



Syllabus of the elective discipline "Physical Training"

1. General Information	
Faculty	Dentistry Faculty (for Foreign Students)
Programme	22 Healthcare, 221 Dentistry, the second (master) level of higher education
Academic year	2021/2022
Subject	The Physical Training, ББ 1.50, http://new.meduniv.lviv.ua/kafedry/kafedra-fizychno-vyhovannya-i-sportyvnoyi-medytsyny/
Department	Department of Physical Training and Sports Medicine 79010, Lviv, 69 Pekarska str.,5 a Shimzeriv str., +3803222767803, kaf_sportmed@meduniv.lviv.ua
Head of the Department	Olha Kunynets, PhD in biology, Associate professor +380 (32) 276-78-03 , kaf_sportmed@meduniv.lviv.ua
Year	2
Semester	1 — 2 semesters
Type of the Subject	elective course
Professors	1. Associate Professor Olha Kunynets. kaf_sportmed@meduniv.lviv.ua 2. Senior lecturer Oleksandr Novytsky. kaf_sportmed@meduniv.lviv.ua 3. Senior teacher Oleh Verevkin. kaf_sportmed@meduniv.lviv.ua
Erasmus	No
Responsible for the Syllabus	Senior lecturer Oleksandr Novytsky. kaf_sportmed@meduniv.lviv.ua
Credits ECTS	3
Hours	Total — 90 h; Practical classes – 20 h; Individual work – 70 h
Language of Instruction	English
Consultations	According to the schedule
2. Brief review of the subject	
<p>"Physical education" is physical development, functional perfection of an organism, training of the basic vital motor skills; is qualitative, dynamic characteristic of a level of development and realization of possibilities of the person, provides biological potential of its vital activity necessary for harmonious development. The subject of study in "Physical education" is also the establishment of general regularities of the influence of physical education and</p>	

sports on the human body, correction and optimization of their application in the educational process to ensure a high level of somatic health.

3. Aim of the Subject

1. The purpose of physical education of students is the consistent formation of physical culture of the personality of a specialist of the appropriate level of education (Master) in higher medical schools, preparing future specialists for high-performance work, teaching students the need for systematic physical exercises to maintain proper physical and mental state depending on the psychophysical loadings and taking into account the specifics of their future professional activity, health promotion, as well as acquiring the skills and abilities to apply the various means of physical culture in the future preventive therapeutic activities and to develop the prestige of health for all segments of the population.

2. The objectives of the discipline "Physical Education" of higher medical schools derive from the objective of educational and professional training of graduates of higher medical schools and is determined by the content of theoretical knowledge, methodological training, practical skills and abilities to be acquired by a specialist physician.

- To maintain, develop and improve the functional state of their organism.

- Demonstrate an understanding of the principles of physical culture.

General Competencies (GC)

Ability for abstract thinking, analysis and synthesis.

The ability to learn and master modern knowledge.

The ability to apply knowledge in practical situations.

Knowledge and understanding of the subject area and understanding of professional activities.

The ability to work in a team.

The skills of interpersonal interaction.

The ability to communicate in the official language, both orally and in writing;

Ability to communicate in a foreign language.

The skills of using information and communication technologies.

Definition and perseverance in the tasks set and responsibilities assumed.

The ability to act on the basis of ethical considerations (motives).

Professional Competencies (PC)

The ability to conduct sanitary-hygienic and preventive measures.

The ability to plan and carry out prophylactic and anti-epidemic measures for infectious diseases.

The ability to assess the impact of the environment, socio-economic and biological determinants on the health of the individual, family and population.

The ability to conduct measures to organize and integrate the provision of medical care to the population.

4. Preliminary requirements

For successful learning and mastering of key competencies in the discipline "Physical Education" it is necessary to have basic knowledge in such disciplines as: normal physiology, normal anatomy, biology, histology, pharmacology, general chemistry, hygiene, internal medicine, medical psychology, sports medicine, physical rehabilitation, physiotherapy, ergotherapy, physical and rehabilitation medicine.

5. Program results of learning

List of learning results

Code	The content of learning results	Reference to the code of the competence matrix of competencies
<i>The code is created when the syllabus is filled in (Category: Kn-knowledge, Sk-skills, C-competence, Au - autonomy and responsibility)</i>	<i>The results of the learning process are determine what the student should know, understand and be able to do after completing the course. Learning results are derived from the given goals of the course. To earn credit for a discipline, it is necessary to confirm the achievement of each learning result.</i>	<i>Symbol of the code of the program result in the standard of higher education</i>
<i>Kn – 1</i>	<i>Knowledge and understanding of the subject area and understanding of professional activity.</i>	<i>PL-21,PL-22,PL23,PL-24,PL-25</i>
<i>Kn - 2</i>	<i>The knowledge of techniques to perform basic motor skills and abilities;</i>	<i>PL-21,PL-22</i>
<i>Kn-3</i>	<i>Knowledge of the impact of physical exercise on the development of flexibility, speed, general endurance and strength, to restore capacity for work and mental fatigue.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Kn-4</i>	<i>The knowledge of self-control skills of organism's reactions to physical loads.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Kn-5</i>	<i>The knowledge of the basics of a healthy lifestyle, improvement of living standards and prevention of</i>	<i>PL-22,PL-24,PL-25</i>

<i>Kn-6</i>	<i>dysfunction in the process of life activities.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Kn-7</i>	<i>The knowledge of the basics of organization and methods of the most effective types and forms of rational motor skills.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Kn-8</i>	<i>The knowledge of the basics of methods of recovery and physical improvement by traditional and non-traditional means and methods of physical culture.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Kn-9</i>	<i>The knowledge of the basics of professional-applied physical preparedness and the ability to apply them in practice.</i>	<i>PL-22,PL-24,PL-25</i>
	<i>The knowledge of the basics of physical education of different population groups.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-1</i>	<i>To master the technique of performing basic motor skills and abilities.</i>	<i>PL-21,PL-22</i>
<i>Sk-2</i>	<i>To be able to make up complexes of morning hygienic gymnastics, physical training pause and minute, a set of physical exercises aimed at strengthening the muscular corset, exercise complexes that promote the development of flexibility, speed, general endurance and strength, exercise complexes to restore performance in mental fatigue.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-3</i>	<i>To master the skills of self-control over body reactions to physical activity.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-4</i>	<i>To master the basics of a healthy lifestyle, improve living standards and prevent dysfunction in the process of life activities.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-5</i>	<i>The skill to apply in practice effective types and forms of rational motor activity.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-6</i>	<i>The skill to apply the basic methods of recovery and physical improvement by traditional and non-traditional means and methods of physical culture.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-7</i>	<i>The skill to apply in practice the bases of professional-applied physical training.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-8</i>	<i>The skill to apply systematic physical training of health or sports directions.</i>	<i>PL-22,PL-24,PL-25</i>
<i>Sk-9</i>	<i>The skill to perform professional-applied physical fitness tests.</i>	<i>PL-22,PL-24,PL-25</i>

C-1	<i>To establish interpersonal communications for effective performance of tasks and responsibilities.</i>	<i>PL-21,PL-22,PL-23,PL-24,PL-25</i>
C-2	<i>To present the results of scientific research in writing (in the form of theses, scientific publications, etc.) and orally (in the form of reports, presentations).</i>	<i>PL-21,PL-22,PL-23,PL-24,PL-25</i>
Au-1	<i>To plan and conduct scientific research on their own.</i>	<i>PL-21,PL-22,PL-23,PL-24,PL-25</i>
Au-2	<i>To take personal responsibility for your professional results.</i>	<i>PL-22,PL-23,PL-24,PL-25</i>
Au-3	<i>To follow generally accepted norms of behavior and morality in interpersonal relations.</i>	<i>PL-21,PL-22,PL-23,PL-24,PL-25</i>
6. The course format and volume		
The course format	Full-time education	
Kind of classes	Hours	Number of groups
<i>Lectures</i>	0	
<i>Practical works</i>	20	
<i>Workshops</i>	-	
<i>Self-study works</i>	70	
7. Thematic and course content		

Type code	Theme	Learning content	Learning result code	Teachers
P-1	Learning the complexes of basic exercises of dance aerobic.	Learning the combinations of dance aerobics with musical accompaniment.	<i>Kn-1, Kn-2,Kn-3, Kn-4,Kn-5, Kn-8, Kn-9, Sk-1, Sk-2, Sk-4,Sk-5, Sk-8, Sk-9, Au-1, Au-2</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
P-2	The mastering of the basics of the technique of jumping exercises.	Running exercises. Jumping exercises (from a place, with a jump rope, from the run, triple jumps). The relay races. Team relay races and mobile games. The relay: running, on the spot, with objects, without objects.	<i>Kn-1, Kn-2,Kn-3, Kn-4, Kn-5, Kn-8,Kn-9, Sk-1, Sk-2, Sk-4, Sk-5, Sk-8, Sk-9, Au-2</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
P-3	The mastering of the basic means of development	Special-preparation and competitive jumping exercises, speed-force exercises, mobile and sports games. Anatomo-	<i>Kn-1, Kn-2,Kn-3, Kn-4, Kn-5, Kn-8,Kn-9, Sk-1, Sk-2,</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer

	and improvement of jumping exercises technique.	physiological and biochemical characteristics of jumping exercises. Self-control. Determination of the level of preparedness.	<i>Sk-3, Sk-4, Sk-5, Sk-6, Sk-8, C-1, Au-1, Au-2</i>	Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
P-4	The mastering of the basics of running exercises technique.	Long distance running. Test Cooper, cross-country running. Anatomical, physiological and biochemical characteristics of running exercises. Technique and tactics of running exercises. General and special endurance. Methods of endurance development and control. Technique of running on medium distances. Methods of mastering running technique. Characteristic errors in running and means of their correction.	<i>Kn-1, Kn-2, Kn-3, Kn-6, Kn-8, Kn-9, Sk-1, Sk-2, Sk-4, Sk-5, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
P-5	The mastering of the basics of basketball technique.	Dribbling, passing, defending, throwing the ball in the basket, free throws, training game. Anatomical, physiological and biochemical characteristics of basketball exercises. A two-sided educational game. Training elements of basketball technique. Technique and tactics of playing basketball. A two-sided educational game.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-6, Kn-8, Sk-1, Sk-2, Sk-3, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
P-6	The interactions of players in pairs.	Basketball technique and tactics in the defense. Anatomical, physiological and biochemical characteristics of basketball performance. Two-sided educational game. Two-sided	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-7, Kn-9, Sk-1, Sk-2, Sk-3, Sk-5, Sk-6, Sk-8, C-1,</i>	1. Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher

		educational game. Elements of individual defense, zone defense in basketball. The rules of the game of basketball, on which competitions are held. Two-sided educational game.	<i>Au-2, Au-3</i>	Oleh Verevkin.
P-7	The mastering of the basics of football technique.	Driving the ball, passing the ball, defense, penalty shots. Anatomophysiological and biochemical characteristics of performing exercises in football. Two-sided educational game.	<i>Kn-1, Kn-2, Kn-3, Kn-5, Kn-7, Sk-1, Sk-2, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-8	The learning of basic techniques of owning the ball.	Technique and tactics of playing football in attack, individual and group actions. A two-way training game.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-9, Sk-1, Sk-3, Sk-5, Sk-6, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-9	Technique and tactics of playing football in defense, individual actions.	The rules of the game of football, according to which the competition is held. Two-way game.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-9, Sk-1, Sk-3, Sk-5, Sk-6, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-10	The mastering of the basics of volleyball technique.	Serve the ball, placement of players, receiving the ball, passing the ball, a training game. Teaching elements of the game technique. Training of serving and receiving the ball. Technique and tactics of the game of volleyball, individual actions. Anatomical, physiological and biochemical	<i>Kn-1, Kn-4, Kn-5, Kn-6, Kn-7, Kn-8, Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.

		characteristics of performing exercises in volleyball. Rules of the game of volleyball, on which competitions are held. A two-sided educational game.		
P-11	The mastering of the basics of the technique of jumping exercises.	Running exercises. Jumping exercises (from a place, with a jump rope, from the run, triple jumps). The relay races. Team relay races and mobile games. The relay: running, on the spot, with objects, without objects.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-5, Kn-8, Kn-9, Sk-1, Sk-2, Sk-4, Sk-5, Sk-8, Sk-9, Au-2</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-12	The learning of basic techniques of owning the ball.	Technique and tactics of playing football in attack, individual and group actions. A two-way training game.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-9, Sk-1, Sk-3, Sk-5, Sk-6, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-13	The mastering of the basics of basketball technique.	Dribbling, passing, defending, throwing the ball in the basket, free throws, training game. Anatomical, physiological and biochemical characteristics of basketball exercises. A two-sided educational game. Training elements of basketball technique. Technique and tactics of playing basketball. A two-sided educational game.	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-6, Kn-8, Sk-1, Sk-2, Sk-3, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-14	The mastering of the basic means of development and improvement of jumping	Special-preparation and competitive jumping exercises, speed-force exercises, mobile and sports games. Anatomical and physiological and biochemical characteristics of jumping	<i>Kn-1, Kn-2, Kn-3, Kn-4, Kn-5, Kn-8, Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-8,</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher

	exercises technique.	exercises. Self-control.Determination of the level of preparedness.	<i>C-1, Au-1, Au-2</i>	Oleh Verevkin.
P-15	Technique and tactics of playing football in defense, individual actions.	The rules of the game of football, according to which the competition is held. Two-way game.	<i>Kn-1, Kn-2,Kn-3, Kn-4, Kn-9, Sk-1, Sk-3, Sk-5, Sk-6, Sk-7, Sk-8, C-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-1	Exercises on gymnastic benches and by the Swedish walls.	The mastering of the basic means of development of general and strict exercises. Exercises with fitballs. Exercises with the use of partner weight and its counteraction, with the counteraction of elastic objects, using gymnastic equipment and simulators.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-2	Exercises to master shaping.	Technique of execution, physiological, anatomic and biomechanical characteristics. Methods of self-control. Exercises for mastering Aeromix. Techniques of execution, physiological, anatomic and biomechanical characteristics. Methods of self-control.	<i>Kn-1, Kn-2,Kn-3, Kn-4, Kn-7, Kn-8, Sk-1, Sk-2, Sk-3, Sk-4, Sk-6, Sk-7, Sk-8, C-1,</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-3	Fitness.	Exercises to master fitness. Techniques of execution, physiological, anatomic and biomechanical characteristics. Methods of self-control. Running exercises. Methods of endurance development and their control. Uniform running. Uniform, long running. Continuous, relatively uniform, "pace"	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.

		running. Run again. Interval run.		
SSW-4	Jumping exercises (with a burden).	Basic groups of exercises to develop flexibility. Slow movements. Flap movements. Springing movements. Bending, unbending, ghosting, rotation, circulation, pronation, inversion, reversal. Self-control. General physical training in the use of improvised means. Mastering of knowledge of principles of drawing up of complexes of general developing exercises, corrective and professional-applied gymnastics.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-5	Exercises with the counteraction of elastic objects.	Exercises with the counteraction of elastic objects. The mastering of the principles of composing complexes of general development exercises, correcting and professional-applied gymnastics. Physical exercises that improve the static strength and endurance of the muscles of the legs, back, neck, shoulder belt. Mastering the knowledge of principles of composing complexes of general and special developing exercises.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-6	Physical exercises for improving professional necessary skills and abilities.	The mastering of knowledge of principles of composing complexes of general and special developing exercises and professional-applied gymnastics.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8,</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher

			<i>Sk-9, C-1, Au-1, Au-2, Au-3</i>	Oleh Verevkin.
SSW-7	Physical exercise that improves the endurance of muscle movements over a long period of time.	The mastering of the principles of composing complexes of general development exercises and professional-applied gymnastics.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW 8	The mastering of basic means of playing basketball, badminton, table tennis.	The mastering of knowledge of principles of composing complexes of general and special developing exercises.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-9	The mastering of basic means of playing football, mini-football, futsal.	The mastering of the principles of composing complexes of general development exercises, corrective and professional-applied gymnastics.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4, Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-10	The mastering of basic methods of playing volleyball, tennis, etc.	The mastering of knowledge of principles of composing complexes of general and special developing exercises.	<i>Kn-1, Kn-2,Kn-4, Kn-5,Kn-6, Kn-8, Sk-1, Sk-3, Sk-5, Sk-6, C-1, Au-1,Au-2, Au-3</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.

8. verification of results

Current control is carried out during the training classes and is aimed at checking

the students' assimilation of the educational material (it is necessary to describe the forms of current control during the training classes).

Forms of evaluation of current training activities should be standardized and include control of theoretical and practical training. The final grade for the current educational activity is given on a 4-point (national) scale.

Grading criteria.

Students receive a grade point credit after they have completed their first year of study and have fully met the requirements of the curriculum.

The performance of 1 year students is assessed on the traditional 4-point scale. The student has the right to choose the tests of current and final control of physical fitness. The minimum number of tests is 5.

Physical education of students is carried out at the training sessions and in the form of self-study work of students (SSW). Training classes are conducted by the teacher of physical education in accordance with the curriculum and program.

Final control

General Grading System	Participation in the work during the semester / credit - 60% / 40% on a 200-point scale	
Grading scales	Traditional 4-point scale, multi-point (200-point) scale, ECTS rating scale.	
Conditions for admission to final control	The student attended all practical classes and received at least 120 points for his current grades	
Type of final control	The methodology of the final control.	Credit criteria
Credit	All topics that have been placed under current control must be included. The student has the right to choose the current and final physical condition tests. The minimum number of tests is 5. Grades from a 4-point scale are converted into points on a multipoint (200-point) scale in accordance with the Regulations on Criteria, Rules and Procedures for Evaluating Students' Activity.	<i>The maximum number of points is 200. The minimum number of points is 120.</i>

The number of points is calculated on the basis of the student's scores on a 4-point (national) scale when studying the course, by calculating an arithmetic mean (AM) rounded to two decimal places. The resulting value is converted into points on a multipoint scale as follows:

$$x = (AM \times 120) / 5$$

Conversion table on 200-point scale is given for convenience
 Recalculation of the average rating of the current activity into a multipoint scale for disciplines, concludes with a final credit.

4- points scale	200- points scale	4- points scale	200- points scale	4- points scale	200- points scale	4- points scale	200- points scale
5	200	4.45	178	3.92	157	3.37	135
4.97	199	4.42	177	3.89	156	3.35	134
4.95	198	4.4	176	3.87	155	3.32	133
4.92	197	4.37	175	3.84	154	3.3	132
4.9	196	4.35	174	3.82	153	3.27	131
4.87	195	4.32	173	3.79	152	3.25	130
4.85	194	4.3	172	3.77	151	3.22	129
4.82	193	4.27	171	3.74	150	3.2	128
4.8	192	4.24	170	3.72	149	3.17	127
4.77	191	4.22	169	3.7	148	3.15	126
4.75	190	4.19	168	3.67	147	3.12	125
4.72	189	4.17	167	3.65	146	3.1	124
4.7	188	4.14	166	3.62	145	3.07	123
4.67	187	4.12	165	3.57	143	3.02	121
4.65	186	4.09	164	3.55	142	3	120
4.62	185	4.07	163	3.52	141	Less than 3	Not enough
4.6	184	4.04	162	3.5	140		
4.57	183	4.02	161	3.47	139		
4.52	181	3.99	160	3.45	138		
4.5	180	3.97	159	3.42	137		
4.47	179	3.94	158	3.4	136		

Ranking with grades "A", "B", "C", "D", "E" is carried out for students of the given course who study in one specialty and have successfully completed the discipline. Students who have received grades FX, F ("2") are not included in the list of students that are ranked. Students with an FX grade will automatically receive an "E" grade after the re-grade.

ECTS grade

Statistical indicator

A	Top 10% students
B	The next 25% of students
C	The next 30% of students
D	The next 25% of students
E	The last 10 % of students

9. Discipline Policy.

Academic Integrity: It is expected that students' work will be their original research or ideas. The absence of references to used sources, fabrication of sources, write-off, interference with other students' work constitute, but are not limited to, examples of possible Academic Integrity. Students are encouraged to use other literature not included in the recommended list.

10. Literature

Compulsory:

1. Обґрунтування рівнів та етапів фізичних навантажень студенток спеціальних медичних груп із захворюваннями серцево-судинної системи : навч.-метод. посіб. / О.Ю. Іваночко, А.В. Магльований - Львів, Вид. ЛДУФк, 2008.- 56 с.
2. Теорія і методика фізичного виховання : підр. для студ. вищ. навч. закл. фіз. виховання і спорту : у 2-х томах / Т. Ю. Круцевич. – К. : Олімпійська література, 2008. – Т. 1. – 390 с. – Т. 2. – 367 с.
3. Основи методики розвитку рухових якостей : навч. посіб. / М.М. Линець. – Л. : Штабар, 2005. – 207 с.
4. Працездатність студентів: оцінка, корекція, управління. А.В. Магльований, Г.Б. Сафронова, Г.Д. Галайтатий, Л.А. Белова. - Львів, "Львівська політехніка", 1997.- 126 с.
5. [Санологія. Основи управління здоров'ям : монографія / Г.Л. Апанасенко, Л.А. Попова, А.В. Магльований. – LAMBERT \(Германия\), 2012.- 404 с. : рис., табл.](#)
6. Силова підготовка студентів та школярів. В.Д. Мартин, А.В. Магльований, П.П. Ревін, В.С. Портах. - Львів, "Ліга-Прес", 2005, 108 с.
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Supplementary:

1. Волков В. Л. Розвиток фізичних здібностей студентів у системі фізичної підготовки : [монографія] / В. Л. Волков. – К. : Освіта України, 2011. – 420 с.
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3. Магльований А. В. Дискретність питань формування та інтеграції здоров'язберігаючих компетенцій у студентів ВНЗ в процесі їх професійно-прикладної фізичної підготовки / А.В. Магльований, Л. В. Козіброда // Молодіжний науковий вісник Східноєвропейського НУ ім. Л. Українки. – 2014. – Вип. 14. – С. 35–41.
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 7. Психофункциональный самоконтроль при занятиях физическими упражнениями : метод. реком. для препод. физ. восп. и лиц, занимающихся физкультурой и спортом / сост. В. П. Мурза, А. С. Соснин. – К. : КМИ, 2003. – 56 с.
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 9. Санологія (медичні аспекти валеології) [Текст] : підруч. для лікарів-слухачів закл. (ф-тів) післядиплом. освіти вищ. навч. мед. закл. України III-IV рівнів акредитації / Апанасенко Г. Л., Попова Л. А., Магльований А. В. - К. ; Л. : Кварт, 2011. - 302 с. : табл., рис. - Бібліогр.: с. 298-302/
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 11. Уилмор Д. Физиология спорта и двигательной активности / Д. Уилмор, Д. Костим. – К. : Олимпийская литература, 2005. – 504 с.
 12. Указ президента України №42/2016 Про Національну стратегію з оздоровчої рухової активності в Україні на період до 2025 року "Рухова активність - здоровий спосіб життя — здорова нація"
 13. Фізична реабілітація, спортивна медицина : підручник для студ. вищих мед. навч. закладів / В.В. Щодо організації фізичного виховання у вищих навчальних закладах. Лист МОН № 1/9-454 від 25.09.15 року.
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 15. Bailey R. Teaching physical education / R. Bailey, T. Macfadyen. – Continium International Publishing Group, 2000. – 226 p.
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Information resources

- zakon.rada.gov.ua/go/1556-18
- <http://www.kmu.gov.ua/control/uk/cardnpd?docid=248719473>
- <http://www.kmu.gov.ua/control/uk/cardnpd?docid=248719427>
- dsmsu.gov.ua/index/ua/material/16894
- sportbuk.com/.../proekt-novoho-zakonu-ukraji...
- tennis.biggame.dp.ua/news/2419.html
- <http://www.stationline.org.ua/pedagog/104/18466-innovacijnij-pidxid-shhodo-organizaci%D1%97-fizichnogo-vixovannya-studentiv-texnichnix-vnz.html>
- <http://uareferat.com>

- zakon.rada.gov.ua/laws/show/z0249-06
- ua.textreferat.com/referat-664.html
- www.ukrreferat.com/index.php?referat=61901
- elartu.tntu.edu.ua/handle/123456789/883
- [nbuv.gov.ua/.../VchdpuPN_2013_112\(1\)_24](http://nbuv.gov.ua/.../VchdpuPN_2013_112(1)_24)
- studme.com.ua/.../programmno-normativnye_o...

www.uk.xlibx.com/.../1326270-1-metodichni-r

11 Hardware, logistics and software discipline / course

Sports equipment, textbooks, teaching aids, methodological guidelines, tests of current and final control of students' physical preparedness.

12. Supplementary information

All other information important for the student, which is not included in the standard description, for example, contact data of the person responsible for the educational process at the department, information about the scientific society of the department, information about the directions of the classes, information about the necessity to equip oneself with the own safety equipment; information about the place of the classes; links to the pages of the site / department etc.

Syllabus Compiler
Senior Teacher O. Novytskyy



(Signature)

Head of Department, PhD in biology,
Associate professor O.Kunynets



(Signature)