



## Syllabus of the elective discipline "Physical Training"

<b>1. General Information</b>	
<b>Faculty</b>	<b>Medical Faculty</b> (for Foreign Students)
<b>Programme</b>	22 Healthcare, 222 General Medicine, 222 Medicine, the second (master) level of higher education
<b>Academic year</b>	2021/2022
<b>Subject</b>	The Physical Training , ББ 1.96, <a href="http://new.meduniv.lviv.ua/kafedry/kafedra-fizychnogovyhovannya-i-sportyvnoyi-medytsyny/">http://new.meduniv.lviv.ua/kafedry/kafedra-fizychnogovyhovannya-i-sportyvnoyi-medytsyny/</a>
<b>Department</b>	Department of Physical Training and Sports Medicine 79010, Lviv, 69 Pekarska str.,5 a Shimzeriv str., +3803222767803, <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a>
<b>Head the of Department</b>	Olha Kunynets, PhD in biology, Associate professor <a href="tel:+380322767803">+380 (32) 276-78-03</a> , <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a>
<b>Year</b>	1
<b>Semester</b>	1 — 2 semesters
<b>Type of the Subject</b>	elective course
<b>Professors</b>	1. Associate Professor Olha Kunynets. <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a> 2. Senior lecturer Oleksandr Novytsky. <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a> 3. Senior teacher Oleh Verevkin. <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a>
<b>Erasmus</b>	No
<b>Responsible for Syllabus</b>	Senior lecturer Oleksandr Novytsky. <a href="mailto:kaf_sportmed@meduniv.lviv.ua">kaf_sportmed@meduniv.lviv.ua</a>
<b>Credits ECTS</b>	3
<b>Hours</b>	Total — 90 h; Practical classes – 20 h; Individual work – 70 h
<b>Language of Instruction</b>	English
<b>Consultations</b>	According to the schedule
<b>2. Brief review of the subject</b>	
<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 sports on the human body,</p>	

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 adapt and act in a new situation.

The ability to make informed decisions.

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

Ability to communicate in a foreign language.

Skills in using information and communication technologies.

Definition and perseverance in the tasks set and responsibilities assumed.

Ability to act socially responsible and conscious. Ability to act on the basis of

ethical considerations (Motives).

**Professional Competencies (PC)**

Skills Provision of emergency medical care.

Ability to conduct sanitary and preventive measures.

Ability to carry out examination of working capacity.

Ability to assess the impact of the environment, socio-economic and biological determinants on the health of the individual, family and 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**

<b>Code</b>	<b>The content of learning results</b>	<b>Reference to the code of the competence matrix of competencies</b>
<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 dysfunction in the process of life activities.</i>	<i>PL-22,PL-24,PL-25</i>

<i>Kn-6</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-7</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-8</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>Kn-9</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	To establish interpersonal communications for effective performance of tasks and responsibilities.	PL-21,PL-22,PL-23,PL-24,PL-25
C-2	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).	PL-21,PL-22,PL-23,PL-24,PL-25
Au-1	To plan and conduct scientific research on their own.	PL-21,PL-22,PL-23,PL-24,PL-25
Au-2	To take personal responsibility for your professional results.	PL-22,PL-23,PL-24,PL-25
Au-3	To follow generally accepted norms of behavior and morality in interpersonal relations.	PL-21,PL-22,PL-23,PL-24,PL-25
<b>6. The course format and volume</b>		
<b>The course format</b>	<b>Full-time education</b>	
Kind of classes	Hours	Number of groups
Lectures	0	
Practical works	20	
Workshops	-	
Self-study works	70	

### 7. Thematic and course content

Type code	Theme	Learning content	Learning result code	Teachers
P-1	The mastery of basic means of development and improvement of flexibility.	Anatomo-Biomechanical flexibility characteristics. The mastering and control of methods to develop and improve flexibility and mobility in joints. The main groups of exercises for the development of flexibility. Slow movements. Flap movements. Springing movements. Flexion, extension, alignment, rotation, circulation, pronation, inversion, reversal. Self-control. Determining the level of physical preparedness.	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	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.

P-2	The mastering of basic means of development and improvement of agility.	Methods of training agility and their control. The mastering of the basic means of development and improvement of agility. Using of exercises with quick change of motor activity, performing various exercises in unusual combinations, changing the methods of exercises, changing kinetic and dynamic characteristics of movement, etc.	<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 methods for determining the level of physical preparedness of development and the level of physical health and self-control.	The characteristics of the physical exercises used to develop dexterity. The mastering of the basic means of development and improvement of speed. Special-preparation and competitive exercises performed at maximum speed on short distances, speed-force exercises, mobile and sports games. Anatomico-physiological and biochemical characteristics of speed. Self-control. Determination of preparedness level.	<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, C-1, Au-1, Au-2</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-4	Types of speed. Total speed. Special speed. Methods of speed developing and their control.	The technique of running for short distances - sprint running. The technique of mastering the technique of running. Typical errors in running and means of correction. The mastering of basic means of development and improvement of strong qualities. Exercises with the use of own body weight and its individual parts. Exercises with the	<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.

		use of partner's weight and its counteraction, with the counteraction of elastic objects, with the use of gymnastic tools and simulators. Isometric (static) exercises. Absolute strength. Relative strength.		
P-5	Anatomo-physiological and biomechanical characteristics of strength qualities.	Forms and types of muscle contractions. Nervous regulation. Psychophysiological mechanisms. Functional strength reserves. Development methods of strength indices and their control. Dosages Intensity. Dynamic loads with constant resistance. Static training. Isokinetic training. Eccentric training. Evaluation of strength capabilities. Strength fitness training. Athletic gymnastics.	<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 mastering and improvement of exercise techniques on simulators.	The mastering of the main physical exercises dosage when using athletic simulators for the individual muscle groups development.	<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, Au-2, Au-3</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr Novytsky. 3. Senior teacher Oleh Verevkin.
P-7	Technical features of athletic jumps.	The mastering and improvement of the technique of athletic jumps. Basics of training in jumping kinds of athletics.	<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 mastering of the main means of development	Exercises that are aimed at developing anaerobic capabilities. Cyclic exercises (walking, running, skiing, skating,	<i>Kn-1,Kn-2,Kn-3, Kn-4, Kn-9, Sk-1, Sk-3, Sk-5, Sk-6,</i>	1. Associate Professor Olha Kunynets. 2. Senior lecturer Oleksandr

	and improvement of stamina.	swimming, etc.), are performed to fatigue, with equal and interval methods in aerobic and mixed modes, which are aimed at the development of aerobic capabilities.	<i>Sk-7, Sk-8, C-1, Au-2, Au-3</i>	Novytsky. 3.Senior teacher Oleh Verevkin.
P-9	Methods of development and endurance perfection and their control.	Regular running. Regular, long running. Continuous, relatively regular, "fast" running. Repeated running. Interval running. Planning the training process.	<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	Physiological and biochemical characteristics of stamina.	Heart rate. Self-control. Determining the level of physical preparedness.	<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-1	The main groups of exercises to develop flexibility, muscle, tendon and joint ligaments stretching with increased amplitude of movements.	Running exercises (in a direct and with turns, running with the task). Exercises to stretch the muscles, tendons and articular ligaments with an increased amplitude of movements, slowly increasing; exercises to increase the amplitude of movement with the help of a partner, etc.. Jumping exercises. The main groups of exercises to develop flexibility. Slow movements. Flap movements. Springing movements. Bending, unbending, ghosting, rotation, circulation, pronation, inversion,	<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.



		reversal. Self-control.		
SSW-2	Physical exercises with rapid changes in motor activity. Self-control.	Using of exercises with quick change of motor activity, performing various exercises in unusual combinations, changing the way of exercises, changing the kinetic and dynamic characteristics of movement. Pilates and yoga.	<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	Special Preparatory and competitive exercises. The forms and types of muscle contractions.	Realization of health-improving physical tasks by means of various running. Special preparatory and competitive exercises performed at maximum speed on short distances, speed-force exercises, mobile and sports games. The mastering of physical exercises in shaping. Forms and types of muscle contractions. Nervous regulation. Psychophysiological mechanisms. Functional reserves of strength.	<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 -4	The basics of dosing physical exercise. Functional strength reserves.	Step-aerobics (basic steps). Forms and types of muscle contractions. Nervous regulation. Psychophysiological mechanisms. Functional power reserves. Physical exercises with dumbbells. Mastering the basic dosage of physical exercises with the use of athletic simulators for the development of individual muscle groups.	<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	Physical	The improvement of	<i>Kn-1,Kn-4,</i>	1.Associate

	exercises with tools and with counter-action.	exercise techniques on simulators. Exercises with fitbolls. Exercises with the use of partner's weight and its counteraction, with the counteraction of elastic objects, using gymnastic equipment and simulators.	<i>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>	Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky. 3.Senior teacher Oleh Verevkin.
SSW-6	Exercises on simulators.	Exercises on simulators. Exercises using own body weight and its separate parts.	<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-7	Exercises using gymnastic equipment and simulators.	Exercises with the use of gymnastic equipment and simulators. Exercises aimed at developing anaerobic abilities. Cyclical exercises (walking, running, walking on skis, running on skates, swimming, etc.).	<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	Exercises using your own body weight and individual body parts.	Exercises using your own body weight and individual body parts. Exercises aimed at developing anaerobic capabilities. Cyclical exercises (walking, running, walking on skis, running on skates, swimming, etc.).	<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	Sports games.	Sports games. Regular running. Regular, long running. The means to develop endurance. Self-control.	<i>Kn-1,Kn-4, Kn-5,Kn-6, Kn-7, Kn-8,Kn-9, Sk-1, Sk-2, Sk-3, Sk-4,</i>	1.Associate Professor Olha Kunynets. 2.Senior lecturer Oleksandr Novytsky.

			<i>Sk-5, Sk-6, Sk-7, Sk-8, Sk-9, C-1, Au-1, Au-2, Au-3</i>	3.Senior teacher Oleh Verevkin.
SSW-10	Moving games.	Moving games. Physical exercises to develop endurance. Repeated running. Interval running. Self-control. Determining the level of physical preparedness.	<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	<i>The maximum number of points is 200. The minimum number of points is 120.</i>

with the Regulations on Criteria, Rules and Procedures for Evaluating Students' Activity.

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
						3.37	135
						3.35	134
						3.32	133
						3.3	132
						3.27	131
						3.25	130
						3.22	129
						3.2	128
						3.17	127
						3.15	126
						3.12	125
						3.1	124
						3.07	123
						3.02	121
						3	120
						Less than 3	Not enough

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
<b>A</b>	Top 10% students
<b>B</b>	The next 25% of students
<b>C</b>	The next 30% of students
<b>D</b>	The next 25% of students
<b>E</b>	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.](#)
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### **Information resources**

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- sportbuk.com/.../proekt-novoho-zakonu-ukraji...
- tennis.biggame.dp.ua/news/2419.html
- <http://www.stattionline.org.ua/pedagog/104/18466-innovacijnij-pidxid-shhodo-organizaci%D1%97-fizichnogo-vixovannya-studentiv-texnichnix-vnz.html>
- <http://uareferat.com>
- <http://www.lnu.edu.ua/faculty/sport/img>
- [mdu.edu.ua/spaw2/uploads/files/19\\_4.pdf](http://mdu.edu.ua/spaw2/uploads/files/19_4.pdf)
- [elibrary.kubg.edu.ua/.../Lyashenko\\_Tumanova](http://elibrary.kubg.edu.ua/.../Lyashenko_Tumanova)
- [www.sworld.com.ua/index.php/ru/pedagogy.../18194-213-923](http://www.sworld.com.ua/index.php/ru/pedagogy.../18194-213-923)
- <http://lp.edu.ua/node/1347>
- [zakon.rada.gov.ua/laws/show/z0249-06](http://zakon.rada.gov.ua/laws/show/z0249-06)
- [ua.textreferat.com/referat-664.html](http://ua.textreferat.com/referat-664.html)
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- [studme.com.ua/.../programmno-normativnye\\_o...](http://studme.com.ua/.../programmno-normativnye_o...)

[www.uk.xlibx.com/.../1326270-1-metodichni-r](http://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)