

**MINISTRY OF HEALTH CARE OF UKRAINE  
ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline  
«Aerobic types of health fitness»**

<b>Scope of the academic discipline</b>	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: III-IV 2th year of study
<b>Days, time, place of educational discipline</b>	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
<b>Teacher(s)</b>	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.
<b>Contact information</b>	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 provide students with basic fitness programs as one of the forms of health-improving physical activity; to foster the need for physical improvement and systematic exercise; to develop practical skills and abilities in the basics of self-control 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 aerobic types of health fitness;
2. To create students' understanding of modern types of health 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 use of aerobic 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:*

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

*Be able:*

- Use systematic physical training for health improvement;
- To create complexes of morning hygienic gymnastics, physical training pauses and minutes, a set of physical exercises aimed at strengthening the muscular corset; complexes of physical exercises that promote the development of flexibility, speed, overall endurance and strength, complexes of physical exercises to restore mental fatigue;

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- To use reasonably aerobic 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***

**Aerobic types of health fitness.**

Topic 1: Classical aerobics. Learning the basic steps, building and performing a set of exercises. Classical aerobics with low (low impact), medium (medium impact) and high (high impact) level of load, building and performing a set of exercises.

Topic 2. Dance aerobics. Basic movements and elements, building and performing a set of exercises. Dance aerobics - funk aerobics, hip-hop aerobics, Latin jazz aerobics, building and performing a set of exercises.

Topic 3: Step aerobics. Study of basic movements of step aerobics, construction and performance of a set of exercises of step aerobics. Step aerobics with low (low impact), middle (middle impact) and high (high impact) level of loading, construction and performance of a complex of exercises of step aerobics.

Topic 4. Aerobics with elements of martial arts. Learning basic punches and kicks. Construction and execution of a set of aerobics exercises with elements of martial arts.

Topic 5. Shaping (body sculpture). Study of basic movements of shaping.

Building and performing a set of shaping exercises.

Topic 6. Callonetics. Learning the basic movements of callonetics. Building and performing a set of callonetics exercises.

Topic 7. Body control. Learning basic movements with dumbbells (for aerobics), body bars, body pumps. Building and performing a set of body control exercises.

Topic 8: Skipping (aerobics with a rope). Study of basic movements of skipping. Building and performing a set of exercises.

Topic 9. Fitball training (Fitball). Study of basic movements of fitball training. Construction and implementation of a set of exercises.

Topic 10. Learning the basic movements of stretching. Building and performing a set of exercises.

*List of recommended literature:*

Main literature:

1. Lynne Robinson. Pilates Express: Get Maximum Results in Minimum Time.

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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, 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*

<b>Grade</b>	<b>Evaluation criteria</b>
«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, couldn't use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

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*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).

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, Smartphone, 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.

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*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.

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.

