training and self-control.</b> <ol style="list-style-type: none"> <li>1. Running and jumping exercises, exercises with a skipping rope.</li> <li>2. Improving the development of endurance by means of table tennis.</li> <li>3. Flexibility, stretching.</li> </ol>
2	<b>Topic 1. Physical training and self-control.</b> <ol style="list-style-type: none"> <li>1. Running and jumping exercises, exercises with a skipping rope.</li> <li>2. Interaction of physical qualities during table tennis.</li> <li>3. Flexibility, stretching.</li> </ol>
3	<b>Topic 2. Technical training.</b> <ol style="list-style-type: none"> <li>1. Introduction and study of pruning.</li> <li>2. Short trimming.</li> <li>3. Short undercut on the left, right.</li> </ol>
4	<b>Topic 2. Technical training.</b> <ol style="list-style-type: none"> <li>1. Acquaintance and study of distant pruning.</li> <li>2. Far pruning on the right.</li> <li>3. Far undercut from the left.</li> </ol>
5	<b>Topic 2. Technical training.</b> <ol style="list-style-type: none"> <li>1. Improving undercuts in the game.</li> <li>2. Fixing undercuts and use in the game.</li> <li>3. Playing on the score with elimination.</li> </ol>
6	<b>Topic 3. Technical training.</b> <ol style="list-style-type: none"> <li>1. Fake blow.</li> <li>2. False blow with open and closed sides of the racket.</li> <li>3. Juggling</li> </ol>
7	<b>Topic 3. Fundamentals of tactical training.</b> <ol style="list-style-type: none"> <li>1. Tactical instructions for trimming</li> <li>2. Tactics of using different stands.</li> <li>3. Tactics of sham strikes in different areas.</li> </ol>
8	<b>Topic 3. Fundamentals of tactical training.</b> <ol style="list-style-type: none"> <li>1. Feed tactics.</li> <li>2. Tactics in defense.</li> <li>3. Tactics of the game in defense, at a medium pace.</li> </ol>
9	<b>Topic 3. Fundamentals of tactical training.</b> <ol style="list-style-type: none"> <li>1. Feed tactics.</li> </ol>



	2. Tactics in defense. 3. Tactics of the game in defense, at a medium pace
10	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Tactical and technical tasks. 3. Technique of general educational material.
11	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Tactical and technical tasks. 3. Technique of general educational material

### Rowing

1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety of rowing lessons.</b> 1) Rules of safety of behavior at the rowing station. 2) Familiarization of students with rowing facilities (boathouse, VSK). Technique of removal and skidding of training boats. 3). Organization of classes at the water station.
2	<b>Topic 1. Safety of rowing lessons.</b> 1) The structure of boats, the structure of the oar. 2) Teams given by a coach or a stern.
3	<b>Topic 2 . Methods of teaching motor skills and rowing skills (ergometer)</b> 1) Introduction to the technique of rowing on an ergometer. 2) The main elements of technology. 3) Learning rowing "in general".
4	<b>Topic 2 . Methods of teaching motor skills and rowing skills (ergometer)</b> 1) Mastering the motor skills of rowing. 2) Primary and secondary elements of technology. 3) Learning rowing "in general".
5	<b>Topic 2 . Methods of teaching motor skills and rowing skills (ergometer)</b> 1) Improving motor skills in rowing. 2) Primary and secondary elements of technology. 3) Learning the parts of the paddle.
6	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 6 minutes on a rowing ergometer.
7	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 12 min m on a rowing ergometer (modification of the Cooper test)
8	<b>Topic 4. Adoption of control standards</b> 1. Assessment of physical fitness. 2. Assessment of the formation of movements of their rowing skills .

**2nd semester**

№	Lesson topic / plan
1	<b>Topic 1. Safety of rowing lessons.</b> 1) Rules of safety of behavior at the rowing station.

	2) Familiarization of students with rowing facilities (boathouse, VSK). Technique of removal and skidding of training boats. 3). Organization of classes at the water station.
2	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1 ) Introduction to the technique of rowing on an ergometer. 2) The main elements of technology. 3) Learning rowing "in general".
3	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1 ) Mastering the motor skills of rowing. 2) Primary and secondary elements of technology. 3) Learning rowing "in general".
4	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1 ) Improving motor skills in rowing. 2) Primary and secondary elements of technology. 3) Learning the parts of the paddle.
5	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1). Improving motor skills in rowing. 2) Performing rowing "in parts".
6	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 6 minutes on a rowing ergometer.
7	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 12 min m on a rowing ergometer (modification of the Cooper test)
8	<b>Topic 4. Technical, tactical training in rowing</b> 1) Boat settings. 2) Technical training of the rower 3) Tactical training in rowing.
9	<b>Topic 4. Technical, tactical training in rowing</b> 1) Classes of boats (4x). Rowing in 2 rooms. 2) Features of training movements in pair rowing.
10	<b>Topic 4. Technical, tactical training in rowing</b> 1) Classes of boats (4x). Team rowing. 2) Improving movement training in pair rowing.
11	<b>Topic 5. Adoption of control standards</b> 1. Assessment of physical fitness. 2. Assessment of the formation of motor skills in rowing.

### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety of rowing lessons.</b> 1) Rules of safety of behavior at the rowing station. 2) Familiarization of students with rowing facilities (boathouse, VSK). Technique of removal and skidding of training boats. 3). Organization of classes at the water station.
2	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1 ) Improving motor skills in rowing. 2) Primary and secondary elements of technology. 3) Learning the parts of the paddle.
3	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers.

	2) Passing the distance of 6 minutes on a rowing ergometer.
4	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 12 min m on a rowing ergometer (modification of the Cooper test)
5	<b>Topic 4. Technical, tactical training in rowing</b> 1. Rowing technique in boats for pair rowing. 2. Technology rowing in a boat with oar rowing. 3. Rowing technique on ergometers.
6	<b>Topic 4. Technical, tactical training in rowing</b> 1. Boat classes (4x). Rowing in 2 rooms. 2. Features of training of movements in pair rowing.
7	<b>Topic 4. Technical, tactical training in rowing</b> 1. Boat classes (8+). Rowing for 2 numbers. 2. Features of learning to move in rowing.
8	<b>Topic 5. Adoption of control standards</b> 1. Assessment of physical fitness. 2. Assessment of the formation of motor skills in rowing.

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Safety of rowing lessons.</b> 1) Rules of safety of behavior at the rowing station. 2) Familiarization of students with rowing facilities (boathouse, VSK). Technique of removal and skidding of training boats. 3). Organization of classes at the water station.
2	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1) Mastering the motor skills of rowing. 2) Primary and secondary elements of technology. 3) Learning rowing "in general".
3	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1. Improving motor skills in rowing. 2. Primary and secondary elements of technology. 3. Learning the parts of the paddle.
4	<b>Topic 2. Methods of teaching motor skills and rowing skills (ergometer)</b> 1. Improving motor skills in rowing. 2. Performing rowing "in parts".
5	<b>Topic 3. Physical training</b> 1) Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2) Passing the distance of 6 minutes on a rowing ergometer.
6	<b>Topic 3. Physical training</b> 1. Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2. Passing the distance of 12 min m on a rowing ergometer (modification of the Cooper test)
7	<b>Topic 3. Physical training</b> 1. Endurance, flexibility, speed, strength, coordination skills: features of formation in rowers. 2. Passing the distance of 12 min m on a rowing ergometer (modification of the Cooper test)
8	<b>Topic 4. Technical, tactical training in rowing</b> 1. Rowing technique in boats for pair rowing. 2. Technology rowing in a boat with oar rowing. 3. Rowing technique on ergometers.
9	<b>Topic 4. Technical, tactical training in rowing</b> 1. Classes of boats (1x, 2x, 4x). Rowing in 2 rooms.

	2. Features of training of movements in pair rowing.
10	<b>Topic 5. Adoption of control standards</b> 1. Assessment of physical fitness. 2. Assessment of the level of formation of motor skills in rowing.
11	<b>Topic 5. Adoption of control standards</b> 1. Assessment of physical fitness. 2. Assessment of the level of formation of motor skills in rowing.

### Health Fitness Section

#### 1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during fitness classes.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Safety rules during classes without or with objects.
2	<b>Topic 2. Features of health fitness exercises.</b> 1. Dance fitness exercises. 2. Strength fitness exercises. 3. Breathing exercises.
3	<b>Topic 2 . Features of health fitness exercises.</b> 1. Pilates exercises . 2. Fitness yoga exercises. 3. Breathing exercises.
4	<b>Topic 3. Control and self-control in the process of physical improvement.</b> 1. Medical control. 2. Self-control during classes. 3. Breathing exercises.
5	<b>Topic 4. Technical training in fitness ( choreography ) .</b> 6.1. Position of arms and legs. 6.2. Corrective exercises. 6.3 Breathing exercises.
6	<b>Topic 4 . Technical training in fitness.</b> 1. Movements of free plastic in fitness. 7.1. Movements of plastic arms and legs. 7.2. Torso plastic movements. 7.3. Breathing exercises.
7	<b>Topic 4 . Technical training in fitness.</b> 1. Dance exercises when performing rhythmic complexes. 8.4. Individual dance exercises. 8.5. Group dance exercises. 8.6. Breathing exercises.
8	<b>Topic 5 . Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3 Fitness yoga. 2 years

#### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during fitness classes.</b> 1. Safety rules during individual lessons.

	2. Safety rules during group classes. 3. Safety rules during classes without or with objects.
2	<b>Topic 2. A set of exercises Aerobics.</b> 1. Aerobic exercise. 2. Callanetics . 3. Breathing exercises.
3	<b>Topic 2. A set of exercises Aerobics.</b> 1. Aerobic exercise. 2. Dance fitness. 3. Breathing exercises.
4	<b>Topic 2. A set of exercises Aerobics.</b> 1. Dance fitness. 2. Pilates . 3. Breathing exercises.
5	<b>Topic 2. A set of exercises Aerobics.</b> 1. Aerobic exercise. 2. Fitness yoga. 3. Breathing exercises.
6	<b>Topic 3. Comprehensive fitness training</b> 1. Aerobic exercise. 2. Yoga or stretching . 3. Breathing exercises.
7	<b>Topic 3. Comprehensive fitness training</b> 1. Dance fitness. 2. Pilates . 3. Breathing exercises.
8	<b>Topic 4. Fitness yoga</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
9	<b>Topic 4. Fitness yoga</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
10	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Technique of general educational material
11	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Technique of general educational material.

### 3rd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during fitness classes.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Safety rules during classes without or with objects.
2	<b>Topic 2 . Fitbol -trenuvannya</b> 1. Dance fitness. 2. Fitbol -trenuvannya.

	3. Breathing exercises.
3	<b>Topic 2 . Fitbol -trenuvannya</b> 1. Aerobic exercise. 2 . Fitbol -trenuvannya. 3. Breathing exercises.
4	<b>Topic 2 . Fitbol -trenuvannya</b> 1. Fitbol -trenuvannya. 2. Fitness yoga. 3 . Breathing exercises.
5	<b>Topic 2 . Fitbol -trenuvannya</b> 1. Fitbol -trenuvannya. 2 . Stretching . 3 . Breathing exercises.
6	<b>Topic 3. Fitness yoga</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
7	<b>Topic 3. Fitness yoga</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
8	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3 Fitness yoga.

#### 4th semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during fitness classes.</b> 1. Safety rules during individual lessons. 2. Safety rules during group classes. 3. Safety rules during classes without or with objects.
2	<b>Topic 2. Development of physical qualities by means of aerobics.</b> 1. Aerobic exercise. 2. Callanetics . 3. Breathing exercises.
3	<b>Topic 2. Development of physical qualities by means of aerobics.</b> 1. Aerobic exercise. 2. Dance fitness. 3. Breathing exercises.
4	<b>Topic 2. Development of physical qualities by means of aerobics.</b> 1. Dance fitness. 2. Pilates . 3. Breathing exercises.
5	<b>Topic 2. Development of physical qualities by means of aerobics.</b> 1. Aerobic exercise. 2. Fitness yoga. 3. Breathing exercises.
6	<b>Topic 3. Comprehensive fitness training</b> 1. Aerobic exercise. 2. Yoga or stretching . 3. Breathing exercises.

7	<b>Topic 3. Comprehensive fitness training</b> 1. Dance fitness. 2. Pilates . 3. Breathing exercises.
8	<b>Topic 4. Comprehensive fitness training</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
9	<b>Topic 4. Comprehensive fitness training</b> 1. Fitness yoga. 2. Stretching . 3. Breathing exercises.
10	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Technique of general educational material
11	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Technique of general educational material.

### Section " Special Medical Group "

1 semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during group classes. 2. Safety rules when training on devices or with objects. 3. D yhalni exercise.
2	<b>Topic 2. Control and self-control in the process of physical improvement.</b> 1. Personal hygiene; 2. Hygiene during classes; 3. Breathing exercises.
3	<b>Topic 3. Therapeutic physical culture.</b> 1. Therapeutic gymnastics; 2. P rofilaktyka injuries; 3. Breathing exercises.
4	<b>Topic 3. Therapeutic physical culture.</b> 1. Exercises on gymnastic devices; 2. Therapeutic gymnastics with objects; 3. Breathing exercises.
5	<b>Topic 3. Special physical training.</b> 1. Exercises with rubber and expander; 2. Exercises on simulators; 3. Breathing exercises.
6	<b>Topic 3. Balance exercises.</b> 1. Walking on a log with a swing of legs, turns; 2. A combination of elements on a low deck; 3. Breathing exercises.
7	<b>Topic 3. Therapeutic physical culture.</b> 1. Exercise therapy in violation of the organ of vision; 2. The exercise therapy for diseases of the gastro -shlunkovoho tract; 3. breathing exercises.

8	<b>Topic 4. Adoption of control standards</b> 1. Practical training; 2. creative search tasks; 3. breathing exercises.
---	---

### 2nd semester

№	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during group classes. 2. Safety rules when training on devices or with objects. 3. Breathing exercises.
2	<b>Topic 2. Control and self-control in the process of physical improvement.</b> 1. Personal hygiene; 2. Hygiene during classes; 3. Breathing exercises.
3	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercises for balance. 2. Performing general developmental exercises on one leg; 3. A combination of elements on a low deck; 4. Breathing exercises.
4	<b>Topic 3 . Therapeutic physical culture. Means of corrective gymnastics.</b> 1 . Exercise corrective exercises to correct stooped posture; 2 . Exercise corrective exercises to correct scoliotic posture; 3 . breathing exercises.
5	<b>Topic 3 . Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercise corrective exercises to correct posture; 2. In the right to form the correct posture; 3. Breathing exercises.
6	<b>Topic 3 . Therapeutic physical culture. Means of corrective gymnastics.</b> 1 . Exercises with subjects; 2 . In the right on gymnastic devices; 3 . D yhalni exercise.
7	<b>Topic 3 . Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercise with medicine ball at m; 2. The right to develop coordination; 3. Breathing exercises.
8	<b>Topic 3 . Therapeutic physical culture.</b> 1 . Exercises for the development of neck muscles; 2 . In the right for the development of the shoulder girdle in ; 3 . breathing exercises.
9	<b>Topic 3 . Therapeutic physical culture.</b> 1. Mr. Ravi corrective exercises to correct stooped posture; 2. Exercises for the formation of coordination of movements; exercises to strengthen the phalanges of the fingers of the hand; 3. Corrective gymnastics exercises to correct scoliotic posture.
10	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Breathing exercises.
11	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks.



3. Breathing exercises.
-------------------------

### 3rd semester

No	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during group classes. 2. Safety rules when training on devices or with objects. 3. Breathing exercises.
2	<b>Topic 2. Control and self-control in the process of physical improvement.</b> 1. Personal hygiene; 2. Hygiene during classes; 3. Breathing exercises.
3	<b>Topic 3. Therapeutic physical culture.</b> 1. Therapeutic gymnastics; 2. P rofilaktyka injuries; 3. Breathing exercises.
4	<b>Topic 3. Therapeutic physical culture.</b> 1. Exercises on gymnastic devices; 2. Therapeutic gymnastics with objects; 3. Breathing exercises.
5	<b>Topic 3. Special physical training.</b> 1. Exercises with rubber and expander; 2. Exercises on simulators; 3. Breathing exercises.
6	<b>Topic 3. Balance exercises.</b> 1. Walking on a log with a swing of legs, turns; 2. A combination of elements on a low deck; 3. Breathing exercises.
7	<b>Topic 3. Therapeutic physical culture.</b> 1. Exercise therapy in violation of the organ of vision; 2. The exercise therapy for diseases of the gastro -shlunkovoho tract; 3. breathing exercises.
8	<b>Topic 4. Adoption of control standards</b> 1. Practical training; 2. T vorcho-search tasks; 3. breathing exercises.

### 4th semester

No	Lesson topic / plan
1	<b>Topic 1. Safety rules during classes.</b> 1. Safety rules during group classes. 2. Safety rules when training on devices or with objects. 3. Breathing exercises.
2	<b>Topic 2. Control and self-control in the process of physical improvement.</b> 1. Personal hygiene; 2. Hygiene during classes; 3. Breathing exercises.
3	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercises for balance. 2. Performing general developmental exercises on one leg; 3. A combination of elements on a low deck;

	4. Breathing exercises.
4	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Corrective gymnastics exercises to correct a stooped posture; 2. corrective gymnastics exercises to correct scoliotic posture; 3. breathing exercises.
5	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Corrective gymnastics exercises for posture correction; 2. Exercises to form the correct posture; 3. Breathing exercises.
6	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercises with objects; 2. Exercises on gymnastic devices; 3. Breathing exercises.
7	<b>Topic 3. Therapeutic physical culture. Means of corrective gymnastics.</b> 1. Exercises with a stuffed ball ; 2. Exercises to develop coordination; 3. Breathing exercises.
8	<b>Topic 3. Therapeutic physical culture.</b> 1. Exercises for the development of neck muscles; 2. In the right for the development of the shoulder girdle in ; 3. breathing exercises.
9	<b>Topic 3. Therapeutic physical culture.</b> 1. Mr. Ravi corrective exercises to correct stooped posture; 2. Exercises for the formation of coordination of movements; exercises to strengthen the phalanges of the fingers of the hand; 3. Corrective gymnastics exercises to correct scoliotic posture.
10	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Breathing exercises.
11	<b>Topic 4. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Breathing exercises.

## Basketball Section

### 1 semester

№	Lesson topic / plan
1	<b>Topic1. Basketball: history, modernity, prospects for development</b> 1. Necessary equipment and inventory. 2. A brief acquaintance with the history of the formation and development of basketball in Ukraine and the world. 3. Requirements for sportswear and footwear. 4. The concept of game technique. Team composition
2	<b>Topic 2. Rules of the game of basketball</b> 1. The main elements of the game. 2. Marking of the site. 3. Placing players on the field during the game.
3	<b>Topic 2. Rules of the game of basketball</b> 1. Scoring and determining the winner. 2. Organization and holding of basketball competitions.

	3. Rules of refereeing. Judge's sign language.
4	<b>Topic 3. General physical training of a basketball player</b> 1. General developmental exercises with and without objects, in motion and on the spot. 2. Moving games and relays. 3. A set of basic exercises for warming up.
5	<b>Topic 3 . Special physical training of a basketball player</b> 1. Exercises to develop speed. 2. Starting accelerations for visual and audible signals from different starting positions. 3. Performing jerks face forward, back forward, sideways and others. 4. Playing basketball (simplified PRA in silt).
6	<b>Topic 4 . Technical training in basketball</b> 1. Catching the ball with both hands at chest level 2. Throw in the basket from a place. 3. Driving the ball with one hand. 4. Turns in place.
7	<b>Topic 5 . Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Breathing exercises.
8	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Breathing exercises.

## 2nd semester

№	Lesson topic / plan
1	<p><b>Topic1. Basketball: history, modernity, prospects for development</b></p> <ol style="list-style-type: none"> <li>1. Necessary equipment and inventory.</li> <li>2. A brief acquaintance with the history of the formation and development of basketball in Ukraine and the world.</li> <li>3. Requirements for sportswear and footwear.</li> <li>4. The concept of game technique. Team composition</li> </ol>
2	<p><b>Topic 1. Basketball: history, modernity, prospects</b></p> <ol style="list-style-type: none"> <li>1. Basic requirements for clothes and shoes of pupils during classes.</li> <li>2. Rules of personal hygiene of the athlete.</li> <li>3. The main types of injuries while playing basketball.</li> <li>4. Methods of first aid for bruises, sprains and dislocations.</li> </ol>
3	<p><b>Topic 2. Improving the technical training of basketball players.</b></p> <ol style="list-style-type: none"> <li>1. Catching the ball with both hands at chest level.</li> <li>2. Catching a low-flying ball with both hands.</li> <li>3. Catching the ball with one hand with support and without support.</li> <li>4. Catching a high-flying ball with one hand.</li> <li>5. Bilateral games according to the simplified rules of mini-basketball.</li> </ol>
4	<p><b>Topic 2. Improving the technical training of basketball players.</b></p> <ol style="list-style-type: none"> <li>1. Catching the ball with both hands at chest level.</li> <li>2. Catching a low-flying ball with both hands.</li> <li>3. Catching the ball with one hand with support and without support.</li> <li>4. Catching a high-flying ball with one hand.</li> <li>5. Bilateral games according to the simplified rules of mini-basketball.</li> </ol>
5	<p><b>Topic 2. Improving the technical training of basketball players.</b></p> <ol style="list-style-type: none"> <li>1. Passing the ball with both hands from the chest in place and in motion.</li> <li>2. Passing the ball with both hands from above, with one hand from the shoulder.</li> <li>3. Passing the ball with a rebound from the field</li> <li>4. Bilateral games according to the simplified rules of mini-basketball.</li> </ol>
6	<p><b>Topic 2. Improving the technical training of basketball players.</b></p> <ol style="list-style-type: none"> <li>1. Passing the ball with both hands from the chest in place and in motion.</li> <li>2. Passing the ball with both hands from above, with one hand from the shoulder.</li> <li>3. Passing the ball with a rebound from the field</li> <li>4. Bilateral games according to the simplified rules of mini-basketball.</li> </ol>
7	<p><b>Topic 3. Tactical training of a basketball player. Attack tactics.</b></p> <ol style="list-style-type: none"> <li>1. A quick breakthrough.</li> <li>2. Positional attack.</li> <li>3. Interaction of two players with the ball.</li> <li>4. Bilateral games according to the simplified rules of mini-basketball</li> </ol>
8	<p><b>Topic 3. Tactical training of a basketball player. Attack tactics.</b></p> <ol style="list-style-type: none"> <li>1. Interaction of three players with passes and driving the ball.</li> <li>2. Interaction of three players with the opposite direction of the ball</li> </ol>
9	<p><b>Topic 3. Tactical training of a basketball player. Tactics of the game in defense.</b></p> <ol style="list-style-type: none"> <li>1. Personal protection.</li> <li>2. Zone protection.</li> <li>3. Mixed protection.</li> </ol>
10	<p><b>Topic 4. Adoption of control standards</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> <li>2. Creative search tasks.</li> <li>3. Technique of general educational material.</li> </ol>
11	<p><b>Topic 4. Adoption of control standards</b></p> <ol style="list-style-type: none"> <li>1. Practical training.</li> </ol>

	2. Creative search tasks. 3. Technique of general educational material.
--	--

### 3rd semester

№	Lesson topic / plan
1	<b>Topic1. General basics of basketball</b> 1. The main elements of the game. 2. Marking of the site. 3. Placing players on the field during the game. 4. Scoring and determining the winner. 5. Organization and holding of basketball competitions. 6. Rules of refereeing, gestures of the judge
2	<b>Topic 2. Improving special physical training of basketball players</b> 1. Exercises for strength development. 2. Exercises with dumbbells and stuffed balls. 3. Exercises to overcome personal weight and partner's weight
3	<b>Topic 2. Improving special physical training of basketball players</b> 1. Exercises to develop speed. 2. Starting accelerations for visual and audible signals from different starting positions. 3. Performing jerks face forward, back forward, sideways.
4	<b>Topic 2. Improving special physical training of basketball players</b> 1. Exercises to develop endurance. 2. Running exercises for 200-800 m. 3. Running at a variable pace. 4. Performing exercises with balls around the perimeter of the entire playground with several repetitions and a break of 1-2 minutes
5	<b>Topic 3. Improving the technical training of basketball players.</b> 1. Turns and feints: turns on the spot, turns with the ball to protect it from the opponent (front and back). 2. Dribbling on the spot. 3. Distractions. 4. Juggling the ball while dribbling on the spot,
6	<b>Topic 4. Integral training</b> 1. Execution of specific tasks in the process of educational and training game. 2. Practice of basic skills and abilities. 3. Control, analysis and analysis of the task or its elements by the teacher.
7	<b>Topic 4 . Integral training .</b> 1. Bilateral games according to the simplified rules of mini-basketball. 2. Friendly meetings with teams of other groups, final control games
8	<b>Topic 5. Adoption of control standards</b> 1. Practical training. 2. Creative search tasks. 3. Technique of general educational material.

### 4th semester

№	Lesson topic / plan
1	<b>Topic1. The main types of injuries in the game of basketball, their prevention.</b> 1. Methods of first aid for bruises, sprains and dislocations. 2. The need for warm-up when playing sports. 3. Injury prevention. 4. Means for recovery and preliminary stimulation of working capacity.

2	<p><b>Topic 2. Technical training: conducting individual classes based on the role of the game</b></p> <p>1. Individual classes with players of different roles: center, defender, striker. 2. Practical testing of the algorithm of the player's actions taking into account his role in attack and defense.</p>
3	<p><b>Topic 3. Improving tactical training.</b> Attack tactics</p> <p>1. Interaction of two players with the ball.  2. Interaction of three players with passes and driving the ball.  3. Interaction of three players with the opposite direction of the ball.  4. Individual tactics in the game in attack.</p>
4	<p><b>Topic 3. Improving tactical training.</b> Tactics of the game in defense</p> <p>1. Personal protection.  2. Zone protection. Mixed protection.  3. Curtains for the player with the ball , without the ball.  4. The basic principles of the game of defense against a player who runs away into the gap.</p>
5	<p><b>Topic 3. Improving tactical training.</b> Tactics of the game in defense</p> <p>1. Basic concepts of cutting off the opponent in the selection of the bounced ball.  2. Individual tactics in the game in defense.  3. The struggle for the selection of the ball that bounced after a failed throw.  4. Aggressive protection against the first transfer.  5. Defense against a striker who is far away</p>
6	<p><b>Topic 4. Game training. Educational games.</b></p> <p>1. Execution of specific tasks in the process of educational and training game.  2. Practice of basic skills and abilities.  3. Control, analysis and analysis of the task or its elements by the teacher.</p>
7	<p><b>Topic 4 . Game preparation. Educational games.</b></p> <p>1. Bilateral games according to the simplified rules of mini-basketball.  2. Friendly meetings with teams of other groups, final control games</p>
8	<p><b>Topic 4 . Game preparation. Educational games.</b></p> <p>1. Bilateral games according to the simplified rules of mini-basketball.  2. Friendly meetings with teams of other groups, final control games</p>
9	<p><b>Topic 4 . Game preparation. Educational games.</b></p> <p>1. Bilateral games according to the simplified rules of mini-basketball.  2. Friendly meetings with teams of other groups, final control games</p>
10	<p><b>Topic 5. Adoption of control standards</b></p> <p>1. Practical training.  2. Creative search tasks.  3. Technique of general educational material.</p>
11	<p><b>Topic 5. Adoption of control standards</b></p> <p>1. Practical training.  2. Creative search tasks.  3. Technique of general educational material.</p>

**4.3. Tasks for independent work**  
**Individual tasks**  
**Topics of abstracts / search and creative tasks**

**Volleyball Section**

1. History of the game of volleyball, stages of development.
2. Marking of the playground and its dimensions.
3. Characteristics of motor qualities (strength, speed, agility, flexibility, endurance) and their significance.
4. Functions and game roles of players.
5. General rules.
6. Marking of the playground and its dimensions.
7. Characteristics of motor qualities (strength, speed, agility, flexibility, endurance) and their significance.
8. Place, equipment and inventory for playing volleyball.
9. The relationship of technical and tactical training.
10. Tactical combinations in volleyball.
11. The composition of the refereeing team in volleyball and their responsibilities.
12. Basic concepts of the game of volleyball.
13. Physical claim and Preparation volleyball .
14. Developing specific motor skills that are needed for playing volleyball.
15. The influence of the game of volleyball on the development of motor skills.
16. Types of violations of the rules of the game.
17. Types of penalties for violating the rules of the game.
18. Safety rules during classes.
19. Providing pre-medical care for injuries and injuries.
20. Prevention of sports injuries.
21. Organization of volleyball competitions .
22. Drawing and drawing systems.

**Athletics Section**

1. Basic documents for planning athletics classes.
2. Athletic walking: special exercises and exercises that lead to the performance of the exercise as a whole.
3. The order of athletes to the next round of competitions in jumping and throwing.
4. The structure of the lesson in athletics.
5. Special exercises that provide education of physical qualities necessary for running medium and long distances.
6. Timing in running athletics.
7. The sequence of training in the technique of athletics.
8. Technique of athletic walking.
9. The order of athletes to the next round of competitions in running.
10. General and special exercises in athletics, their use for the directed development of physical qualities.
11. Technique of running medium and long distances.
12. The order of athletes to the next round of competitions in jumping and throwing.
13. Short distance running technique (torso and head position, arm and leg movements, double step cycle, running movements).
14. Organization and holding of athletics competitions.
15. General methodical scheme of training in athletics.
16. Fosbury flop technique .
17. Rules of 4x100 m relay race.
18. Classification of athletic exercises.

19. Triple jump technique.
20. Rules of walking competitions.
21. The sequence of training in the technique of athletics.
22. The technique of long jump by bending the legs.
23. General rules and features of judging sprint competitions.
24. Methods of teaching athletics.
25. Technique of throwing a small ball.
26. Rules and features of refereeing in long and medium distance running competitions.
27. Age features of development of qualities of the athlete.
28. Types and techniques of special running exercises.
29. Rules and features of refereeing in shot put competitions.
30. Regularities and basic methodological principles of construction of sports training.

### **Athletic Gymnastics Section**

1. Features of bodybuilding in Ukraine.
2. History of athletic gymnastics.
3. Bodybuilding and its development in Ukraine.
4. Powerlifting , its formation and development in the world.
5. Modern means of strength training.
6. Formation of a healthy lifestyle in society by means of athletic gymnastics.
7. Means of restoring the human body.
8. Methods of strength training.
9. Basics of nutrition.
10. Features of construction of training sessions on athletic gymnastics.
11. Forms of organization of athletics classes and their characteristics.
12. Characteristics of modern equipment for strength training.
13. Biochemical and physiological aspects of strength training.
14. The role of carbohydrates, fats, proteins, vitamins, minerals, water in human muscular activity.
15. The value of food. The relationship of nutrition with exercise.
16. Typical injuries, their symptoms and first aid. Injury treatment.
17. The importance of dietary nutrition. Dietary drugs and devices.
18. Features of the use of simulators in the training process in athletic gymnastics.
19. Organizations engaged in the development of power sports.
20. Prospects for the development of athletic gymnastics in Ukraine.

### **Football section**

1. Football as an effective means of a variable component in the physical education of students.
2. Development of speed and strength qualities in football players.
3. Development of special endurance in football players.
4. Development of dexterity in football players.
5. History of the development of ball games in the ancient world.
6. The first football clubs in Ukraine and their achievements.
7. History of football development in Mykolayiv region.
8. Technique of playing football.
9. Women's football in Ukraine and prospects for its development.
10. Rules of football, its changes from its origin to the present.
11. Classification of deceptive movements in football. Feints in football as a means of exacerbating offensive actions.
12. The essence and characteristics of the game of football.
13. History of football development. Football in the early XIX century.
14. History of the origin and development of football.
15. History of national football development.
16. History of development and formation of football.



17. Current trends in football development following the results of the World Cup -2019.
18. Achievements of Ukrainian clubs and national teams in the international arena.
19. The impact of Lobanovsky's strategy on the development of football in the world.
20. FIFA as a world football leader in .
21. The origins of football in South America.
22. Achievements of Ukrainian football in world championships, Europe and the Olympic Games.
23. Achievements of IFC "Nikolaev" in the championships of the Soviet Union and Ukraine.
24. IFC Mykolayiv is the oldest club in Ukraine today.
25. Introduction of uniform football rules in the world.
26. Formation of international football associations, their influence on the development of football.
27. Football as a social phenomenon.
28. The world's leading football teams and their achievements in the international arena.
29. The best players of world football of the XX century.
30. Achievements of the football team of ChNU. Petro Mohyla on the international, all-Ukrainian and regional arena.

### **"Badminton"**

1. History and stages of badminton development.
2. Characteristics of badminton as a sport, its place and importance in the system of physical education.
3. Badminton - an Olympic sport.
4. Modern development of badminton in Europe, the world.
5. Development of badminton in Ukraine (problems, prospects).
6. Badminton in the Nikolaev region.
7. Classification of techniques of playing badminton.
8. Analysis of the basic techniques of badminton.
9. Methods of teaching innings and receiving innings in badminton.
10. Methods of teaching defensive play.
11. Tactics of playing badminton.
12. Methods of teaching technical actions in badminton.
13. Rules of the game, methods of refereeing.
14. Organization and holding of badminton competitions.
15. Badminton as an active holiday for everyone.

### **Section "Table Tennis"**

1. History of table tennis
2. Modern directions of table tennis development.
3. Types and classification of table tennis competitions .
4. Features of technical training of tennis players.
5. Features of tactical training of tennis players.
6. Methods, tools and basic principles of training.
7. Features of physical training of tennis players.
8. General physical training and its role in the educational and training process in table tennis.
9. Features of psychological training of tennis players.
10. Theoretical and integral training of tennis players.

### **Health Fitness Section**

1. Development of physical culture and sports in Ukraine
2. Health fitness
3. The structure and content of fitness classes

4. Exercise and rest
5. Physical culture as a factor in the formation of a healthy lifestyle
6. Physical culture and sports in terms of scientific and technological progress
7. The use of non-traditional methods and teaching aids in physical education classes
8. Physical culture in the mode of work and rest of students
9. Development of strength and flexibility with methodological justification
10. Independent physical exercises
11. Regulation of physical activity in the process of exercise
12. The structure and content of fitness classes
13. Features of the development of speed -power qualities
14. Fitbol -trenuvannya
15. Exercises to develop flexibility
16. Planning a fitness program
17. Cyclic fitness
18. Complex of morning gymnastics
19. The effect of exercise on mental performance
20. Independent physical education classes for students
21. Callanetics
22. The attitude of the adult population to physical culture and sports
23. Complex types of fitness training
24. Fitness yoga
25. Aqua fitness
26. Children's fitness
27. "Smart body" " Body & Mind "

### **Section " Special Medical Group "**

1. Development of physical culture and sports in Ukraine
2. Therapeutic exercise (exercise therapy) for cardiovascular diseases
3. Therapeutic exercise (exercise therapy) in diseases of the digestive system
4. Exercise and rest
5. Physical culture as a factor in the formation of a healthy lifestyle
6. Physical culture and sports in terms of scientific and technological progress
7. Physical culture and sports as an important factor in strengthening the health of young people
8. Physical culture in the mode of work and rest of students
9. Development of strength and flexibility with methodological justification
10. Independent physical exercises
11. Regulation of physical activity in the process of exercise
12. Research of dynamics of development of power indicators
13. Features of the development of speed -power qualities
14. Exercises for the development of flexibility, speed, endurance, posture correction
15. Exercises to develop flexibility
16. Sports without injuries
17. Gymnastics - the queen of physical culture
18. Complex of morning gymnastics
19. Fundamentals of physical education
20. Self-employment physical educator and ting for students
21. Features of physical education classes for the disabled
22. The attitude of the adult population to physical culture and sports
23. The use of non-traditional methods and teaching aids in physical education classes
24. The effect of exercise on mental performance
25. Physical activity and rest as factors influencing physical development
26. Classifications of athletes with disabilities
27. Prerequisites for the emergence of sports for the disabled

## **Basketball Section**

1. Organization of sports basketball tournaments
2. History of basketball development in the world
3. History of basketball development in Ukraine
4. Logistics of basketball
5. Si , c ma defense in basketball
6. Functions of the center in the attack
7. Protection system
8. A quick breakthrough
9. The system of general physical training of a basketball player
10. Special exercises of a basketball player
11. Technique of performing feints in basketball
12. Interaction of two players in the attack
13. Sports ground and its arrangement
14. Marking of a sports basketball court
15. Sports uniform of a basketball player
16. Basic attack techniques in basketball
17. Defender's function and actions
18. Selection of the ball after rebounding near the opponent's shield
19. Types of ball transfers and technique of their execution
20. The tact of the game in the transition to defense
21. Collective protection system
22. Double step and technique of its execution
23. Free throw and technique of its execution.
24. Throwing the ball from the selected point and the method of its execution
25. Safety precautions in basketball lessons
26. System of physical rehabilitation of basketball players
27. The system of "rapid breakthrough" in the attack
28. Independent basketball player training
29. Individual training of a basketball player.

## Control standards for the assessment of technical training of students

### Volleyball Section

#### Autumn Semester (1.3)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Passing the ball in a circle from above (Quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13
2.	Transfer of a ball below (quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13
3.	Passing the ball in pairs (quantities to count times).	Ch	30	28	26	24	22
		Ž	26	24	22	20	18
4.	Giving the ball to the chosen method (10 attempts quantities to count hits).	Ch	7	6	5	4	3
		Ž	5	4	3	2	1
5.	Transfer the ball from the top wall (quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13
6.	Alternatively transfer the ball from the bottom, on top of a (quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13

#### Spring Semester (2.4)

№	Test	Sex	Score in points				
			20 points	18 points	12 points	8 bali	4 bali
1.	Giving top ball (10 attempts quantities to count hits)	Ch	8	7	6	5	4
		Ž	5	4	3	2	1
2.	Transfer the ball from the bottom wall (quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13
3.	Transfer ball over the top with a touch of the knee (quantities to count times).	Ch	30	27	24	21	18
		Ž	25	22	19	16	13
4.	Transfer the ball over the net in pairs (quantities to count times).	Ch	30	28	26	24	22
		Ž	26	24	22	20	18

### Athletics Section

#### Autumn Semester (1.3)

№	Test	Sex	Score in points				
			20	16	12	8	4
1.	Shuttle run 4 x 9 m , sec .	Ch	9.0	9.6	10.0	10.4	10.8
		Ž	10.4	10.8	11.3	11.6	12.0

2.	Running at 100 m , s	Ch	13.2	14.0	14.3	15.0	16.0
		Ž	14.8	15.5	16.3	17.0	18.0
3.	Flexion and extension of the arms at rest, lying on the floor, the number of times	Ch	44	38	32	26	20
		Ž	25	21	18	15	12
4.	Walking 2 km , min	Ch	15.30	16.0	16.30	17,0	17.30
		Ž	17.0	17.30	18.0	18.30	19.0
5.	Long jump from a place, see	Ch	260	240	235	205	200
		Ž	210	200	185	165	155
6.	Lifting the torso to the buttocks from a supine position, the number of times	Ch	53	47	42	38	32
		Ž	47	42	38	32	27

#### Spring Semester (2.4)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Triple jump from a place (m)	Ch	7.5	7	6.5	6	5
		Ž	6	5.5	5	4.5	4
2.	Flexibility from a sitting position. (cm)	Ch	13	11	9	6	3
		Ž	20	18	16	9	6
3.	Pulling ( people ) (quantities to count times) in height curved arms (h) ( s )	Ch	16	14	12	10	8
		Ž	21	19	17	15	13
4.	Burpee ( burpee ) (quantities to count times)	Ch	25	20	17	12	8
		Ž	20	15	10	6	5

#### Athletic Gymnastics Section

#### Autumn Semester (1.3)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	50	43	37	30	26
		Ž	45	39	33	25	17
2.	Burpee ( burpee ) (quantities to count times)	Ch	25	20	17	12	8
		Ž	20	15	10	6	5
3.	Bench press (kg)	Ch	70	60	55	50	47
		Ž	30	27	25	20	17
4.	Flexion and extension of the arms in a supine position (quantities to count times)	Ch	44	38	32	28	24
		Ž	24	19	16	12	10

5.	Outleap of sitting (quantities to count times)	Ch Ž	30 25	25 20	20 15	15 10	10 7
6.	Flexibility in the sitting position (cm)	Ch Ž	13 20	11 18	9 16	6 9	3 6

**Spring Semester (2.4)**

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Outleap surface (quantities to count times)	Ch	25	20	15	10	5
		Ž	20	15	10	5	2
2.	Plank ( sec )	Ch	75	60	45	30	15
		Ž	60	45	35	25	12
3.	Squatting (quantities to count times)	Ch	50	42	34	26	20
		Ž	40	35	27	20	13
4.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	50	43	37	30	26
		Ž	45	39	33	25	17
5.	Long jump from a place (cm)	Ch	260	245	225	210	200
		Ž	210	196	185	170	160

**Football section**

**Autumn Semester (1.3)**

№	Test	Sex					
			10	8	6	4	2
1.	Driving the ball "Slalom" 10m; 5 milestones ( s ).	Ch	7.5	7.7	7.9	8.1	8.3
		Ž	7.9	8.1	8.3	8.5	8.7
2.	Test for accuracy and force of impact. - 16.5 m; 7 attempts (Quantities to count hits).	Ch	6	5	4	3	2
		Ž	5	4	3	2	1
3.	Keeping the ball in a straight line 9 m ( sec )	Ch	3.5	3.7	3.9	4.1	4.3
		Ž	4.0	4.2	4.4	4.6	4.8
4.	Juggling the ball (Quantities to count times).	Ch	24	20	18	16	14
		Ž	16	14	12	10	8
5.	Kick the ball from the hands on the range and accuracy of the run (m)	Ch	40	38	36	34	32
		Ž	30	28	26	24	22
6.	Throwing the ball from the side line (m)	Ch	18	17	16	15	14
		Ž	16	15	14	13	12

**Spring Semester (2.4)**

№	Test	Sex					
			20	16	12	4	2
1.	Kick on a stationary ball (m).	Ch	35	33	31	29	27
		Ž	25	20	18	16	14
2.	Keeping the ball in a straight line 30 m ( sec )	Ch	8.7	8.9	9.1	9.3	9.5
		Ž	10.0	10.2	10.4	10.6	10.8

3.	Passing the ball to a partner for accuracy ( 20 m, 7 attempts)	Ch Ž	6 5	5 4	4 3	3 2	2 1
4.	Running 30 m ( sec )	Ch Ž	4.4 5.1	4.6 5.3	4.8 5.5	5.0 5.7	5.2 5.9
5.	Shuttle run ( sec )	Ch Ž	8.8 10.2	9.2 10.5	9.7 11.1	10.2 11.5	10.7 12.0
6.	Rising to the seat in minutes	Ch Ž	53 47	47 42	40 37	34 33	28 28

### Badminton Section

#### Autumn Semester (1.3)

№	Control standards	men	women	bali
1	Far feed, chotne and nechotne seat area, the number of innings (5 + 5), vluchenyaya in areas beautiful	5-5	5-5	20
		4-4	4-4	16
		3-3	3-3	12
		2-2	2-2	8
		1-1	1-1	4
2	Short flat serve, the number of accurate serves	5-5	5-5	20
		4-4	4-4	16
		3-3	3-3	12
		2-2	2-2	8
		1-1	1-1	4
3	Strike " Candle", the number of strokes	5-5	5-5	20
		4-4	4-4	16
		3-3	3-3	12
		2-2	2-2	8
		1-1	1-1	4
4	Lifting to the seat in minutes (times) fixing at the top	53	47	20
		47	42	16
		44	36	12
		38	32	8
		32	27	4
5	Reception of a shortened blow (open and closed side of the racket), number of attempts	5-5	5-5	20
		4-4	4-4	16
		3-3	3-3	12
		2-2	2-2	8
		1-1	1-1	4

#### Spring Semester (2.4)

№	Control standards	Men	Women	bali
1	Keeping the steering wheel in juggling open, closed side of the racket (number of times)	30	25	20
		27	23	16
		25	20	12
		20	17	8
		15	10	4



2	Jumping rope (number of times) the pace is slow in minutes .	125	120	20
		115	100	16
		110	90	12
		100	75	8
		85	60	4
3	Attacking blow " Smesh ", the number of times	17	15	20
		16	13	16
		15	11	12
		14	10	8
		12	7	4
4	Raising a Seed + flexion and extension arms in emphasis lying for 1 min .	30 + 15	20 + 15	20
		27 + 13	17 + 12	16
		25 + 11	15 + 9	12
		21 + 9	12 + 8	8
		20 + 5	8 + 6	4
5	Short attacking blow, number of times	17	15	20
		16	13	16
		15	11	12
		14	10	8
		12	7	4

### Section "Table Tennis"

#### Autumn Semester (1.3)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Diagonal cut (10 innings)	Ch	10	9	8	7	6
		Ž	7	6	5	4	3
2.	Twisted feed with top rotation (10 innings)	Ch	10	9	8	7	6
		Ž	7	6	5	4	3
3.	Roll right to right (30 times)	Ch	30	27	25	23	21
		Ž	27	25	23	21	19
4.	Roll from left to left (30 times)	Ch	30	27	25	23	21
		Ž	27	25	23	21	19
5.	Level (stand on straight arms) min ..	Ch	1.53	1.47	1.44	1.38	1.32
		Ž	1.47	1.42	1.36	1.32	1.27
6.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	50	43	37	30	26
		Ž	45	39	33	25	17
7.	Roll with a screwdriver, at a medium distance from the table (2 steps) times.	h	25	22	20	18	16
		g	20	18	16	14	10
8.	Jumping rope in minutes	h	125	120	115	110	100
		g	115	110	100	90	80

**Spring Semester (2.4)**

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Top spin right (times)	Ch	15	13	11	10	8
		Ž	12	10	8	6	5
2.	Top spin left (times)	Ch	15	13	11	10	8
		Ž	12	10	8	6	5
3.	Top spin after pruning (times)	Ch	7	6	5	4	3
		Ž	6	5	4	3	2
4.	Top spin after stand (times)	Ch	7	6	5	4	3
		Ž	6	5	4	3	2
5.	Shuttle running 4 * 9	Ch	8.8	9.2	9.6	9.8	10.0
		Ž	10.2	10.5	10.9	11.1	11.5

**Rowing Section**

**Autumn Semester (1.3)**

№	Test	Sex	Score in points				
			Perfectly	Fine	Satisfactorily	Badly	Very bad
1.	Cross 3000 m 2000m (selective)	Ch	12.00 min	13.05 min	14.30 min	15.40 min	16.30 min
		Ž	9.40 min	10.30 min	11.20 min	12.10 min	13.00 min
2.	Shuttle run: 4 times in 9 meters / seconds (selective)	Ch	8.8	9.2	9.7	10.2	10.7
		Ž	10.2	10.5	11.1	11.5	12.0
3.	Long jump from a place (meters)	Ch	2.60	2.41	2.24	2.07	1.90
		Ž	2.10	1.96	1.84	1.72	1.60
4.	Pull-up or pull-up (number of times)	Ch	16	14	12	10	8
		Ž	3/30	2/28	1/26	0.5 / 24	0.2 / 22
5.	Climbing into the saddle in one minute (number of times)	Ch	53	47	40	34	28
		Ž	47	42	37	33	28
6.	Squats on one leg (selective) (number of times)	Ch	15	12	9	6	3
		Ž	10	7	4	2	1
7.	Flexibility Tilt the torso forward from a sitting position, see (selective)	Ch	19	16	13	10	7
		Ž	20	17	14	10	7
8.	Kupper test 2000 meters (selective)	Ch	15.30 min	16.00 min	16.30 min	17.00 min	17.30 min
		Ž	17.00 min	17.30 min	18.00 min.	18.30 min.	19.00 min.

9	Concept 2000 m / minute (selective)	Ch Ž	7.52	8.00-8.16	8.24-8.40	8.46-9.04	9.12-9.28
			8.56	9.04-9.20	9.28-9.44	9.52-10.08	10.16-10.32

### Spring Semester (2.4)

№	Test	Sex	Score in points				
			Perfectly	Fine	Satisfactorily	Badly	Very bad
1.	5-fold long jump / meters	Ch Ž	12	11	10	9	8
			10	9	8	7	6
2.	Flexion, extension of the arms in the supine position (number of times)	Ch Ž	44	38	32	26	20
			24	19	16	11	7
3.	Book (lifting all in 1 minute) (number of times)	Ch Ž	47	42	38	34	30
			40	35	30	26	21
4.	Concept 500 m (selective) (minutes)	Ch Ž	1.58	2.00-2.04	2.06	2.12-2.16	2.18-2.22
			2.14	2.16-2.20	2.22-2.26	2.28-2.32	2.34-2.38
5.	The concept of 1000 m (minutes)	Ch Ž	4.10	4.12-4.16	4.16-4.20	4.18-4.22	4.22-4.26
			4.38	4.40-4.44	4.48-4.53	4.54-5.02	5.02-5.06
6.	Concept 2000 m (minutes)	Ch Ž	7.52	8.00-8.16	8.24-8.40	8.46-9.04	9.12-9.28
			8.56	9.04-9.20	9.28-9.44	9.52-10.08	10.16-10.32
7.	Squats on one leg (selective) (number of times)	Ch Ž	15	12	9	6	3
			10	7	4	2	1
8.	Flexibility Tilt the torso forward from a sitting position, see (selective)	Ch Ž	19	16	13	10	7
			20	17	14	10	7
9	Cooper test 2000 m / minute (selective)	Ch Ž	15.30	16.00	16.30	17.00	17.30
			17.00	17.30	18.00	18.30	19.00
10.	Cross 3000 m 2000m (selective)	Ch Ž	12.00	13.05	14.30	15.40	16.30
			9.40	10.30	11.20	12.10	13.00
11.	Shuttle run: 4 times in 9 meters / seconds (selective)	Ch Ž	8.8	9.2	9.7	10.2	10.7
			10.2	10.5	11.1	11.5	12.0

### Health Fitness Section

#### Autumn Semester (1.3)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Shuttle run (4 x 9m) ( sec .)	Ch Ž	9.0	9.4	9.8	10.2	10.6
			10.5	10.9	11.3	11.7	12.1

2.	Running (100m) ( sec ).	Ch	13.2	13.5	13.9	14.3	14.8
		Ž	14.8	15.6	16.4	17.2	18.0
3.	Long jump from a place (cm)	Ch	260	245	225	210	200
		Ž	210	196	185	170	160
4.	Flexion and extension arms in emphasis lying (quantities to count times)	Ch	44	38	32	28	24
		Ž	24	19	16	12	10
5.	Flexibility in the sitting position (cm)	Ch	13	11	9	6	3
		Ž	20	18	16	9	6
6.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	50	43	37	30	26
		Ž	45	39	33	25	17

#### Spring Semester (2.4)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 bali	4 bali
1.	Flexibility in the sitting position (cm)	Ch	13	11	9	6	3
		Ž	20	18	16	9	6
2.	Cooper's test (running, walking 12 minutes) (m)	Ch	2200	2000	1800	1600	1400
		Ž	1800	1600	1400	1200	1000
3.	Triple jump from a place (m)	Ch	7.5	7.0	6.5	6.0	5.5
		Ž	6.0	5.5	5.0	4.5	4.0
4.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	50	43	37	30	26
		Ž	45	39	33	25	17

#### Technique of general educational material (20 points)

Approximate combination of exercises (one mistake - a fine of 2 points):

VP - O.C.

1-4 - steps forward, arms bent along the torso

5-6 - attached to the left, arms bent to the sides at the elbows

7-8 - attached to the right, arms bent to the sides at the elbows

1-4 - steps back, arms bent along the torso

5-6 - jump legs apart, hands up and to the side

7-8 - jump in OS

1-4 - steppe on the right

5-8 - steppe on the left

1 - emphasis squats

2 - emphasis lying down

3-6 - Rack "Plank"

7 - jumping squats

8 - O.C.

1 - squats

2 - roll on the back

3-6 - "Birch"

7-8 - grouping, rise in OS

1-4 - cross step to the right

5-8 - cross step to the left

- 1 - step left to the side
- 2-3 - wide squats
- 4 - O.C.
- 5 - step right to the side
- 6-7 - wide squats
- 8 - O.C.

**Section " Special Medical Group "**

Autumn Semester (1.3)

№	Test	Sex	Score in points				
			10 points	8 points	6 points	4 points	2 points
1.	Raising a Seed from a prone position (1 min.) (Quantities to count times)	Ch	40	33	27	20	66
		Ž	35	29	23	15	7
2.	Flexion and extension of the arms in a supine position (quantities to count times)	Ch	30	25	20	15	10
		Ž	16	12	8	6	4
3.	Flexibility in the sitting position (cm)	Ch	13	11	9	6	3
		Ž	20	18	16	9	6
4.	Outleap of sitting (quantities to count times)	Ch	30	25	20	15	10
		Ž	25	20	15	10	7

Spring Semester (2.4)

№	Test	Sex	Score in points				
			20 points	16 points	12 points	8 points	4 points
1.	Plank ( sec )	Ch	60	50	40	30	20
		Ž	45	35	25	20	15
2.	Attraction on a horizontal bar (quantities to count times)	Ch	25	20	15	10	6
		Ž	18	15	12	8	5

## Basketball Section

### Autumn Semester (1.3)

№ p / h	Normative	To-th times	bali	Number of times	bali	Number of times	bali	Number of times	bali	Number of times	bali
1	Free throw: Chl . from 10 Girls from 12	6 6	20 20	5 5	16 16	4 4	12 12	3 3	8 8	2 2	4 4
2	Double step: Chl . from 10 Girls from 12	6 6	20 20	5 5	16 16	4 4	12 12	3 3	8 8	2 2	4 4
3	Rotate the ball around the waist and knees for 20 seconds . Chl : Wrap the ball around your waist. Girls :	15 20	20 20	14 19	16 16	13 18	12 12	12 17	8 8	11 16	4 4
4	Driving the ball between milestones (5 milestones, distance 9m. + 9m (per second )) Chl : Girls :	25 30	20 20	26 31	16 16	27 32	12 12	28 33	8 8	29 34	4 4
5	Pass in pairs (distance 3m., time 20 sec. ) Chl : Girls :	25 20	20 20	24 19	16 16	23 18	12 12	22 17	4 4	21 16	4 4
6	Throw the ball into the basket from under the shield hitting the shield (time 30 sec )  Chl :	25 20	20 20	24 19	16 16	23 18	12 12	22 17	4 4	21 16	4 4

	Girls :										
<b>Spring Semester (2.4)</b>											
7	Flexibility Chl : Girl .	13 20	20 20	11 18	16 16	9 16	12 12	6 9	8 8	3 6	4 4
8	Lifting in the saddle for 1 minute Chl . Girl .	53 45	20 20		16 16		12 12		8 8		4 4
9	Long jump from a place Chl : Girls :	260 210	20 20	240 200	16 16	235 185	12 12	205 165	8 8	190 140	4 4
10	Flexion and extension of the arms in a supine position, Chl : Girls : or pull-ups on the crossbar Chl .	44 25	20 20	38 21	16 16	32 18	12 12	26 15	8 8	20 13	4 4
11.	Shuttle running Chl : Bile :	9.0 10.4	20 20	9.6 10.8	16 16	10.0 11.3	12 12	10.4 11.6	8 8	10.8 11.8	4 4
12.	Running 100 m Chl : Girls	13.2 14.4	20 20	14.0 15.5	16 16	14.3 16.3	12 12	15.0 17.0	8 8	15.3 17.7	4 4

#### 4.4. 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. Internet.

#### 4. Final control

## **Volleyball Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. It consists of the standards for the assessment of technical training, selected by drawing lots of the student (3 tests of 20 points).

### **List of questions of control work (20 points)**

#### **Option 1**

1. The composition of the team. Game roles of players. (10 points)
2. Technique of ball possession . (10 points)

#### **Option 2**

1. Violation of the rules of the game. Types of punishment. (10 points)
2. Types of ball transfer. Terms of use. (10 points)

#### **Option 3**

1. The dimensions of the sports ground and its layout. (10 points)
2. Game tactics. Group interactions in the attack. (10 points)

#### **Option 4**

1. History of the game. (10 points)
2. Individual technical actions in the attack. (10 points)

#### **Option 5**

1. Methods of judging. Gestures. (10 points)
2. Technique of movement in defense and attack. (10 points)

#### **Option 6**

1. Systems for identifying winners. Keeping a game log. (10 points)
2. Game tactics. Types of team interactions in defense. (10 points)

#### **Option 7**

1. Organization of competitions, their types. (10 points)
2. Game tactics. Group interactions in the attack. (10 points)

#### **Option 8**

1. Rules for replacement. Timeout. (10 points)
2. Types of gears. Terms of their use. (10 points)

#### **Option 9**

1. Regulations on competitions. (10 points)
2. Game tactics. Group interactions in defense. (10 points)

#### **Option 10**

1. Composition of the panel of judges. Functions of judges. (10 points)
2. Individual technical actions in defense. (10 points)

#### **Option 11**

1. The essence of the game is volleyball. (10 points)
2. General physical training. (10 points)

#### **Option 12**

1. Classification of the game. (10 points)
2. General rules of the game of volleyball. (10 points)

#### **Option 13**

1. Stages of volleyball development. (10 points)
2. Physical and technical training. (10 points)

#### **Option 14**

1. Simplified rules and gestures of judges. (10 points)
2. Physical training. (10 points)



**Option 15**

1. Types of ball transfer. Terms of use. (10 points)
2. Technical training . (10 points)

**Option 16**

1. Mastering practical skills. (10 points)
2. Game tactics. Group interactions in defense. (10 points)

**Option 17**

1. Types of competitions, regulations on competitions. (10 points)
2. Special training. (10 points)

**Option 18**

1. Violation of the rules of the game. Types of punishment. (10 points)
2. Individual tactical actions in defense. (10 points)

**Option 19**

1. The structure of the training session. (10 points)
2. The work of the secretariat and the responsibilities of judges. (10 points)

**Option 20**

1. Gestures. (10 points)
2. Injury prevention. (10 points).

**Athletics Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. It consists of the standards for the assessment of technical training, selected by drawing lots of the student (3 tests of 20 points).

**List of questions of control work (20 points)****Option 1**

1. Facilities for athletics. Standards and features. (10 points)
2. General and special exercises in athletics, their use for the directed development of physical qualities. (10 points)

**Option 2**

1. Classification of athletic exercises. (10 points)
2. Analysis of methods of teaching running for medium and long distances. (10 points)

**Option 3**

1. Age features of development of qualities of the athlete. (10 points)
2. Analysis of methods of teaching athletic walking. (10 points)

**Option 4**

1. General methodical scheme of training in track and field exercises. (10 points)
2. Analysis of methods of teaching running short distances. (10 points)

**Option 5**

1. Age features of development of qualities of the athlete. (10 points)
2. Analysis of training methods in high jump. Consistent mastery of the elements of technique and technique of jumping in general. (10 points)

**Option 6**

1. The sequence of training in the technique of athletic exercises. (10 points)
2. Analysis of methods of teaching barrier running. (10 points)

**Option 7**

1. Methods of teaching athletics. (10 points)

2. Analysis of the technique of relay running (methods of transfer and transfer of the baton, the establishment of control marks in the transmission areas, starting positions, distance running). (10 points)

**Option 8**

1. Teaching aids. (10 points)

2. Analysis of the technique of long jump in the ways of "bending the legs" and "scissors" (running, preparation for repulsion, movements in flight, landing). (10 points)

**Option 9**

1. Means of sports training in athletics: basic, general, special, summing up, auxiliary. (10 points)

2. Analysis of the method of learning to push the nucleus. (10 points)

**Option 10**

1. Regularities and basic methodological principles of construction of sports training. Versatility of the process of ensuring its integrity. (10 points)

2. Analysis of methods of teaching athletics throwing. (10 points)

**Option 11**

1. Requirements for sports facilities for athletics competitions. (10 points)

2. Construction of the annual cycle (on the example of one of the species). (10 points)

**Option 12**

1. Requirements for equipment, inventory, appearance of participants in athletics competitions. (10 points)

2. The order of athletes to the next round of competitions in jumping and throwing. (10 points)

**Option 13**

1. Timing in running athletics. (10 points)

2. Basic documents for planning training sessions in athletics. (10 points)

**Athletic Gymnastics Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions.

It consists of test standards for assessing physical fitness, selected by drawing a student (3 tests of 20 points).

**List of questions of control work (20 points):**

**Option 1.**

1. Name the types of structure of your body. (10 points)

2. Name the main indicators of self-control in athletic gymnastics. (10 points)

**Option 2.**

1. Name the means of restoring athletic performance. (10 points)

2. Name the hygienic requirements for venues for athletics gymnastics. (10 points)

**Option 3.**

1. List the means of athletic gymnastics. (10 points)

2. Name the causes of injuries and means of their prevention. (10 points)

**Option 4.**

1. Name the list of basic and necessary equipment of the hall. (10 points)

2. Name the forms of athletic gymnastics. (10 points)

**Option 5.**

1. Name the devices for athletic gymnastics. (10 points)

2. Name the psychological means of recovery. (10 points)

**Option 6.**

1. Comprehensive application of means of recovery after physical activity. (10 points)
2. Describe the construction of a training session in athletic gymnastics. (10 points)

**Option 7.**

1. Name the methodical advice on the use of exercises on simulators. (10 points)
2. What is self-control in the process of training in athletic gymnastics. (10 points)

**Option 8.**

1. Development of athletic gymnastics in Ukraine. (10 points)
2. Determine the structure of training sessions in athletic gymnastics. (10 points)

**Option 9.**

1. Describe the role of breathing in performing exercises with weights. (10 points)
2. Large, medium and small load when performing strength exercises. (10 points)

**Option 10.**

1. Construction of a training session in athletic gymnastics. (10 points)
2. Name the methodical advice on the use of gymnastic exercises devices. (10 points)

**Option 11.**

1. History of the development of athletic gymnastics. (10 points)
2. Name the factors that determine the duration of exercise and rest. (10 points).

**Option 12.**

1. Discover the role of nutrition in the process of athletic gymnastics. (10 points)
2. Name the sequence of exercises that must be taken into account when compiling complexes of athletic gymnastics. (10 points)

**Football section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) according to the 200-point assessment scale, the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. It consists of the standards for the assessment of technical training, selected by drawing lots of the student (3 tests of 20 points).

*Topics of tests:*

1. The dimensions of the sports ground and its layout.
2. Game tactics. Group interactions in the attack.
3. Methods of development of jumping.
4. History of the game.
5. Individual technical actions in the attack.
6. Methods of training a blow to the inner part of the foot.
7. Team composition. Game roles of players.
8. Technique of ball possession.
9. Methods of training to stop the inner part of the foot.
10. Violation of the rules of the game. Types of punishment.
11. Types of ball transfer. Terms of use.
12. Methods of conducting a football lesson.

- 13 The structure of a football training session.
14. Methods of judging. Gestures.
15. Technique of movement in defense and attack.
16. Methods of learning to drive the ball.
17. Composition of the panel of judges. Functions of judges.
18. Individual technical and tactical actions in defense.
19. Methods of speed development.
20. Regulations on competitions.
21. Game tactics. Group interactions in defense.
22. Methods of learning to pass the ball.
23. Injuries in football and his claim was ofilaktyka.
24. Technique of playing football.
25. Technique, classification, systematics and terminology of the game. Teaching methods and sequence of learning individual techniques of the game.
26. Analysis of performance techniques and methods of training to hit and stop the ball with the inside of the foot.
27. Analysis of the technique and method of training to strike the inner part of the rise and stop the ball with the sole.
28. Analysis of performance techniques and methods of training to hit and stop the ball in the middle of the rise.
29. Analysis of performance techniques and methods of training to hit and stop the ball with the outer part of the rise.
30. Analysis of the technique and method of training to hit the ball with a sock and heel.
31. Analysis of performance techniques and methods of learning to drive the ball.
32. Analysis of performance techniques and methods of hitting the ball with the head.
33. Analysis of the technique of execution and methods of training to throw the ball from the side line. Stops the ball with the thigh, chest.
34. Analysis of performance techniques and methods of teaching deceptive movements - feints.
35. Analysis of performance techniques and methods of teaching the selection of the ball with his feet, shoulder to shoulder.
36. Analysis of the goalkeeper's playing technique and teaching methods.
37. Tactics of the game, methods of teaching tactical actions.
38. The concept of game tactics. Evolution of tactical game systems. The sequence of learning the tactical actions of the game in defense and attack.
39. Analysis and methods of training individual tactical actions in defense and attack.
40. Analysis and methods of training group tactical actions in defense and attack.
41. Analysis and methods of training team tactical actions in defense and attack according to tactical schemes  $1 + 4 + 4 + 2$ ,  $1 + 4 + 3 + 3$  and  $1 + 3 + 5 + 2$ .
42. Characteristics of the signs of rational tactics.
43. Methods of teaching and organization of the educational and training process in football for schoolchildren.
- 44.Characteristics of motor skills. Fundamentals of teaching methods. The sequence of learning individual motor skills.
45. Methods, means and forms of organization of educational and training process.
46. Pedagogical control during football lessons.
47. General concepts of physical training of football players and methods of development of physical qualities.
48. Content, characteristics, features and relationship of general and special physical training of football players.
49. Methods and tools used for the education of motor skills.
50. Methods of developing general and special endurance in football players.
51. Methods of developing speed and strength qualities of football players.
52. Methods of developing dexterity, flexibility, coordination skills of football players.
53. Organization and holding of football competitions.

54. Information on the organization and holding of football competitions. Types of competitions and playoff systems. Contents and objectives of the competition regulations.
55. Competition systems and their characteristics. Drawing up regulations on competitions.
56. Analysis of the rules of the game.
57. Marking the football field.
58. Development of football in the world.
59. Development of football in Ukraine.
60. Development of football in the Nikolaev area.

### **Badminton Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. It consists of the standards for the assessment of technical training, selected by drawing lots of the student (3 tests of 20 points).

### **Section "Table Tennis"**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. It consists of the standards for the assessment of technical training, selected by drawing lots of the student (3 tests of 40 points).

### **Rowing Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

### **Health Fitness Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

The test is held in the form of competitions. The main means of preparation is a pre-studied set of competitive exercises accompanied by music.

Exercises are evaluated on the quality of the technique of their performance (40 points), for the overall impression (artistry) (10 points) and hitting the beat of the music (10 points). The duration of the performance is 1.2 - 1.5 minutes (group performances of 3 - 5 people are possible).

**List of questions of control work** (10 points):

1. Health effects of fitness on the human body.

2. The main characteristics of fitness with elements of martial arts.
3. Describe the fitness program Super strong .
4. What groups of aerobic programs are included in cyclic fitness.
5. Describe the complex types of fitness training.
6. Aerobics - as a direction of fitness. Her place in fitness.
7. Describe the fitness program: terra aerobics.
8. Describe the BOSU fitness program.
9. Describe the direction of fitness " Body & Mind ".
10. Positive effect on the human body fitball -training ( Fitboll ).
11. What are the types of dance aerobics?
12. Describe aqua fitness .
13. What are the types of children's fitness?
14. Name and reveal the essence of the principles of fitness training.
15. The importance and role of the main elements of fitness training.
16. What to consider when planning fitness programs.
17. Describe fitness programs: Slide (slide), step aerobics.
18. Describe the fitness program: Rope skipping (fitness with a skipping rope).
19. Name and reveal the essence of the principles of circuit fitness training.
20. Describe the fitness program: kangaroo aerobics.
21. Discover the essence of interval training.
22. Describe a comprehensive workout.
23. Explain the concept of "Cyclic Fitness".
24. Describe the fitness program: Super strong .
25. Describe the current period of development of health fitness.

### **Section " Special Medical Group "**

Assessment of the quality of students' knowledge, in terms of the organization of the educational process on a credit-module system is carried out by current, modular, final (semester) control on a 200-point rating scale, ECTS scale and national assessment scale.

The test is scheduled and consists of test standards for assessing the physical fitness of the student.

#### **List of questions of control work (10 points):**

##### **Option 1.**

1. What factors determine the emergence and development of physical education? (4 points)
2. What motivates a person to engage in specially organized motor activity? (6 points)

##### **Option 2.**

1. What are the specific features of physical education? (4 points)
2. What is the purpose of physical education? (6 points)

##### **Option 3.**

1. Describe the task of physical education. (4 points)
2. Name the principles of physical education and explain ways to implement them in practice. (6 points)

##### **Option 4.**

1. How do pedagogical and social subsystems interact in practice? (4 points)
2. Name the public authorities that guide and monitor the implementation of state policy in the field of physical culture and sports. (6 points)

##### **Option 5.**

1. Which body in Ukraine carries out the development of the Olympic movement in Ukraine? (4 points)
2. Name the departmental committees and sports associations that organize and manage physical culture and sports. (6 points)

##### **Option 6.**

1. What documents relate to the software and regulations of physical education. (4 points)
2. Describe the state of health of modern youth. (6 points)

**Option 7.**

1. Give a definition of the term "Health". (4 points)
2. How MM Amosov considered the health of modern youth and the factors influencing it. (6 points)

**Option 8.**

1. Describe the factors influencing the health of young people. (4 points)
2. List the types of diseases that most affect the health of young people. (6 points)

**Option 9.**

1. Define hygiene. (4 points)
2. What are the tasks of hygiene? (6 points)

**Option 10.**

1. Name the components of hygiene and describe them. (4 points)
2. Hygienic education of students. (6 points)

**Option 11.**

1. What is hardening and types of hardening. (4 points)
2. Hygienic requirements for residential and office premises. (6 points)

**Option 12.**

1. Hygienic requirements for sports facilities. (4 points)
2. Hygienic requirements for closed hygienic facilities. (6 points)

**Option 13.**

1. Hygienic requirements for outdoor sports facilities. (4 points)
2. What parameters determine the physical development of man? (6 points)

**Option 14.**

1. What is the importance of knowledge of human physiology during exercise? (4 points)
2. How do exercise affect a person's functional activity? (6 points)

**Option 15.**

1. The musculoskeletal system and its functions. (4 points)
2. Methods of assessing physical development and physical fitness. (6 points)

**Basketball Section**

Assessment of the quality of students' knowledge and acquired skills is carried out by current, final (semester) control (credit) on a 200-point assessment scale, on the ECTS scale and the national assessment scale. The condition of admission to the final control is a positive assessment of the current control of practical tasks. The maximum number of points that a student can receive during the semester to receive a rating is 200 points. The maximum number of points that a student can receive during the semester is 140 points. The maximum number on the test is 60 points.

**List of questions of control work**

1. Safety precautions in physical education classes.
2. Rules of the game of basketball.
3. Methods of training free throw the ball basket.
4. Organization of basketball competitions.
5. Passing the ball to a partner in different ways.
6. A quick breakthrough.
7. Zone protection system.
8. Knocking out the ball from the opponent when playing basketball.
9. Special exercises of a basketball player with a ball .
10. Different ways of driving the ball.
11. Feints. Methods of their training.
12. Arrangement of a sports ground for basketball.
13. Interception of the ball.
14. Taking the ball after bouncing off the opponent's shield.
15. Jumping in basketball.
16. Actions of a player without a ball on a basketball court while playing basketball.

17. Interaction of team players during basketball.
  18. Introducing the ball into the game from outside the basketball court.
  19. Rules of conduct for players when playing basketball on the sports field.
- Responding to the judge's remarks.
20. Basic techniques of attack technique.
  21. Double step and method of its implementation.
  22. Throw the ball into the basket from the selected point.
  23. Throw the ball into the basket in a jump.
  24. Throw the ball into the basket without jumping.
  25. Basketball tactics.
  26. Individual training of a basketball player.
  27. Passing the ball in pairs and threes.
  28. Dribbling and methods of its implementation.
  29. Placement of players on the basketball court.
  30. Basketball attack system.

### 6. Evaluation criteria and tools for diagnosing learning outcomes

**Current control** of students' knowledge during the semester includes assessment for work in practical classes and independent work.

Assessment of technical training of students is carried out by drawing up control standards.

The form of final control is certification.

Students can obtain additional dietary supplements for participating in sports activities of the university (participation in competitions, participate in the judging of competitions, participation in the preparation of the competition) -20 points.

#### Volleyball Section

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (2 tasks x 20 points)	40
2	Completion of a practical task (6 tasks x 20 points )	60
3	Execution of control work (2 works x 20 points)	40
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (4 tasks x 20 points )	80
3	Execution of control work (2 works x 20 points)	40
	Test	60
	<b>Total</b>	<b>200</b>

#### Athletics Section

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (2 tasks x 20 points)	40



2	Completion of a practical task (6 tasks x 20 points )	120
3	Execution of control work (2 works x 20 points)	40
	Participation in sports activities of the university ( <b>optional</b> )	20
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (4 tasks x 20 points )	80
3	Execution of control work (2 works x 20 points)	40
4	Test	60
	Participation in sports activities of the university ( <b>optional</b> )	20
	<b>Total</b>	<b>200</b>

### Athletic Gymnastics Section

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (2 tasks x 20 points)	40
2	Completion of a practical task (6 tasks x 20 points )	120
3	Execution of control work (2 works x 20 points)	40
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Execution of control work (2 works x 20 points)	40
2	Completion of a practical task (5 tasks )	100
	Test	60
	<b>Total</b>	<b>200</b>

### Football section

№	Type of activity (task)	Maximum number of points
1	Execution of control works (2 on 20 points)	40
2	Summary (2 to 20 points)	40
3	Compilation of test standards	60
4	Test	60
	<b>TOTAL</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Execution of control works (2 on 20 points)	40
2	Summary (2 to 20 points)	40
3	Compilation of test standards	120
	<b>TOTAL</b>	<b>200</b>

### Badminton Section

№	Type of activity (task)	scores
1	Performing a creative search task (2 tasks x 30 points)	60
2	Completion of a practical task (7 tasks x 20 points)	140
	<b>Together</b>	<b>200</b>
	<u>Additionally:</u> Participation in sports activities of the university	20

№	Type of activity (task)	scores
1	Performing a creative search task (1 task)	40
2	Completion of a practical task (5 tasks x 20 points)	100
	Test	60
	<b>Together</b>	<b>200</b>
	<u>Additionally:</u> Participation in sports activities of the university	20

### Section "Table Tennis"

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (8 tasks x 20 points)	160
3	Performing a combination of exercises (1 combination)	20
	Participation in sports activities of the university ( <b>optional</b> )	20
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (5 tasks x 20 points)	100
3	Performing a combination of exercises (1 combination)	20
4	Test	60
	Participation in sports activities of the university ( <b>optional</b> )	20
	<b>Total</b>	<b>200</b>

### Rowing Section

№	Type of activity (task)	Maximum number of points
1	Assessment of work in practical classes (15 classes of 4 points )	60
2	Execution of test tasks on physical training (6 on 20 points)	120
3	Achievements in physical education and sports in the classroom (competitions among students in pairs)	20
	<b>Total</b>	<b>200</b>

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

The object of assessment of students' academic achievements is knowledge, skills, abilities and level of physical fitness.

**Assessment of work in practical classes:**

- the degree of activity of students in class (grade 2 and by occupation).
- Attending classes (grade 2 and by occupation).

### Execution of test tasks on physical training:

Physical fitness. Control standards:

- 10- The task is performed correctly without errors according to regulations
- 8- The task is completed but there are one or two minor errors according to regulations
- 6- The task is mostly performed but with errors according to regulations
- 4- The task is performed with gross errors according to regulations
- 2 - The task is not completed completely with gross errors according to regulations.

Callisthenics:

The assessment is set according to quantitative or qualitative indicators, respectively, control standards and tests.

When evaluating training standards for physical training, the following requirements must be met:

- 1) control standards are students of the main group, who at the time of adoption of the standard do not complain of ill health and health;
- 2) each test exercise is preceded by special physical training;
- 3) before drawing up the standard the teacher conducts a warm-up, and after - restorative exercises;
- 4) students have the opportunity to rearrange the standard in the class determined by the teacher;
- 5) the teacher is obliged to ensure unconditional compliance with the rules and compliance with safety requirements during the development of standards.
- 6) The credit is the amount of points received by the student for the current semester, subject to the certification in the previous ones.

When assessing the achievements in physical education and sports are taken into account:

- personal achievements of students in the field of physical education and sports;
- involvement of students in classes in sports sections (Improving sports skills);
- participation in sports competitions of all levels.

### Health Fitness Section

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (6 tasks x 20 points )	120
3	Performing a combination of exercises (1 combination)	20
4	Execution of control work (2 works x 20 points)	40
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Performing a creative search task (1 task)	20
2	Completion of a practical task (4 tasks x 20 points )	80
3	Execution of control work (2 works x 20 points)	40
	Test	60
	<b>Total</b>	<b>200</b>

### Section " Special Medical Group "

№	Type of activity (task)	Maximum number of points
1	Class activity (3x30)	90
2	Performing a creative search task. (3x10)	30
3	Abstract (up to 10 pages) (1 abstract)	20
4	Performing a practical task (4x10)	40
5	Test work (2x10)	20
	<b>Total</b>	<b>200</b>

№	Type of activity (task)	Maximum number of points
1	Activity in the classroom (3x36)	108
2	Performing a creative search task. (1 work)	12
3	Performing a practical task (2x10)	20
	Test	60
	<b>Total</b>	<b>200</b>

### Basketball Section

Students take practical tests in physical education and have the opportunity to score up to 120 points per semester. Students write tests and have the opportunity to get a score of up to 40 points. (20 + 20). Students perform creative search tasks and have the opportunity to get a score of up to 40 points. (20 + 20).

№ p / h	Types of work	Scores	Form of control	The sum of points
1	Practical tasks	6 * 20	Performing test exercises	120
2	Creative search tasks	2 * 20	Abstract defense	40
3	Control work	2 * 20	Execution of written control work	40
4	In general			200

### Execution of creative search task, abstract.

20 points  
(perfectly)

The work offered by the student is presented in the required volume, competently executed, based on basic theoretical and practical material, contains new, non-traditional information on this issue and suggestions for its practical application.

16 points  
(fine)

The work offered by the student is stated in the volume demanded, is competently issued, is based mainly on basic theoretical and practical material, contains fragments of the new, unconventional information.

12 points  
(fine)

The work proposed by the student is presented in the required volume, designed competently, includes a basic theoretical and practical solution, but contains certain shortcomings in the issues covered, which were studied.

8 points (satisfactorily)	The work contains basic theoretical and practical material, but has no practical solution. The presentation of the material is inaccurate, there are shortcomings in the coverage of the topic.
4 points (satisfactorily)	The work is based on fragmentary knowledge of the course. The research topic is not disclosed.
0 points (unsatisfactorily)	The work is not done.

Assessment of students' knowledge is carried out according to the national scale and the ECTS scale as follows:

Total estimates	The sum of points	ECTS assessment	Score on a national scale	
			examination	test
	180–200	AND	<b>Perfectly</b> (excellent performance with only a small number of errors)	Credited
	160–179	IN	<b>Very good</b> (above average with multiple errors)	Credited
	150–159	C	<b>Fine</b> (generally correct execution with a certain number of significant errors)	Credited
	130–149	D	<b>Satisfactorily</b> (not bad, but with a significant number of shortcomings)	Credited
	120–129	E	<b>Enough</b> (performance meets the minimum criteria)	Credited
	70–119	FX	<b>Unsatisfactorily</b> (with the possibility of re-assembly)	Not credited
	1–69	F	<b>Unsatisfactorily</b> (with mandatory re-course)	Not credited

## 1. Recommended sources of information

### Volleyball Section

#### Basic

1. Physical education: a textbook in the section "Sports Games: Volleyball" / LV Zubchenko. - Kryvyi Rih: DUI of the Ministry of Internal Affairs of Ukraine, 2018. - 90 p. Access mode: <https://repo.dli.donetsk.ua/bitstream/123456789/148/1/%D0%9D%D0%B0%D0%B2%D1%87%D0%9F%D0%BE%D1%81%D0%B8%D0%B1%20%D0%A4%D0%92%2018.pdf>
2. Korolinska SV Fundamentals of technical and tactical training in volleyball for students of higher educational institutions: textbook . way . / SV Korolinska , NO Zelenenko . - Kharkiv: NUPh , 2018. - 95 p.
3. Kozina, Zh.L., Poyarkov, Yu.M., Tserkovna, OV, Vorobieva, V.O. (2010). Sports games: a textbook for students of physical education faculties of pedagogical higher educational institutions

.: in 2 volumes. Vol.1: General principles of theory and methods of sports games. Kharkiv: Tochka.

#### **Auxiliary**

4. Sports games: [Methodical recommendations] Yu.I. Blinky. SI. Berdaga - Khmelnytsky: Educational complex №2, 2018. - 42 p. Access mode: <https://nvk2.khnu.km.ua/res/70-21-114.pdf>
5. Organization and judging of sports competitions. Training manual. / Compilers NO Lapochuk, L.A. Good luck. - Mariupol, MMK, MMMK, 2014. - 52 p.

### **Athletics Section**

#### **Basic**

1. Akhmetov RF, Maksimenko GM, Kutek TB Athletics: Textbook. - Zhytomyr: ZhSU Publishing House. I. Franko, 2013. - 340 p. Access mode: [http://eprints.zu.edu.ua/18016/1/Legka\\_Atletika.pdf](http://eprints.zu.edu.ua/18016/1/Legka_Atletika.pdf)
2. Theory and methods of teaching athletics / Training manual for independent work on the subject "Theory and methods of teaching athletics" for students majoring in 014.11 "Secondary education (Physical Education)" with a bachelor's degree at on the basis of the educational and qualification level "Junior Specialist" / style: T.I. Кудряшова, O.O. Gubchenko, - Kremenchuk: PE "Bitart", 2019. - 169 p.

#### **Auxiliary**

1. Athletics: Curriculum for children's and youth sports schools, specialized children's and youth sports schools of the Olympic reserve, schools of higher sportsmanship and specialized educational institutions of sports profile / Bobrovnik VI, Sovenko SP, Kolot AV - K. : Logos, 2019. - 192 p. [https://uaf.org.ua/images/doc/books/Programa\\_DUSCH.pdf](https://uaf.org.ua/images/doc/books/Programa_DUSCH.pdf)

### **Athletic Gymnastics Section**

#### **Basic**

1. Gureeva AM Physical education: athletic gymnastics: educational and methodical manual for students of all directions of preparation of educational and qualification level "bachelor" / A.M. Gureeva, G.O. Yesionova, GI Kushnir, OI Fishing. - Zaporozhye: ZNU, 2013. - 73 p. [https://www.znu.edu.ua/.../sport/.../vikhovannya\\_atletichna\\_g\\_mnastika.doc](https://www.znu.edu.ua/.../sport/.../vikhovannya_atletichna_g_mnastika.doc)
3. Ratushny RT, Koshelenko VV, Kovalchuk AM, Antoshkiv YM Athletic gymnastics. Training manual. - Lviv: LSU BJD, 2013. - 136 p.
4. Slavytyak OS Athletic gymnastics: Textbook. : Mykolaiv: MNU named after VO Sukhomlinsky, 2016. - 154 p.
5. Kozeruk Yu.V. Organizational and methodical and practical recommendations for conducting extracurricular health classes with physical exercises / Yu.V. Kozeruk, S.S. Novopashen // Science and Education. - Odessa: Southern Scientific Center of the National Academy of Pedagogical Sciences of Ukraine, 2014. - № 4 - P. 85-88.

#### **Auxiliary**

1. Kornienko SM Exercises with dumbbells / SM Kornienko, VI Shandrigos, S.A. Naumov // Textbook - Bogdan. - Ternopil, 2011. - 64 p. <https://www.yakaboo.ua/vpravi-z-ganteljami-met...>
2. Tverdokhlib OF Biological bases of athletic gymnastics for beginners: [method. recommendations for students. educational department of athletic gymnastics] / ed. OF Tverdokhlib. - K. : NTUU "KPI them. Igor Sikorsky", 2017. - 30 p. <ela.kpi.ua/bitstream/.../1/Твердохліб%20О.Ф%20метод.атл.гімна.pdf>

### **Football section**

#### **Basic**

1. Theory and methods of teaching football: a textbook / VV Соломонко, Г.А. Lisenchuk, OV Solomonko / - Uzhhorod : Publisher Marionda II, 2013.-202 p.
2. Special course on football teaching methods: Football Federation of Ukraine // [www.hoff.org.ua](http://www.hoff.org.ua)

3. Football at school: a textbook / KL Vortex / - Kyiv; 2004-256 p.
4. Tactical actions in the process of training football teams: a textbook /A.V. Dublibsky / - Kyiv, 2014.- 115 p.
5. Theory and methods of teaching football: a manual / SG Sobko / - Kyiv, 2017.- 268 p.
6. Preparation of the football referee: educational and methodical materials for students of faculties of physical education of football specialization / SG Sobko / - Kirovograd: CODE, 2007. - 84 p.
7. Football. Manual for football players and coaches of amateur football / V.V. Соломонко , Г.А. Lisenchuk , OV Solomonko / - Kyiv: publisher Olympic Literature, 2005. - 193 p.

### **Auxiliary**

1. Infinite match... / VV Lobanovsky / Sost . lit . record of A. Gorbunov. - Kyiv .: Concern Publishing House "In Law", 2005. - 448 p.
2. Sports games with the ball : rules / AI Dubenchuk . - H .: Torsing Plus, 2006. - 288 p.

### **"Badminton"**

#### **Basic**

1. Badminton: educational and methodical manual / PM Indyk, AE Sirik. - Sumy: Sumy State University, 2017. - 111 p.
- 2 . Mishchanchuk RM Yakov VI Chornenky AI Badminton – guidelines for teachers and students majoring in "017. Physical culture and sports » – Ternopil TNEU: 2020 – p.32 .
- 3 . Sports games: table tennis, badminton: a textbook. - Cherkasy, 2015. - 69 p.
- 4 . Methodical recommendations "Theoretical and methodical bases of badminton player training in the conditions of high school" (for full-time students of all specialties of the Academy of disciplines "Physical Education", "Physical Culture") / Kharkiv. nat . acad. Gore . households; structure. OK Kamayev . - Kharkiv: KNAMG, 2011. - 68 p.

#### **Auxiliary**

- 5 . Barybina LN Results Application sport oriented forms of the organization of studies in High society uchebnom establishments of of technical the Profile / Варыбина LN, Tserkovnaya EV Blynkyn Y.YU. // Slobozhansky scientific and sports bulletin. - 2008. - №4. - P.35-37.

### **Section "Table Tennis"**

#### **Basic**

1. Akimova VO Physical education of students of higher education. teach . manual / Akimova VO, Vrzhesnevsky II, Vrzhesnevskaya GI, Turchina NI, Chernyaev EG - K .: NAU, 2011. - 116 p.
2. Biruk ID Table tennis: A textbook. - Rivne: NUVGP, 2014. - 164 p.
3. Landik VI Methodology of sports training: table tennis / VI Landik , Yu. T. Pokholenchuk , GN Arzyutov . - Donetsk: Nord-Press, 2005. - 612 p.
4. Rules of table tennis. - [Electronic resource]. - Access mode: <http://www.uttf.com.ua>

#### **Auxiliary**

6. Table tennis: guidelines. / Compilers: Zhukovsky EI, Mychka IV, Bulgakov OI - Zhytomyr: Vidu ZhDU im. I. Franko, 2021. - 65 p.

### **Rowing Section**

#### **Basic**

1. Bondarenko I. Workshop on rowing: textbook . manual / I. Bondarenko , O. Bondarenko. - Mykolaiv: Publishing house of ChNU named after Petra Mogili, 2021. - p.
2. On approval of the Rules of academic rowing competitions: Order of the Ministry of Youth and Sports of Ukraine dated 08.07.2013, №28 . [Electronic resource] / The Verkhovna Rada of Ukraine. Access mode: <https://zakon.rada.gov.ua/laws/show/z1264-13#Text> . - Name from the screen. - Date of revision: 1.02.2021.
3. World rowing. Indoor rowing. What is Indoor Rowing? [Electronic resource]. - Access mode: <https://worldrowing.com/events/indoor-events/>. - Name from the screen. - Date of revision: 1.02.2021.

#### **Auxiliary**

4. Bondarenko I., Mintz M., Sergienko Y., Golovachenko I., Bondarenko O., Kurasa G. Research of possibilities of use of 6-minute rowing on the Concept2 ergometer for an estimation of level of endurance at students Yu. Sergienko, I. Golovachenko, O. Bondarenko, G. Kurasa // Slobozhansky Scientific and Sports Bulletin. - 2019. - № 1 (75). - P. 41-48.
5. Charter of the Federation of Academic Rowing of Ukraine (new edition): Extraordinary Congress of FAVU of June 20, 2017, (1. [ Electronic resource]. - Access mode: <http://rowingukraine.org/statut/> Federation of Academic Rowing of Ukraine. - Name from the screen. - Date of revision: 1.02.2021.

### **Health Fitness Section**

#### **Basic**

1. Volovik NI Textbook "Modern health programs fitness "for students of higher pedagogical educational institutions. / H.I. Volovik– K .: MP Drahomanov National Pedagogical University Publishing House, 2015. - 48 p. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
3. Bosenko AI, Kholodov SA, Koval OG Health fitness for school and student youth: Textbook / AI Босенко , С.А. Холодов , О.Г. Blacksmith; for order. P.D. Plahtia. - Kamyanets-Podilsky: PE "Medobory-2006", 2016. - 88 p. <https://www.smigrasa.com.ua/wp-content/uploads/2016/03/Оздоровчий-фітнес-для-учнівської-і-студентської-молоді-1.pdf>
4. Theoretical and methodological foundations of health fitness: textbook . way . / Yulia Belyak , Iryna Hrybovska, Fedir Muzyka, Victoria Ivanochko, Lyubov Chekhovska. - Lviv: LDUFK, 2018. - 208 p. [repository.ldufk.edu.ua/handle/34606048/13856](http://repository.ldufk.edu.ua/handle/34606048/13856)

#### **Auxiliary**

1. Kornosenko OK The role of fitness in the system of health physical culture [Electronic resource]. Bulletin of Chernihiv National Pedagogical University. Series: Pedagogical sciences. Physical education and sports. 2013. Issue 112 (3). Pp. 228–232. Access mode: [http://nbuv.gov.ua/jpdf/VchdpuPN\\_2013\\_112\(3\)\\_59.pdf](http://nbuv.gov.ua/jpdf/VchdpuPN_2013_112(3)_59.pdf) .
2. Krutsevich T.Yu. Recreation in physical culture of different groups of the population: Textbook . manual / Т.Ю. Круцевич , Г.В. Topless . - Kyiv: Olympic Literature, 2010.-248 p. <http://reposit.uni-sport.edu.ua/handle/787878787/1187>
3. Maksimova KV, Mulik KV Topical issues of preserving and strengthening the health of students aged 17-21 of higher education institutions at the expense of physical fitness classes. // Bulletin of Kamyanets-Podilsky National University named after Ivan Ogienko. Physical education, sports and human health. Issue 10 - 2017, - P. 301-311. [visnyk-sport.kpnu.edu.ua/article/view/111487](http://visnyk-sport.kpnu.edu.ua/article/view/111487)
4. Usachov Yu.O. Technology of development of strength qualities in the formation of fitness culture of student youth / Yu.O. Usachov // New learning technologies. - 2013. - № 72. - P. 63-69. [http://er.nau.edu.ua/bitstream/NAU/10297/1/Усачев\\_Зинченко\\_Формирование%20фитес-культуры%20студентов%20-%20инновацийи%20и%20технологии\\_Минск\\_2013.pdf](http://er.nau.edu.ua/bitstream/NAU/10297/1/Усачев_Зинченко_Формирование%20фитес-культуры%20студентов%20-%20инновацийи%20и%20технологии_Минск_2013.pdf)



## **Section " Special Medical Group "**

### **Basic**

1. Kotov E. Programming of independent physical exercises of students of higher educational institutions / E. Kotov, A. Khomych, O. Kasarda // II All-Ukrainian scientific-practical conference, Kharkiv, 2016 185 Physical education, sports and culture in modern society. - Lutsk, 2012. - № 4 (20). - P. 294–299. [journals.uran.ua > hdafk-tmfv > issue > viewFile](http://journals.uran.ua/hdafk-tmfv/issue/viewFile)
3. Koryagin VM Physical education of students in special medical groups: textbook . way . / VM Koryagin , OZ Blaut . - Lviv Polytechnic Publishing House , 2013. - 488 p. [scholar.google.com.ua > citations](http://scholar.google.com.ua/citations)
4. Prisyazhnyuk SI The use of health technologies in the physical education of students of the special medical department. Theory and practice [Monograph] / SI Prisyazhnyuk. - Kyiv: NULES Publishing Center of Ukraine, 2012. - 468 p.

### **Auxiliary**

5. Tkachuk VG General principles of physiology of physical culture and sports: Textbook . way . / VG Tkachuk, Yu. T. Pokholenchuk . - Kyiv: MP Drahomanov National Pedagogical University Publishing House, 2010. - 112 p. [www.dut.edu.ua/uploads/1\\_1068\\_75989170.pdf](http://www.dut.edu.ua/uploads/1_1068_75989170.pdf)
- 6 . Grigorovich ES Physical culture in the life of a student / ES Grigorovich, VA Pereverzev . - Minsk , 2008. - 227 p. <https://www.twirpx.com> > file

## **Basketball Section**

### **Basic**

1. Methodical development of basketball "Technique of performing the techniques of the game in attack and defense" (2019): [Electronic resource]. - Access mode: [https://naurok.com.ua/metodichna-rozrobka-z-basketbolu-tehnika-vikonannya-priyomiv-gri-u-  
napadi-i-zahisti-111318.html](https://naurok.com.ua/metodichna-rozrobka-z-basketbolu-tehnika-vikonannya-priyomiv-gri-u-napadi-i-zahisti-111318.html)
2. Methods of teaching elements of the game of basketball (2015): [Electronic resource]. - Access mode: <https://academia.in.ua/>
3. Rudenko EV, Tuchinskaya TA Basketball. Training manual. (Cherkasy 2015): [Electronic resource]. - Access mode: <http://ptu15.org/wp-content/uploads/2014/05/Basketbol.pdf>

### **Auxiliary**

1. Keeping the ball in basketball: [Electronic resource]. - Access mode: <https://studfiles.net/preview/7404925/page:8/>
- 2.Exercises for teaching students to play basketball: [Electronic resource]. - Access mode: [https://studopedia.com.ua/1\\_389735\\_vpravi-dlya-navchannya-uchniv-gri-v-basketbol.html](https://studopedia.com.ua/1_389735_vpravi-dlya-navchannya-uchniv-gri-v-basketbol.html)