

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

№ п/п	Theme	Amount of hours
1.	Mastering of the basic tools of general developmental and drill exercises. Alignment, implementation commands in place, running exercises and exercises in the place.	2
2.	Learning complexes of basic exercises of dance aerobics. The study of dance aerobics combinations with music.	2
3.	Mastering of the basics of jumping exercises technology . Running exercises. Jumping exercises (from the place, with a skipping rope, with run, triple jump).	2
4.	Relays. Team relays and outdoor games. Relays: running, in a place, with and without objects.	2
5.	Technique and tactics of jumping exercises.	2
6.	Mastering of the techniques of running exercises. Long-distance running. Cooper test, cross- country running.	2
7.	Technique and tactics of running exercises	
8.	Mastering of the techniques of the game in basketball: dribbling, passing, defense, throws the ball into the ring, penalties, educational game.	2
9.	Learning the techniques of basketball. Technique and tactics of basketball.	2
10.	Interaction between players in pairs. Technique and tactics of basketball in defense.	2
11.	Elements of “men-to-men” defense, zone defense in basketball.	2
12.	Mastering the techniques of football, dribbling, passing , defense, penalties, educational game.	2
13.	Learning the basic techniques of ball control. Technique and tactics of attacking football, individual and group action.	2
14.	Technique and tactics of football in defense, individual action.	2
15.	Mastering the techniques of volleyball: service, formation, reception, passing, educational game. Learning the techniques of the game. Training of passing and reception of the ball. Technique and tactics of volleyball, individual action.	2
	Total hours:	30

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

№ з/п	Theme	Amount of hours	Type of control
1.	Вправи на гімнастичних лавах та біля шведських стінок. Оволодіння основними засобами розвитку загально розвиваючих і стройових вправ. Exercises on gymnastic benches and near the Swedish wall. Mastering basic tools of general developmental and drill exercises .	10	Current assessment on the practical classes
2.	Exercises with fitball. Exercises with using weights partner and its countering, with counteraction elastic objects , exercise with equipment and treadmills.	8	Current assessment on the practical classes

3.	Exercises for mastering shaping. Technique, physiological, anatomical and biomechanical characteristics. Methods of self-control.	8	Current assessment on the practical classes
4.	Technique, physiological, anatomical and biomechanical characteristics. Methods of self-control.	8	Current assessment on the practical classes
5.	Fitness. Exercises for mastering fitness. Technique, physiological, anatomical and biomechanical characteristics. Methods of self-control.	8	Current assessment on the practical classes
6.	Running exercises. Methods development of endurance and control. Steady running. Steady long run. Non stop, relatively steady, "tempo" run. Re-run. Interval running.	8	Current assessment on the practical classes
7.	Jumping exercises (with weighting). 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
8.	General physical training with using of available tools. Mastery of knowledge systems. Principles of general developmental exercises, remedial ,vocational and applied exercises.	10	Current assessment on the practical classes
9.	Exercises with elastic counteraction objects. Principles of general developmental exercises, correcting and professionally-applied gymnastics	8	Current assessment on the practical classes
10.	Physical exercises that improves static strength and endurance of leg muscles, back, neck, shoulder girdle. Principles of mastering knowledge systems in general developmental and special exercises.	10	Current assessment on the practical classes
11.	Physical exercises to improve vocational skills and the necessary skills. Principles of mastering knowledge systems in general developmental and special exercises and professionally applied exercises.	10	Current assessment on the practical classes
12.	Physical exercises that improve muscular endurance movements over time. Mastery of knowledge systems Principles of general developmental exercises and professionally applied exercises.	10	Current assessment on the practical classes
13.	Mastering of basic tools of basketball, badminton, table tennis. Principles of mastering knowledge systems in general developmental and special exercises.	8	Current assessment on the practical classes
14.	Mastering of basic means of football, mini-football. Principles of general developmental exercises, correcting, professionally-applied gymnastics.	8	Current assessment on the practical classes
15.	Mastering of basic tools of volleyball, tennis and others. Principles of mastering knowledge systems in general developmental and special exercises.	8	Current assessment on the practical classes
	Total hours:	130	