

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

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline
«Physical training»**

Scope of the academic discipline	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: I-II 1th 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.

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

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: Mastering by the applicant of higher education knowledge and formation of elements of professional competencies and practical skills in the field of physical education on the basis of specialized modern scientific achievements in the field of physical education and health.

Tasks of the discipline:

1. Preservation and strengthening of students' health, promotion of a healthy lifestyle, support and increase the level of work capacity during education;
2. Education of students' need for systematic physical exercise, taking into account the peculiarities of their future professional activity and physical self-improvement;
3. Mastering the methods of evaluation of physical development, functional state and self-monitoring during physical exercises;
4. Acquiring by students the necessary knowledge, skills and abilities in the application of physical culture for disease prevention, recovery and health promotion, prolongation of professional activity of the able-bodied population;
5. The formation of an understanding of the role of physical culture in the development of personality and its preparation for professional activity, motivation and value attitude to physical culture, to a healthy lifestyle, physical improvement and self-education, the need for regular exercise and sports;
6. The formation of a system of knowledge and skills on physical culture and healthy lifestyles;
7. Strengthening health, promoting the formation of a comprehensive development of the body, disease prevention, ensuring an optimal level of physical fitness, physical performance and functional state during the period of study;
8. Mastering the system of practical skills and abilities to engage in basic types of physical exercise and forms of rational physical activity;
9. Ensuring, preserving and strengthening health, developing and improving the psychophysical abilities, qualities and properties of the individual;
10. Acquisition of motor skills and abilities, providing general and professional applied physical fitness;
11. Acquisition of experience in the creative use of physical fitness and sports activities;
12. Acquisition of the ability to perform tests and standards of physical fitness;
13. Improving the sportsmanship of student-athletes.

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

Expected results:

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

Know:

- Basics of organization and methods of the most effective types and forms of rational motor activity and the ability to apply them in practice in their physical activity;
- Basics of methods of rehabilitation and physical improvement by traditional and non-traditional means and methods of physical culture;
- Basics of professional and applied physical training and be able to apply them in practice;
- Basics of physical education of different segments of the population.

Be able:

- apply systematic physical training of health-improving or sports orientation;
- to make complexes of morning hygiene gymnastics, physical culture pause and minute, a complex of physical exercises aimed at strengthening the muscular corset; complexes of physical exercises that contribute to the development of flexibility, rapidity, general endurance and strength, complexes of physical exercises to recover the work capacity of mental fatigue;
- lay the foundations of a healthy lifestyle, improve the standard of living and prevention of dysfunction in the course of life.

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

Content module 1.

Means of developing physical qualities, improving physical work capacity, preparedness and functional state

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

Theme 1. Mastering the basic means of rapidity development and their improvement. Mastering of physical exercises of general development and special exercises for improvement of running preparation. The concept of rapidity as a physical quality. Methodology and ways of developing rapidity. Making of programs, mainly aimed at the development of speed of movement.

Theme 2. Mastering the basic means of endurance development and their improvement. Mastering the basic means of development of special and general endurance and their improvement. The concept of endurance as a physical quality. Methodology and ways of endurance development. Making of programs, mainly aimed at the development of special and general endurance.

Theme 3. Mastering the basic means of strength development and their improvement. Mastering and improving the technique of exercises on gym equipment. Forms and types of muscle contractions. Functional reserves of strength. The concept of strength as a physical quality. Methodology and ways of development of strength. Making of programs, mainly aimed at the development of strength.

Theme 4. Mastering the basic means of dexterity development and their improvement. Mastering the basics of dosage of physical exercises with the use of step platforms, fit-balls, gymnastic ropes. The concept of dexterity as a physical quality. Methodology and ways of development of coordination abilities. Making of programs, mainly aimed at the development of coordination abilities and dexterity.

Theme 5. Mastering the basic means of flexibility development and their improvement. Main groups of exercises for flexibility development. Physiological and anatomical bases of flexibility. The concept of flexibility as a physical quality. Methodology and ways of development of flexibility. Making of programs, mainly aimed at the development of flexibility.

Content module 2.

**Teaching and application of motor actions, skills and abilities
for health and professional-applied training**

Theme 6. The use of general development exercises as a means of developing the basic physical qualities and their impact on the human body. Mastering the basics of knowledge on the methodology of independent physical exercise for general and vocational training. Basic physical qualities and their impact on the human body. Basics of a healthy lifestyle.

Theme 7. Teaching the basic means and principles of sports training. Methodology and methods of use of gymnastic equipment and simulators. Basic concepts and principles of sports training. Structure and function of muscles. The sequence of biochemical changes in training.

Theme 8. Teaching the basic techniques and tactics of basketball. Familiarization with special preparatory exercises of basketball players. General concepts of physical activity. Basic concepts of adaptation. Adaptation of the body to training loads. Physiological mechanisms of adaptation to loads.

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

Theme 9. Teaching the basic means of technique and tactics of the game of volleyball. Familiarization with special preparatory exercises of volleyball players. Physical work capacity. Types of physical work capacity. Adaptation of the respiratory system to physical activity.

Theme 10. Teaching the basic techniques and tactics of the game of football. Familiarization with special preparatory exercises for football players. Familiarization with special preparatory exercises of football players. The problem of doping in modern sport and the consequences of its use.

List of recommended literature:

Main literature:

1. Ways to improve the effectiveness of physical education classes: textbook / compiled by V.I. Glukhy. V. I. Glukhikh; reviewer: E. L. Mikhalyuk, E. Yu: ZSMU, 2016. - 81 p.

2. Platonov V. Periodization of sports training. General theory and its practical application / V.Platonov. - M., Olimp. 1-ra, 2013. - 624 p.

3. System of preparation of athletes in Olympic sport. General theory and its practical applications: textbook {for coaches}: in 2 kn. / V.N. Platonov. - M.: Olimp. litt., 2015. - Kn. 1. - 680 p.

4. Dudnik I. A. Formation of volitional qualities in students in the process of physical education: educational and methodical guide / I. A. Dudnik; MES, Cherkassy National University named after B. Khmelnytsky. - Cherkassy: B. Khmelnytsky National University, 2016. - 72 p.

5. Ezhova, A. A. Healthy lifestyle: a training manual for students of vocational schools / A. Ezhova; MES; Academy of Pedagogical Sciences of Ukraine, Institute of Educational Problems APN of Ukraine. - Sumy: University Book, 2017. - 128 p

Additional 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, 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.

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY
Department of physical rehabilitation, sports medicine, physical training

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, couldn't 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).

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.

MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine, physical training

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.

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.

