



## Syllabus Course Program



# Physical Education

### Specialty

072 – Finance, Banking, Insurance and Stock Market

### Educational program

Finance and Banking

### Level of education

Bachelor's level

### Semester

1-6

### Institute

Social and Humanitarian Technologies

### Department

Physical Education (302)

### Course type

General, Mandatory

### Language of instruction

Ukrainian, English

## Lecturers and course developers



Serhii Oleksandrovykh Hliadia

[SERHII.HLIADIA@khpi.edu.ua](mailto:SERHII.HLIADIA@khpi.edu.ua)

Associate Professor of the Department of Physical Education of KhPI National Technical University.

Judge of the national weightlifting category.

Work experience - 32 years. Author and co-author of more than 50 scientific and educational works. Responsible for training the national team of NTU "KhPI" in weightlifting.

Learn more about the teacher on the department's website

<https://web.kpi.kharkov.ua/sport/uk/4739-2/>



Bloshenko Olena Ivanivna

[Olena.Bloshenko@khpi.edu.ua](mailto:Olena.Bloshenko@khpi.edu.ua)

Associate Professor of the Department of Physical Education of NTU "KhPI"

Master of Sports of Ukraine.

Judge of the national water polo category.

Work experience - 30 years. Author and co-author of more than 50 scientific and educational works.

Learn more about the teacher on the department's website

<https://web.kpi.kharkov.ua/sport/uk/bloshenko-elena-ivanovna/>

## General information

### Summary

The subject of study of the discipline "Physical education" is the process of improving the body's functions, the formation of motor skills, skills, related knowledge and the development of the main physical qualities of students, the formation of an understanding of the role of physical culture in the development of the personality and its preparation for professional activity, the acquisition of creative experience the use of physical and recreational and sports activities to achieve personal and professional goals..

## Course objectives and goals

The purpose of teaching involves: education in students of the need to acquire knowledge, abilities and skills by means of specializations in sports, in types of motor activity; formation of the ability to apply acquired values in the daily life of future specialists; preservation and strengthening of health; consistent formation of the physical culture of a specialist's personality.

### Format of classes

Practical training. Final control - differentiated assessment.

### Competencies

GC02. Ability to apply knowledge in practical situations.

GC09. Ability to be critical and self-critical.

GC14. Ability to preserve and multiply moral, cultural, scientific values and achievements of society based on an understanding of the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology and technologies, to use various types and forms of motor activity for active recreation and leading a healthy lifestyle.

SC10. Ability to determine, justify and take responsibility for professional decisions.

SC11. Ability to maintain an appropriate level of knowledge and constantly improve one's professional training.

### Learning outcomes

PR23. Determine the achievements and identify the values of society based on understanding the place of the subject area in the general system of knowledge, use different types and forms of motor activity to lead a healthy lifestyle

### Student workload

The total volume of the course is 360 hours (12 ECTS credits): practical classes - 184 hours, self-study - 176 hours.

### Course prerequisites

In order to successfully pass the discipline, it is necessary to have knowledge and skills in the discipline "Physical Education".

### Features of the course, teaching and learning methods, and technologies

Offline and remote form of classes.

When teaching the discipline, the following teaching methods are used: verbal methods - explanations, answers to questions, discussions, etc.; visual methods - demonstration, illustration; practical methods - practical performance of physical, technical, exercises and techniques, game and competitive method. Among educational technologies, the technologies of personally-oriented, explanatory-illustrative, differentiated and rating training are used.

## Program of the course

### Topics of the lectures

None in this curriculum

### Topics of the workshops

Topic 1. Physical education as an educational discipline

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

Topic 2. Mastering means from specializations, development of motor skills.

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

Topic 3. Consolidation of prominent professionally important qualities of specialists, improvement of basic physical and mental qualities, movement skills and abilities by means of specializations.

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

Topic 4. Improving the technique of performing movements and physical exercises from specializations.

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

Topic 5. Mastering advanced methods of increasing the training effect in practical classes on specializations in sports and types of motor activity.

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

Topic 6. Formation of an individual system of using convenient means and techniques for improving physical condition and rapid recovery in various types of motor activity.

Practical classes in specializations (theoretical training, methodical training, physical training, control).

Control tests (physical fitness, special fitness).

Comprehensive sports competitions.

### **Topics of the laboratory classes**

None in this curriculum.

### **Self-study**

The student's independent work is the main means of mastering the educational material in the time free from compulsory educational classes on the basis of complete voluntariness and initiative or as a teacher's task (homework).

The student's independent work involves:

- physical improvement and self-education of the need for regular physical exercises;
- the ability to apply advanced methods and means of health-improving physical culture for disease prevention and health promotion through the implementation of physical culture and health-improving measures;
- the ability to develop psychophysical qualities in accordance with the specific requirements of professional activity.

### **Course materials and recommended reading**

#### Compulsory materials

1. Bulatova, M.M. Olimpiiskyi sport u systemi humanitarnoi osvity. K.: PP "Persha drukarnia", 2019. 912 s.
2. Zemtsova I.I. Sportyvna fiziologhiia: navchalnyi posibnyk. K.: Olimpiiska literatura, 2019. 208 s.
3. Kostiukevych V.M. Teoretyko-metodychni osnovy upravlinnia protsesom pidhotovky sportsmeniv riznoi kvalifikatsii: kolektyvna monohrafiia. Vinnytsia: TOV «Planer», 2018. 418 s.
4. Krutsevych, T.Iu. Teoriia i metodyka fizychnoho vykhovannia: pidruchnyk dlia stud. vyshchykh navchalnykh zakladiv fiz. vykhovannia i sportu. K.: Olimpiiska literatura, 2018. 384 s.
5. Khoma T.V. Pedahohika fizychnoho vykhovannia i sportu: navchalnyi posibnyk. Uzhhorod, UzhND, 2020. 84 s.
6. Friends Textbook Series / Dr. Mandeep Singh Nathial Friends Publications (India), 2020. 112 p.

#### Additional materials

1. Beliak Yu.I. Teoretyko-metodychni osnovy ozdorovchoho fitnesu: navchalnyi posibnyk. Lviv: LDUFK, 2018. 208 s.
2. Dorozhkina S. Instrumentalni zasoby dlia dystantsiinykh urokov: platformy ta instrumenty. Zavuch. – 2020. – № 1-2.
3. Kovalchuk N. M., Saniuk V. I. Rukhlyvi ihry na zaniattiakh iz himnastyky: metodychna rozrobka. Lutsk: Vezha-Druk, 2018. 92 s.
4. Tovt V.A. Fizyчне vykhovannia dorosloho naselennia: navchalnyi posibnyk. Uzhhorod: «TOV "RiK-U"», 2020. 165 s.
5. Tulaidan V. H. Ozdorovchyi fitnes. Lviv, «Fest-Print». 2020. 139 s.
6. Pedagogies, Physical Culture, and Visual Methods Routledge Studies in Physical Education and Youth Sport / Laura Azzarito, David Kirk. Routledge, 2013. 272 p.

## Assessment and grading

### Criteria for assessment of student performance, and the final score structure

Types of educational activities	Events number	Points
Attending educational classes	1 - 32	1 - 80
Control tests (for physical fitness; for sports specializations)	3 - 5	0 - 25
Participation in sports competitions	1 - 5	0 - 10
Encouraging points		
Special medical group	Events number	Points
Types of educational activities		
Attending educational classes	1 - 32	1 - 80
Methodological and practical standards, preparation of the essay	1 - 5	0 - 15
Participation in the organization of mass sports events	1 - 5	0 - 10
Encouraging points		

### Grading scale

Total points	National	ECTS
90-100	Excellent	A
82-89	Good	B
75-81	Good	C
64-74	Satisfactory	D
60-63	Satisfactory	E
35-59	Unsatisfactory (requires additional learning)	FX
1-34	Unsatisfactory (requires repetition of the course)	F

## Norms of academic integrity and course policy

The student must adhere to the Code of Ethics of Academic Relations and Integrity of NTU "KhPI": to demonstrate discipline, good manners, kindness, honesty, and responsibility. Conflict situations should be openly discussed in academic groups with a lecturer, and if it is impossible to resolve the conflict, they should be brought to the attention of the Institute's management.

Regulatory and legal documents related to the implementation of the principles of academic integrity at NTU "KhPI" are available on the website: <http://blogs.kpi.kharkov.ua/v2/nv/akademichna-dobrochesnist/>

## Approval

Approved by

Date, signature

Head of the department  
Oleksiy YUSHKO

Date, signature

Guarantor of the educational program  
Maryna SHEVCHENKO