

**Essay topics
for 1st-3rd year students of the Faculty of International Education NTU
"KhPI" (full-time education)!**

First year

1. Physical capacities of a human being and their importance for life.
2. Basis of, physical quality «endurance», development.
3. Basis of, physical quality «speed», development.
4. Basis of, physical quality «flexibility», development.
5. Basis of, physical quality «agility», development.
6. Basis of, physical quality «strength», development.
7. Using of physical exercises for strength development methodology.
8. Different types of manifestation of strength qualities and their importance for exercises.
9. Using of physical exercises for speed development methodology.
10. Different types of manifestation of speed qualities and their importance for exercises.
11. Using of physical exercises for flexibility development methodology.
12. Different types of flexibility and their importance for exercises.
13. Disease prevention as a biological and social issue.
14. Medical and hygiene aspects of healthy lifestyle.
15. Work and leisure regime, its influence on health.
16. Hygiene culture and health.
17. Seasoning and health.
18. Contemporary nutrition problems. Nutrition ecology.
19. Principles of good nutrition.
20. Components of foodstuffs and their importance for body.
21. Nutrition during physical activity.
22. Overview and analysis of common rehabilitation systems.
23. Healthy lifestyle and its components.
24. Bad habits prevention.
25. Concept of socio-biological basis of physical culture.
26. Human body as a single, self-regulating system.
27. Adaptation and resistance of human body to different environmental conditions.
28. Heredity influence on physical development and human activity.
29. Health culture and actions against bad habits.
30. Mental performance recovery by means of physical recreation.
31. Physiology of seasoning, forms and methods of it.
32. Production factors influence on health and human activity. Occupation diseases prevention.
33. The effect of sleep on human health Analysis of common nutrition systems.
34. Health diagnosis. Overview and analysis of common methodologies.
35. Human body as a biological system.
36. Health benchmarks in historical and modern measurements.

37. Fitness and health.
38. Modern concept of health and healthy lifestyle.

Second year

1. Using of physical exercises for efficiency development methodology.
2. Common and different features in exercises for efficiency and endurance development.
3. Different types of endurance and their importance for sport exercises.
4. Basis of aerobic energy supply in methods of special efficiency increasing.
5. Basis of anaerobic energy supply in methods of special efficiency increasing.
6. The importance of athletics exercises methods in strength kinds of sport.
7. The importance of athletics exercises methods in playing kinds of sport.
8. The importance of athletics exercises methods in coordination kinds of sport.
9. Methods of coherent using of physical exercises for strength qualities development.
10. Methods of coherent using of physical exercises for speed-strength qualities development.
11. Methods of coherent using of physical exercises for speed qualities development.
12. The importance of training principles in physical capabilities development.
13. The importance of coherence principle in exercise training.
14. Differences in personality development in system of physical education and physical culture.
15. Sport. Characteristic of different kinds of sport and motor activity.
16. Bioenergy and biomechanics of motor activity.
17. Adaptation to aerobic and strength loads.
18. The assessment of health condition for motor activity and doing sports.
19. The assessment of physical condition level.
20. Self-control for health condition and physical capability during motor activity and doing sports.
21. Defining objectives of training programs.
22. Methodology of aerobic training.
23. Methodology of stretching.
24. Methodology of anaerobic training.
25. Methodology of strength training.
26. Methods of efficiency recovery.
27. Human functional activity. Concept of human efficiency.
28. Physiological characteristics of fatigue and recovery. Types of fatigue and recovery.
29. General and special physical training, their objectives.
30. Types of self-training. The content of self-training.
31. Functional samples in stasis. Functional samples and tests in physical load.
32. Type and content of pedagogical control. Content of self-control.

Third year

1. Physical culture in modern society.
2. Legislative framework of physical culture and sport.

3. Physical culture and system of physical education in tertiary education.
4. Organization of physical education and sport in tertiary education.
5. Physical culture and sport in system of universal values, in maintaining of health and efficiency.
6. Physical culture and sport in education of future specialists.
7. Influence of motor activity on life expectancy.
8. Restoration by means of physical culture and sports.
9. Influence of doing physical exercises and sports on mental efficiency.
10. Influence of physical culture and sports on students efficiency in learning.
11. Physical culture and sport as a leverage to emotional state of students.
12. Physical culture and sport as means of esthetical education of students.
13. Education of strong-willed personal traits during doing sports and physical exercises.
14. Conditions of forming positive features by physical culture and doing sports.
15. Physical condition and ways to estimate it.
16. Methods of physical improvement of students.
17. Methodology of organizing and carrying out exercises for chosen kind of sport.
18. Methodology basis of motor activity education for chosen kind of sport.
19. Improving of motor qualities by physical culture and doing sports.
20. Rules and methods of self-training.
21. Hygiene standards and requirements in doing physical culture.
22. Social and pedagogical importance of motor activity.
23. Healthy lifestyle as a basis of health and longevity.
24. Bad habits: drug addiction, smoking, substance abuse, alcoholism and their sequences.
25. Nutrition hygiene and preventing of gastro-intestinal diseases.
26. The role of digestion organs, breathing organs, blood circulation in life of human being.
27. Diagnosis and self-diagnosis of body condition during regular physical exercising and doing sports.
28. Medical control, self-control, safety in process of physical improvement.
29. Methodical recommendations for self-training.
30. Pro-health and applied importance of doing physical exercises and sports.
31. Physical education in system of physical improvement of human being.
32. Basis of professional-applied physical education.
33. Theoretical and methodological basis of health-enhancing training.
34. Methodology basis of developing individual health-enhancing training program for chosen type of motor activity.
35. Socio-biological basis of physical culture.
36. Functions of professional-applied physical education in forming of skills.
37. Human body as a biological system.
38. Characteristic of human body functional systems and their improvement under the influence of targeted training.