

**Thematic plan of practical lessons on "Physical Education" discipline  
For the first year students of the Pharmacy Faculty**

№ п/п	Theme	Amount of hours
1.	Mastering basic tools of flexibility. Exercises to stretch the muscles, tendons and articular connection with increased amplitude movements which slowly increases; exercises with increasing amplitude of the movement for a partner, with the assistance of gravity and others. Anatomical and biomechanical characteristics of flexibility.	2
2.	Methods of flexibility and mobility in the joints and control. The main groups of exercises for flexibility. The slow movements. Fly movements. Elastic movements. Flexion, extension, reduction, rotation, pronation, inversion, reversion. Self-control. Determining the level of physical fitness.	2
3.	Mastering basic tools of agility. Methods of agility and control.	2
4.	Mastering basic tools of agility. Application exercises with rapid change motor activity, performing various exercises in unusual combinations, changes in methods of exercise, change of kinetic and dynamic characteristics of movement and others.	2
5.	Characteristics of exercise that are used for the development of skill. Self-control. Determining the level of preparedness.	2
6.	Mastering basic tools of speed. Especially preparation and competitive exercises performed at maximum speed for short periods of distance, speed-strength exercises, outdoor and sports games. Anatomical and physiological and biochemical characteristics of speed. Self-control. Determining the level of preparedness.	2
7.	Types of speed. The overall rate. Special speed. Methods of speed and control. Technique running for short distances - sprint race. Methods mastering the technique of running. Typical running errors and tools to correct them.	2
8.	Mastering basic tools of power quality. Exercises with using of own body weight and some of its parts. Exercises using weights partner and its opposition with opposition elastic objects using exercise equipment and treadmills. Isometric (static) exercise. Absolute power. The relative strength	2
9.	Anatomic, physiological and biomechanical characteristics of power quality. Forms and types of muscle contractions. Nervous regulation. The psychophysiological mechanisms. Functional reserves of strength	2
10.	Methods of power indicators and control. The dosage. Intensity. Dynamic load with constant resistance. Static training. Assessment power capacity. Strength fitness training. Athletic Gymnastics.	2
11.	Mastering the technique and improve exercise at the gym. Mastering basic dosage of exercise in the application of athletic equipment for the development of certain muscle groups.	2
12.	Peculiarities athletics jumps technique. Mastering and improving the athletic jumps technique. Basics of training in jumping kinds of athletics.	2
13.	Mastering basic tools the development of endurance. Exercises aimed at developing anaerobic capacity. Cyclic exercise (walking, running, skiing, skating, swimming, etc.) performed to fatigue, steady and interval methods in aerobic and mixed modes, which are aimed at developing aerobic capacity.	2

14.	Methods of the development of endurance and control. Steady run. Steady long run. Nonstop, relatively steady, "tempo" run. Re-run. Interval running. Planning of the training process.	2
15.	Physiological and biochemical characteristics of endurance. The heart rate. Self-control. Determining of the physical conditions level.	2
	<b>Total hours:</b>	<b>30</b>

**Thematic plan of self-dependent work for the first year students  
on "Physical Education" discipline**

<b>№ п/п</b>	<b>Theme</b>	<b>Amount of hours</b>	<b>Type of control</b>
1.	Running exercises (in a straight line and turns, run with the task). Stretching muscles exercises, tendons and articular connection with increased amplitude movements which slowly increases; exercises with increasing amplitude of the movement for a partner, with the attraction of weight, etc.	10	Current assessment on the practical classes
2.	Jumping exercises. The main groups of exercises for flexibility. The slow movements. Wave movements. Elastic movements. Flexion, extension, reduction, rotation, pronation, inversion, reversion. Self-control.	8	Current assessment on the practical classes
3.	Application exercises with rapid change of motor activity, performing various exercises in unusual combinations, changes in methods of exercise, change of kinetic and dynamic characteristics of the movement.	10	Current assessment on the practical classes
4.	Pilates and yoga gymnastic exercises for development of flexibility. The exercises used to develop agility. Self-control. Determining the level of preparedness.	8	Current assessment on the practical classes
5.	Implementation of physical health problems by means of different races. Special preparation and competitive exercises performed at maximum speed for short periods of distance, speed-strength exercises, outdoor and sports games.	8	Current assessment on the practical classes
6.	Mastering the exercise of shaping. Forms and types of muscle contractions. Nervous regulation. The psychophysiological mechanisms. Functional reserves of strength.	10	Current assessment on the practical classes
7.	Step aerobics (basic steps). Forms and types of muscle contractions. Nervous regulation. The psychophysiological mechanisms. Functional reserves of strength.	8	Current assessment on the practical classes
8.	Physical exercise with dumbbells. Mastering basic dosage of exercise when using athletic equipment for the development of certain muscle groups.	8	Current assessment on the practical classes
9.	Physical exercise with sticks. Improvement of exercise technique at the gym.	10	Current assessment on

			the practical classes
10.	Exercises with fitball. Exercises using of weight partner and its countering with counteraction elastic objects using exercise equipment and treadmills.	8	Current assessment on the practical classes
11.	Exercise at the gym. Exercises using own body weight and some of its parts.	8	Current assessment on the practical classes
12.	Exercises that are using gymnastic apparatus and treadmills. Exercises aimed at developing anaerobic capacity. Cyclic exercise (walking, running, skiing, skating, swimming, etc.	8	Current assessment on the practical classes
13.	Exercises that are using with own body weight and some of its parts. Exercises aimed at developing anaerobic capacity. Cyclic exercise (walking, running, skiing, skating, swimming, etc.	10	Current assessment on the practical classes
14.	Sports games. Steady running. Steady long run. Nonstop, relatively steady, "tempo" run. Means of endurance. Self-control. Determining the level of physical fitness.	8	Current assessment on the practical classes
15.	Outdoor games. Physical exercises for developing endurance. Re-run. Interval running. Self-control. Determining the level of physical condition.	8	Current assessment on the practical classes
	<b>Total hours:</b>	<b>130</b>	