

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

Syllabus of the academic discipline
«Mental-regulating types of health fitness»

Scope of the academic discipline	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: VII-VIII 4th year of study
Days, time, place of educational discipline	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
Teacher(s)	Iushkovska Olga. Head of the Department, Doctor of Medical Sciences, Professor. Victoria Seredovska. Senior teacher, head of the educational department. Korostylova Hanna. Senior teacher, methodologist of the department. Burdin Igor. Senior teacher responsible for sports and mass work. Sergii Afanasiev. Senior teacher, curator of the football sports section.
Contact information	Help by phone: Viktoriya Seredovska, head teacher of the department 0672857552 Viktoriya Radaeva, laboratory assistant of the department, 0973824140, +380(48) 723-05-68, +380 (48) 728-50-30 E-mail: sportmed@onmedu.edu.ua Face-to-face consultations: from 15.00 to 17.00 every Thursday according to the schedule. Online consultations: from 16.00 to 18.00 every Thursday according to the schedule. A link to an online consultation is provided to each group during classes separately.

COMMUNICATION

Communication with applicants will be carried out in the classroom (in person). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, Viber messengers (through groups created in Viber for each group, separately through the group head).

ABSTRACT OF THE EDUCATIONAL DISCIPLINE

The subject of study of the discipline is physical development, functional improvement of the body, training in basic motor skills, abilities for successful future professional activity.

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Prerequisites and post-requisites of the discipline (place of the discipline in the educational program):

Prerequisites: medical biology, biophysics, biochemistry, ethics, philosophy, ecology, human anatomy, normal and pathological physiology, and integrates with these disciplines.

Post-requisites: life safety, valeology, physical rehabilitation, sports medicine, and the development of skills to apply knowledge of mental regulation of health fitness in the process of further study of all clinical disciplines and in future professional activities.

The goal of the discipline: to acquaint students with psycho-regulatory types of health-improving fitness as one of the forms of health-improving motor activity; to educate the need for physical improvement and systematic physical exercises; to form practical skills and abilities on the basics of self-control methods in the process of physical improvement; to improve health, increase the level of vital activity and functional capabilities of the body.

Tasks of the discipline:

1. To reveal the content of the main psycho-regulatory types of health fitness
2. To create students' understanding of modern types of health-improving fitness technologies;
3. To form a conscious need for systematic classes of purposeful motor activity;
4. Formation of practical skills for independent physical exercises and active recreation.
5. Preserving and strengthening the health of students, promoting a healthy lifestyle, maintaining and increasing the level of performance during training;
6. Obtaining the necessary knowledge, skills and abilities in the application of psycho-regulatory types of health fitness for the prevention of diseases, restoration and strengthening of health, continuation of professional activity;
7. To teach students how to build fitness classes using various areas of health technologies.

Expected results:

As a result of studying the academic discipline, the applicant must:

Know:

1. Fundamentals of organization and methodology of the most effective types and forms of psycho-regulatory types of health fitness and the ability to apply them in practice in their physical activity;
2. Fundamentals of the methodology of health improvement and physical improvement by traditional and non-traditional means and methods of health fitness;
3. Basic concepts of psycho-regulatory types of health fitness.

Be able:

1. Apply systematic physical training of health-improving orientation;
2. To make complexes of morning hygienic gymnastics, physical culture pause and minute, a set of physical exercises aimed at strengthening the muscular corset; complexes

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of physical exercises that contribute to the development of flexibility, speed, general endurance and strength, complexes of physical exercises to restore the performance of mental fatigue;

3. Use reasonably psycho-regulatory types of modern fitness in creating independent programs for maintaining and improving health, taking into account the individual needs of the body.

DESCRIPTION OF THE EDUCATIONAL DISCIPLINE

Forms and methods of education:

The discipline will be taught in the form of practical classes (30 class hours); organization of independent work of the applicant (60 hours).

Teaching methods: conversation, narration, explanation, demonstration, instruction, training exercises.

Content of the academic discipline

Topic 1: Gymnastics as a type of health fitness. Physical exercises of general development, exercises for strength, exercises for flexibility, exercises for coordination

Topic 2. Pilates. Learning the basic movements of Pilates. Building and performing a set of exercises "Pilates Matwork" level I. "Pilates Matwork" level II. "Pilates Matwork" level III.

Topic 3. Fitness yoga. Teaching the movements (asanas) of fitness yoga. Power yoga (power yoga) building and performing a set of exercises. Breathing exercises (pranayama), construction and implementation of the complex. Technique of breathing exercises according to the Hatha Yoga system.

Topic 4. "Body & Mind". Learning the basic movements of "Body&Mind". Building and performing a set of exercises "Body&Mind" level I.

Topic 5. Myofascial release (MFR). Study of basic movements of MFR. Construction and performance of a set of exercises MFR level I (initial), II (intermediate).

List of recommended literature:

Main literature:

1. Lynne Robinson. Pilates Express: Get Maximum Results in Minimum Time. SAFFRON WALDEN, United Kingdom, 2022; - 208 Pages. ISBN-13 978-0857839237

2. Karen Sue Clippinger, Rael Isacowitz. Pilates Anatomy (1st Edition) Your Illustrated Guide to Mat Work for Core Stability and Balance Paperback, 216 Pages, Published 2011 by Human Kinetics, Inc.

3. Karen Sue Clippinger, Rael Isacowitz. Pilates Anatomy (2nd Edition) Paperback,

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272 Pages Published 2019 by Human Kinetics, Inc. ISBN-13: 978-1-4925-6770-7, ISBN: 1-4925-6770-1

4. Rael Isacowitz. Pilates (2nd Edition) Paperback, 392 Pages, Published 2014 by Human Kinetics. ISBN-13: 978-1-4504-3416-4, ISBN: 1-4504-3416-9

ASSESSMENT

Forms and methods of current control: oral (questionnaire), theoretical testing, evaluation of test performance, evaluation of activity in the classroom.

Criteria for current assessment in practical classes

Grade	Evaluation criteria
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully complete the tasks provided for by the program, mastered the content of basic and additional literature, realized the relationship between individual sections of the discipline, their importance for the future profession, revealed creative abilities in the mind using educational and program material that has shown the ability to i update and replenish knowledge dependently.
«4»	The applicant has revealed full knowledge of the educational and program material, successfully fulfills the tasks stipulated by the program, mastered the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and can independently update and update them in the course of further education and professional activity.
«3»	The applicant has shown knowledge of the main educational and program material to the extent necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in the answers to the exam and when performing test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not reveal sufficient knowledge of the main educational and program material, made fundamental mistakes in implementing the tasks provided for by the program, could not use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

Forms and methods of final control:

- the grade «credited» is given to the applicant who has completed the curriculum of the discipline and has no academic debt; the level of competence is high (creative);

– the grade «failed» is issued to the applicant who has not completed the curriculum of the discipline, has academic debt (average grade below 3.0 and/or missed classes); the level of competence is low (receptive-productive).

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Possibility and conditions for receiving additional (bonus) points: not provided.

INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES

Independent work involves preparation for each practical session.

EDUCATIONAL DISCIPLINE POLICY

Deadlines and Rescheduling Policy:

Absences of classes for non-respectable reasons are made up according to the schedule of the teacher on duty.

Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

Policy on academic integrity:

- It is mandatory for applicants to observe academic integrity, namely:
- independent performance of all types of work, tasks, forms of control provided for by the work program of this academic discipline;
- references to sources of information in the case of using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

The following are unacceptable in educational activities for participants of the educational process:

- using family or official ties to obtain a positive or higher grade during any form of control of learning results or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, smartphones, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

For violation of academic integrity, students may be held to the following academic responsibility:

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

Attendance and Tardiness Policy:

Uniform: Sports clothes, sports shoes.

Equipment: notebook, pen.

State of health: applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

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A student who is late for class can attend it, but if the teacher has put "abs" in the journal, he must complete it in the general order.

Use of mobile devices:

Students with the permission of the instructor may use mobile devices if they are needed to complete the assignment.

Behavior in the audience:

The behavior of applicants and teachers in the classrooms should be working and calm, strictly comply with the rules established in accordance with the Code of Academic Ethics and Relations of the University Community of Odesa National Medical University.

