

# PHYSICAL EDUCATION

## COURSE SYLLABUS

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Code and name of the specialty	073 -"Management"	Institute / faculty	Institute of Socio-humanitarian Technologies
Name of the program	Management of Organizations and Administration / Business Administration	Department	Physical Education
Program type	Educational and Professional	Language of education	English/ Ukrainian

## LECTURERS

<p>Natalia Boreiko, <a href="mailto:natalia.boreiko@khpi.edu.ua">natalia.boreiko@khpi.edu.ua</a></p>	<p>Olesia Bilous, <a href="mailto:olesia.bilous@khpi.edu.ua">olesia.bilous@khpi.edu.ua</a></p>
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Assistant professor, PhD (pedagogical sciences), Professor of NTU "KhPI", master of sport, honored coach of Ukraine.

Experience is 27 years. Authored and co-authored over 70 scientific and methodological publications.

Senior lecturer of courses: «Physical Education», «Pedagogy», «Fundamentals of Scientific Researches in Physical Education and Sports» «Coaching Pedagogical Skills» «Introduction to Speciality (017) »



Assistant professor, Ph.D. (technical science), master of sport, teaching in english.  
Experience is 6 years. Authored and co-authored 47 scientific and methodological publications.  
Senior lecturer of courses: «Physical Education (in English)», «Biochemistry of physical culture and sports», «Fundamentals of the theory of health and healthy lifestyle», «Methods of recovery in sports», «Current problems of physical culture and sports».

## GENERAL DESCRIPTION OF THE COURSE

<b>Summary</b>	The subject of study is the process of improving the forms and functions of the body, the formation of motor skills, skills, knowledge and development of basic physical qualities of students, the formation of understanding of the role of physical culture in personality development and preparation for professional activity. health and sports activities to achieve personal and professional goals.
<b>Course objectives</b>	The purpose of teaching is to educate students, the need to acquire knowledge, skills and abilities in specializations in sports, physical activity, the application of acquired values in the lives of future professionals, maintaining and promoting health. Consistent formation of physical culture of the specialist's personality, which corresponds to the First (bachelor's) level.
<b>Format</b>	Practical training. Final control - differentiated test.
<b>Semester</b>	1, 2, 3, 4, 5, 6.

<b>Volume (credits) / Type of course (obligationer / selective)</b>	<b>12 / Obligationer</b>	<b>Lectures (hours)</b>	<b>-</b>	<b>Practical classes (hours)</b>	<b>360</b>	<b>Independent work (years)</b>	<b>-</b>
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Competence	<p>General competencies (GC):</p> <p>GC02. The ability to maintain and to increase the moral, cultural, scientific values and to increase achievements of society by understanding the history and patterns of data domain development, its place in the overall knowledge system about nature and society and in the development of society, techniques, and technologies, to use different types and forms of motor activity for recreation and healthy lifestyles.</p>	
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Learning outcomes	Teaching and learning methods	Forms of assessment (continuous assessment CAS, Final assessment FAS)
LO 02. To keep moral, cultural, scientific values and to increase achievements of society, to use different types and forms of effective activity for maintaining a healthy lifestyle.	<p>1. By the nature of teaching material:</p> <ul style="list-style-type: none"> <li>- verbal: conversation, story, description, instruction, accompanying explanation, instructions, instructions and commands, verbal assessments, verbal reports, analysis and discussion, mutual explanation.</li> <li>- visual methods: direct visibility; the method of indirect clarity; methods of directed sensation of motor action; methods of urgent information.</li> <li>- practical methods: methods of strictly regulated exercise; game method; method of competition.</li> </ul> <p>2. By the organizational nature of training:</p> <ul style="list-style-type: none"> <li>- methods of organization and implementation of educational and cognitive activities;</li> <li>- methods of stimulating and motivating educational and cognitive activities;</li> <li>- methods of control and self-control in learning;</li> <li>- double teaching methods.</li> </ul> <p>3. By the logic of perception and assimilation of educational material: inductive - deductive, reproductive, pragmatic, research, problematic.</p>	<p><b>continuous assessment (CAS):</b></p> <ul style="list-style-type: none"> <li>- active participation of students in practical classes;</li> <li>- methodological and practical standards;</li> <li>- results of physical fitness testing;</li> <li>- results of testing of special readiness;</li> <li>- performance of individual tasks.</li> </ul> <p><b>Final assessment (FAS):</b></p> <ul style="list-style-type: none"> <li>- results of accumulation of estimates of current control from separate modules</li> </ul>

## ASSESSMENT AND GRADING

Distribution of points for assessing the success of students	The sum of points for all types of educational activities	Grade ECTS	Score on a national scale	Scoring	Basic medical group		
	90-100	A	excellently		Types of educational activities	Number of events	Grade
	82-89	B	fine		Attending training sessions	1 - 32	1 - 80
	74-81	C			Control tests (on physical fitness; on special training)	3 - 5	0 - 25
	64-73	D			Participation in sports competitions	1 - 5	0 - 10
	60-63	E	Encouraging points				
	35-59	FX	unsatisfactory with the possibility of re-drafting the discipline		Special medical group		
	1-34	F	unsatisfactory with mandatory re-study of the discipline		Types of educational activities	Number of events	Grade
Course policy	The student is obliged to attend practical classes on schedule, not to be late. To pass a medical examination, to have a doctor's permission to study. In classes to be in a sports form that does not compress movements and in sports shoes. It is forbidden to leave the venue without permission. Perform only those exercises that the teacher gives. Missed training without a good reason is subject to rework.				Attending training sessions	1 - 32	1 - 80
					Methodical and practical standards, preparation of the abstract, activity at seminars	1 - 5	0 - 15
					Participation in the organization of sports events	1 - 5	0 - 10
					Encouraging points		

COURSE STRUCTURE AND CONTENT			
BASIC MEDICAL GROUP			
Content module 1			
Physical education as a discipline. Specializations in sports, in types of motor activity. Occupational safety during physical education classes			
Theoretical preparation	Methodical preparation	Physical training	Control
1. Physical education and sports in the formation of universal values, the development of important motor skills, health and work. 2. The system of organizational forms and methods of conducting physical education classes in higher education. 3. Requirements for conducting physical education classes.	1. Testing and evaluation of physical qualities and skills and abilities. 2. Organization and methods of conducting independent physical education classes in a higher education institution. 3. Methodical bases of self-control of a physical condition in the course of employment by physical exercises.	Strengthening of health indicators, development of physical condition, strengthening of posture, formation of proportional physique, development of motor qualities, skills and abilities by means of specializations.	Determining the level of mastering the physical culture of students through a comprehensive examination and assessment of the necessary knowledge, methodological and practical skills, general physical and special training.
Content module 2			
Mastering the means of specialization, the development of motor skills. Formation of the leading professionally important qualities of experts, development of the basic physical and education of mental qualities by means of specializations.			
Theoretical preparation	Methodical preparation	Physical training	Control
1. Typological features of the manifestation of the properties of the nervous system. 2. Means and methods of development of basic physical and education of mental qualities. 3. Methods of assessing health indicators, level of physical condition for control and self-control of students.	1. Methods of constructing a certain form of training in the selected type of motor activity systems of physical exercises. 2. Indicators of physical activity in the classroom. 3. General provisions for hardening of the body.	Strengthening health indicators, improving physical condition, strengthening posture, forming a proportionate physique, education of physical qualities, skills and abilities by means of specializations, active hardening.	Determining the level of mastering the physical culture of students through a comprehensive examination and assessment of the necessary knowledge, methodological and practical skills, general physical and sports-technical training in specializations.
Content module 3			
Consolidation of leading professionally important qualities of specialists, improvement of basic physical and education of mental qualities, motor skills and abilities by means of specializations. Adjustment of the content and methods of conducting physical education classes on the principle of specializations.			
Theoretical preparation	Methodical preparation	Physical training	Control
1. Physical education and sports as a	1. Methods of forming professionally	Strengthening health indicators,	Determining the level of formation of

means of active recovery after the initial load, strengthening the body's resistance to harmful environmental factors and improving efficiency. 2. Health and applied value of physical education and sports. 3. Fundamentals of professional and applied physical training.	important motor skills and abilities. 2. Improving efficiency and accelerating its recovery in various types of work. Methods of selection and performance of physical exercises to prevent fatigue. 3. Methods of selection and performance of physical exercises to prevent fatigue.	improving physical condition, strengthening posture, forming a proportionate physique, education of physical and mental qualities, moral and volitional qualities, motor skills, mastering the means of gymnastics, athletics, sports, active hardening of the body.	students' physical culture through a comprehensive examination and assessment of the necessary knowledge, methodological and practical skills, general physical and special training.
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#### Content module 4

Improving the technique of performing movements and physical exercises in specializations. Improving health indicators, the level of functional readiness of students by means of specializations. Control tests of students' physical fitness.

Theoretical preparation	Methodical preparation	Physical training	Control
1. The impact of physical education classes on specializations to accelerate vocational training and retraining. 2. Fundamentals of the system of ensuring the ability to work and its recovery by means of physical education. 3. General idea of the organism and its self-regulation.	1. Methodical bases of sports training. 2. Methods of building independent physical exercises. 3. Basics of athletic gymnastics.	Strengthening health indicators, improving physical development, strengthening posture, forming a proportionate physique, education of physical and mental qualities, motor skills, willpower, possession of aerobics, sports games, athletics, athletics, swimming, active general hardening of the body.	Determining the level of formation of physical culture of students through a comprehensive examination and assessment of the necessary knowledge, methodological and practical skills, general and sports and technical training in specializations.

#### Content module 5

Mastering advanced techniques to increase the training effect in practical classes on specializations. Characteristics of functional systems of the body and their development under the influence of purposeful training and exercise.

Theoretical preparation	Methodical preparation	Physical training	Control
1. Positive changes in the body's systems during exercise, dosed loads and under the influence of long-term training. 2. Hygienic bases of the chosen systems of physical exercises. 3. Non-traditional systems for strengthening and improving health and physical improvement.	1. Fundamentals of methods of organizing physical exercises to prevent fatigue, increase efficiency and accelerate its recovery in various types of physical activity and forms of work. 2. Basics of planning methods, construction of independent classes on selected systems of physical exercises.	Strengthening health indicators, improving physical development, strengthening posture, forming a proportionate physique, education of physical and mental qualities, motor skills and abilities, volitional abilities, means of gymnastics, athletics, sports games, applied physical training, tempering and other systems of physical exercises.	Determining the level of formation of students' physical culture through a comprehensive examination and assessment of the necessary knowledge, methodological and practical skills, general physical and sports-technical training in specializations.

	3. Methods of using temperature stimuli as a means of increasing and restoring efficiency.		
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Content module 6
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Formation of an individual system of using convenient means and methods of improving physical condition and rapid recovery in various types of motor activity. Fundamentals of individual assessment of the level of physical fitness of students.
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Theoretical preparation	Methodical preparation	Physical training	Control
1. Basics of rational nutrition according to the assessment of necessary knowledge, methodical and practical skills, general physical, sports and technical training with specialization and psychophysical readiness for professional activity. Determining the level of formation of physical culture of students through a comprehensive examination and various types of physical activity and working conditions, features of life and physical education classes. 2. Personal treatment and its diagnosis. Classification of types of diagnostics.	1. Basics of methods of balanced nutrition. 2. Self-control in the process of physical education and sports. 3. Requirements for the means of restoring sports performance.	Strengthening health indicators, improving physical development, strengthening states, forming a proportionate physique, education of physical and mental qualities, motor navigators and skills, volitional abilities, selected by means of gymnastics, athletics, sports games, special technical training, tempering and other systems of physical exercises.	Determining the level of formation of physical culture of students through a comprehensive examination and assessment of the necessary knowledge, methodological and practical problems, general physical, sports and technical training with specialized and psychophysical abilities for professional activity.

SPECIAL MEDICAL GROUP
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Theoretical preparation	Methodical preparation	Physical training	Control
1. General principles of physical rehabilitation. 2. Basics of general health classes. 3. Features of health-improving treaning at various deviations in a state of health. Non-traditional remedies for health disorders. 4. Basics of medical nutrition.	1. Methods of conducting general health classes. 2. Methods of eliminating certain deviations in the state of health in the process of physical education. 3. Features of the method of general and professional-applied physical training for health disorders. 4. Features of the method of using physical education to optimize performance, prevent fatigue,	Individualization of practical physical education classes for students depending on the level of functional and physical training, the nature and severity of deviations in health.	Identify the level of knowledge and skills of using physical culture to restore and improve health.

## RECOMMENDED READING

## Obligatory

1. Кушнірюк С.Г. Основи фізичного виховання студентів вищих навчальних закладів :підручник/ С.Г. Кушнірюк/ Бердянськ, 2012.288с. URL: <http://museum.bdpu.org:8080/bitstream/123456789/282/1/Kushniryuk%20S.H.%20Osnovy%20fizychnoho%20vykhovannya%20studentiv%20VNZ.pdf>.
2. ПОЛОЖЕННЯ про організацію фізичного виховання і масового спорту в Національному технічному університеті «Харківський політехнічний інститут» / Укл. Глядя С.О., Любієв А.Г., Юшко О.В., Борецько Н.Ю., Колісниченко А.О. Харків: НТУ «ХПІ», 2019. 39 с.
3. AQA A Level Physical Education Student Guide 1: Factors affecting participation in physical activity and sport / Symond Burrows, Michaela Byrne, Sue Young. Hachette UK, 2019, 96 p. URL:<https://books.google.com.ua/books?id=B0KcDwAAQBAJ&printsec=frontcover&hl=uk#v=onepage&q&f=false>
4. Handbook of Physical Education / David Kirk, Doune Macdonald, Mary O'Sullivan. SAGE, 2006 – 864p.  
URL: [https://books.google.com.ua/books?id=z3dSj4xZR38C&printsec=frontcover&dq=Physical+education+for+students&hl=uk&sa=X&redir\\_esc=y#v=onepage&q=Physical%20education%20for%20students&f=false](https://books.google.com.ua/books?id=z3dSj4xZR38C&printsec=frontcover&dq=Physical+education+for+students&hl=uk&sa=X&redir_esc=y#v=onepage&q=Physical%20education%20for%20students&f=false)
5. Educational Technology and Methods of Teaching in Physical Education *Friends Textbook Series* / Dr. Mandeep Singh Nathial Friends Publications (India), 2020 – 112p.  
URL:[https://books.google.com.ua/books?id=jPD6DwAAQBAJ&printsec=frontcover&dq=Physical+education+for+students&hl=uk&sa=X&redir\\_esc=y#v=onepage&q=Physical%20education%20for%20students&f=false](https://books.google.com.ua/books?id=jPD6DwAAQBAJ&printsec=frontcover&dq=Physical+education+for+students&hl=uk&sa=X&redir_esc=y#v=onepage&q=Physical%20education%20for%20students&f=false)

## Additional

1. Присяжнюк С.І. Організація і проведення практичних занять з фізичного виховання студентів спеціального навчального відділення в умовах природного середовища. /С.І. Присяжнюк, О.В. Довгич, А.В. Домашенко, Н.І. Міцкевич. К.: НУХТ, 2005. 49 с.
2. Сергієнко Л.П. Комплексне тестування рухових здібностей людини: Навчальний посібник. Миколаїв: УДМТУ, 2001. 360 с.
3. Ткач П.М. Фізичне виховання студентів ВУЗу: Навчальний посібник. Кн. І. Луцьк: «Надстир'я»,1996. 178 с.
4. Pedagogies, Physical Culture, and Visual Methods Routledge Studies in Physical Education and Youth Sport / Laura Azzarito, David Kirk. Routledge, 2013 272 p. URL: [https://books.google.com.ua/books?id=PL8pbXpEC6oC&dq=physical+culture+for+students&hl=uk&source=gbs\\_navlinks\\_s](https://books.google.com.ua/books?id=PL8pbXpEC6oC&dq=physical+culture+for+students&hl=uk&source=gbs_navlinks_s)

## ACADEMIC INTEGRITY

The student must adhere to the Code of Ethics of Academic Relations and Integrity of NTU "KhPI": to show discipline, politeness, friendliness, honesty, responsibility

The content of the Syllabus is fully consistent with the work program of the discipline "Physical Education".