



## Syllabus Course Program



# Physical Training

**Specialty**

113 Applied mathematics

**Educational program**

Mathematics and statistics

**Рівень освіти**

Bachelor's level

**Semester**

1,2,3

**Institute**

ESI Social and Humanitarian Technologies

**Department**

Physical education

**Course type**

General, mandatory

**Language of instruction**

Ukrainian

## Lecturers and course developers

**Hliadia Serhii Oleksandrovich**[SERHII.HLIADIA@kphi.edu.ua](mailto:SERHII.HLIADIA@kphi.edu.ua)Associate Professor of the Department of Physical Education of NTU KhPI.  
Judge of the national weightlifting category.

Work experience - 33 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/)<https://web.kpi.kharkov.ua/sport/uk/4739-2/>**Bloshenko Olena Ivanivna**[Olena.Bloshenko@kphi.edu.ua](mailto:Olena.Bloshenko@kphi.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 - 31 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/)<https://web.kpi.kharkov.ua/sport/uk/bloshenko-elena-ivanovna/>

## General information

### Summary

The subject of study of the discipline "Physical Training" 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 classes, independent work. Final control - differentiated assessment.

### Competencies

GC 15. The 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, techniques and technologies, use different types and forms motor activity for active recreation and leading a healthy lifestyle.

### Learning outcomes

LO 16. Demonstrate the skills of interacting with other people, the ability to work in a team..

### Student workload

The total volume of the discipline is 180 hours. (6 ECTS credits): practical classes - 64 hours, independent work - 116 hours.

### Course prerequisites

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

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

Face-to-face 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. Of the 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 Training 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, motor 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.

### Topics of the laboratory classes

Laboratory work within the discipline is not provided

## 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 the prevention of diseases 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.

## Non-formal education

In the framework of non-formal education according to the relevant Regulation (<http://surl.li/pxssv>), the educational component or its separate topics can be taken into account in the case of independent completion of professional courses/trainings, obtaining civic education, professional internship, visiting sports sections of sports, participation in educational and training meetings, etc.

## Course materials and recommended reading

### Basic literature

1. Bulatova, M.M. Olimpiys'kyi sport u systemi humanitarnoyi osvity [Tekst] / M. M. Bulatova, S. N. Bubka, V. M. Platonov.– Kyiv: PP "Persha drukarnya", 2019.– 912 s.  
<http://library-service.com.ua:8080/kvnuhcs/DocumentSelection>
2. Zemtsova I.I. Sportyvna fiziologiya: navchal'nyy posibnyk. K.: Olimpiys'ka literatura, 2019. 208 s.– URI: <https://library.gov.ua/sportyvna-fiziologiya/>
3. Kostyukevych V.M. Teoretyko-metodychni osnovy upravlinnya protsesom pidhotovky sport-smeniv riznoyi kvalifikatsiyi: kolektyvna monohrafiya. Vinnytsya: TOV «Planer», 2018. 418 s.  
[https://www.polessu.by/sites/default/files/sites/default/files/02per/03document/121\\_8.pdf](https://www.polessu.by/sites/default/files/sites/default/files/02per/03document/121_8.pdf)
4. Khoma T.V. Pedahohika fizychnoho vykhovannya i sportu: navchal'nyy posibnyk. Uzhhorod, UzhND, 2020.84 s.  
<https://dspace.uzhnu.edu.ua/jspui/handle/lib/31793>
5. Krutsevych, T.YU. Teoriya i metodyka fizychnoho vykhovannya [Tekst]: pidruchnyk dlya stud. vyshchikh navchal'nykh zakladiv fiz. vykhovannya i sportu. Kyiv: Olimpiys'ka literatura, 2018. – 384 s.  
<http://library-service.com.ua:8080/kvnuhcs/DocumentDescription?docid=KvNUHCS.BibRecord.164043>

### Additional literature

6. Tovt V. A. Fizychno vykhovannya dorosloho naselennya: navch. posib. / ukl. V. A. Tovt, L. M. Dzhuhan. – Uzhhorod : TOV "RiK-U, 2020. – 165 s  
<https://dspace.uzhnu.edu.ua/jspui/handle/lib/28335>
7. Tulaydan V. H. Ozdorovchyy fitnes. L'viv, «Fest-Print». 2020. 139 s.  
<http://library.megu.edu.ua:8180/jspui/handle/123456789/3014>
8. Orhanizatsiya ta provedennya shchorichnoho otsynuyannya fizychnoyi pidhotovlenosti studentiv NTU "KHPI" [Elektronnyy resurs] : metod. vkazivky dlya vykladachiv kafedry "Fizychnoho vykhovannya" NTU "KHPI" / uklad.: S. O. Hlyadya [ta in.] ; Nats. tekhn. un-t "Kharkiv. politekhn. in-t". – Elektron. tekst. dani. – Kharkiv, 2020. – 19 s.  
<http://repository.kpi.kharkov.ua/handle/KhPI-Press/52507>
9. Kontrol' spetsial'noyi pidhotovlenosti studentiv z vydiv sportu [Elektronnyy resurs] : metod. vkazivky dlya vykladachiv kafedry "Fizychnoho vykhovannya" NTU "KHPI" / uklad.: S. O. Hlyadya [ta in.] ; Nats. tekhn. un-t "Kharkiv. politekhn. in-t". – Kharkiv, 2020. – 29 s.  
<http://repository.kpi.kharkov.ua/handle/KhPI-Press/52505>.
10. Pedagogies, Physical Culture, and Visual Methods [Routledge Studies in Physical Education and Youth Sport](#) / Laura Azzarito, David Kirk. Routledge, 2013. 272 p.  
ISBN 9780415815727

## Assessment and grading

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

Types of educational activities	Number of activities	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 activities	Points
Attending educational classes	1 - 32	1 - 80
Control tests (for physical fitness; for sports specializations)	1 - 5	0 - 15
Participation in sports competitions	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  
28.06.2024



Head of the Department  
Oleksii YUSHKO

Date, signature  
29.08.2024



Guarantor of the Educational Program  
Olena AKHIEZER