



## Syllabus Course Program



# Physical education

### Specialty

073 – Management

### Educational program

Management of organizations and administration

### Level of education

Bachelor's level

### Semester

1,2,3,4,5,6

### Institute

Institute of Social and Humanitarian Technologies

### Department

Physical education (302)

### Course type

General, Mandatory

### Language of instruction

English

## Lecturers and course developers



### Oksana Poliakova

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PhD, Associate Professor of the Department of NTU "KhPI".  
14 years of work experience. Authored and co-authored over 50 scientific and methodological publications.  
Certified fitness coach.

More about the lecturer on the department's website:

<https://web.kpi.kharkov.ua/sport/uk/5082-2/>



### Bilous Olesia

[Olesia.Bilous@khpi.edu.ua](mailto:Olesia.Bilous@khpi.edu.ua)

PhD, Associate Professor, associate professor of the Department of Physical Education of NTU «KhPI».  
Master of Sports in Swimming.  
Work experience – 9 years.  
Authored and co-authored over 63 scientific and methodological publications.

Leading lecturer in the disciplines:

«Basics of the theory of health and healthy way of life», « Biochemistry of physical culture and sports», «Physical education».

More about the lecturer on the department's website:

<https://web.kpi.kharkov.ua/sport/uk/bilous-olesya-valeriyivna/>

## General information

### Summary

The subject of study of the discipline "Physical education" is the process of improving the forms and functions of the body, 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 experience in the creative use of physical and recreational and sports activities to achieve personal and professional goals

### Course objectives and goals

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

### Format of classes

Workshops. Final control - differentiated assessment.

### Competencies

Ability to preserve and increase 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 technology, to use various types and forms of physical activity for active recreation and healthy lifestyle.

### Learning outcomes

Apply the principles of moral, cultural, scientific values and increase the achievements of society, use various types and forms of physical activity for a healthy lifestyle and professional activities in the field of information technology.

### Student workload

The total volume of the course is 360 hours. (12 ECTS credits): workshops - 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 Culture".

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

Full-time and remote form of classes.

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

Lecture classes within the discipline are not provided

### Topics of the workshops

Topic 1. Physical education as an educational discipline

*Physical education*



National Technical University  
"Kharkiv Polytechnic Institute"

Workshops 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.  
Workshops 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.  
Workshops 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.  
Workshops 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 workshops on specializations in sports and types of motor activity.  
Workshops 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.  
Workshops in specializations (theoretical training, methodical training, physical training, control).  
Control tests (physical fitness, special fitness).  
Comprehensive sports competitions.

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

Laboratory classes within the discipline are not provided

### **Self-study**

The student's self-study 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 self-study 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**

### Basic literature

1. Zemtsova I.I. Sportyvna fiziolohiya: navchal'nyy posibnyk. K.: Olimpiys'ka literatura, 2019. 208 s.
2. Krutsevych, T.YU. Teoriya i metodyka fizychnoho vykhovannya: pidruchnyk dlya stud. vyshchykh navchal'nykh zakladiv fiz. vykhovannya i sportu. K.: Olimpiys'ka literatura, 2018. 384 s.

### Additional literature

1. Belyak YU.I. Teoretyko-metodychni osnovy ozdorovchoho fitnesu: navchal'nyy posibnyk. L'viv: LDUFK, 2018. 208 s.
2. Bulatova, M.M. Olimpiys'kyi sport u systemi humanitarnoyi osvity. K.: PP "Persha drukarnya", 2019. 912 s.

3. Dorozhkina, S. Instrumental'ni zasoby dlya dystantsiynykh urokiv: platformy ta instrumenty. Zavuch. – 2021. – № 1-2.
4. Koval'chuk N. M., Sanyuk V. I. Rukhlyvi ihry na zanyattyakh iz himnastyky: metodychna rozrobka. Luts'k: Vezha-Druk, 2018. 92 s.
5. Kostyukevych V.M. Teoretyko-metodychni osnovy upravlinnya protsesom pidhotovky sport-smeniv riznoyi kvalifikatsiyi: kolektyvna monohrafiya. Vinnytsya: TOV «Planer», 2018. 418 s.
6. Tovt V.A. Fizychno vykhovannya dorosloho naselennya: navchal'nyy posibnyk. Uzhhorod: «TOV "RiK-U"», 2020. 165 s.
7. Tulaydan V. H. Ozdorovchyy fitnes. L'viv, «Fest-Print». 2020. 139 s.
8. Khoma T.V. Pedahohika fizychnoho vykhovannya i sportu: navchal'nyy posibnyk. Uzhhorod, UzhND, 2020. 84 s.
9. Friends Textbook Series / Dr. Mandeep Singh Nathial Friends Publications (India), 2020. 112 p.
10. 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

#### The main medical group

Types of educational activities	Number of events	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

Types of educational activities	Number of events	Points
Attending educational classes	1 - 32	1 - 80
Methodological and practical standards, preparation of an essay, activity at seminars	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/>

Approved by

28.06.2024

Head of the department  
Oleksiy YUSHKO

Date, signature

Guarantor of the educational  
program  
Olena Linkova

