

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of Medicine №2

Department of physical rehabilitation, sports medicine and physical training

APPROVED



Vice-rector for scientific and pedagogical work

Eduard Buryachkivskyi

September 4, 2023

METHODOLOGICAL DEVELOPMENT

FOR PRACTICAL CLASSES

FROM EDUCATIONAL DISCIPLINE

Faculty of Dentistry, course IV

Study discipline: **MENTAL-REGULATING TYPES OF HEALTH FITNESS**

Approved:

The meeting of the department of physical rehabilitation, sports medicine and physical training

Odessa National Medical University

Protocol № 1 dated 09/04/2023

Head of the Department, Professor

A handwritten signature in blue ink, consisting of several loops and a horizontal line extending to the right, positioned above the name Olga Iushkovska.

Olga Iushkovska

Developers:

Head of the department, MD, prof. Iushkovska O.G.,

Senior teacher Korostylova H.Y.

Practical lessons

Practical lesson № 1

Topic: gymnastics as a type of health fitness. Physical exercises of general development.

Objective: mastering the system of practical skills and abilities of the main types and forms of gymnastic exercises of health fitness, development and improvement of psychophysical capabilities, qualities and properties of the personality; harmonious development of the main muscle groups.

Basic concepts: flexibility. Active flexibility. Passive flexibility. Flexion-extension. Pronation-supination. Abduction - adduction. Inversion - eversion.

Equipment: gymnastic mats, gymnastic sticks.

Plan:

1. Organizational measures (greetings, checking of attendees, announcement of the topic, purpose of the lesson, motivation of higher education students to study the topic).
2. Control of the reference level

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Torso tilt forward from a sitting position, cm	m	13	11	9	6
	w	20	18	16	9
Test №2 Hyperextension in statics (number of seconds)	m	100	80	60	40
	w	100	80	60	40

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Definition of the concept of general developmental exercises. Features, classification, principles.
2. Physical qualities of flexibility and strength of the contradiction of development.
3. Congenital features of an organism that are caused by physical quality of flexibility and force.
4. Passive and active flexibility.
5. Anatomical terminology of movement.
6. Definition of the concept of posture. Incorrect and correct posture.
7. Functional features of the spine.

5. Topics of reports / abstracts:

1. General developmental exercises - features, classification, principles.
2. Flexible force is a myth or reality.
3. Anatomical and physiological features of the development of strength and flexibility.
4. Physiological bends of the spine, posture research
5. Self-control of the level of physical condition.

6. Summarizing the results:

Announce the grades to the students and justify them according to the knowledge assessment criteria.

Topic of the next lesson: Physical exercises for strength, flexibility, coordination.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

Practical lesson № 2

Topic: Physical exercises for strength, flexibility, coordination.

Objective: Formation of special knowledge, skills and abilities necessary for the preparation of individual complexes of physical exercises. Providing the necessary level of development, capabilities of functional systems of the body, which bear the main load during the development of basic physical qualities with the help of general developmental exercises.

Basic concepts: Physical qualities. Strength. Speed. Agility. Endurance. Flexibility. Homeostasis. Health. Physical activity. Threshold heart rate. Peak heart rate. Fatigue

Equipment: gymnastic mats, gymnastic sticks, rubber shock absorbers, tennis balls, jump ropes.

Plan:

1. Organizational measures (greetings, checking of attendees, announcement of the topic, purpose of the lesson, motivation of higher education students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2	m				

Flexion and extension of arms in a support, lying on the floor (number of times)		50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. What physical qualities are defined as basic
2. Definition of physical quality Speed.
3. Definition of physical quality Endurance.
4. Definition of physical quality Strength.
5. Definition of physical quality Flexibility.
6. Definition of physical quality Agility.
7. In the form of what effects in the human body is manifested by the therapeutic effect of physical exercises.
8. What are the general developmental exercises?
9. What methodical features of gymnastic elements should be considered in the process of their training?

5. Topics of reports / abstracts:

1. Biochemical manifestation of fatigue
2. Flexible force myth or reality.
3. Anatomical and physiological features of flexibility development.
4. Biological changes in the body during training
5. Physical activity and its dosage.
6. Summarizing the results:

Announce the grades to the students and justify them according to the knowledge assessment criteria.

Topic of the next lesson: Pilates. Learning the basic movements of Pilates.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the

Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.

2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroschnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

Practical lesson № 3

Topic: Pilates. Learning the basic movements of Pilates.

Objective: Preservation and strengthening of students' health, promotion of a healthy lifestyle, maintaining and increasing the level of performance during training; healing joints and strengthening muscles, relieving tension and pain in the body, weight correction, improving posture, normalizing sleep, improving well-being.

Basic concepts: Concentration, Centering, Control, Breathing, Precision, Smoothness.

Equipment: gymnastic mats.

Plan.

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. General characteristics of the system "Pilates"

2. Basic principles of Pilates

3. History of the origin and development of the Pilates system

4. The healing effect of Pilates exercises

5. Methodical features of exercises of the system "Pilates" of the basic level.

6. Indications and contraindications for Pilates classes

5. Topics of reports / abstracts:

1. Pilates and exercise therapy

2. Basic principles of Pilates

3. Pilates and Yoga similarities and differences

4. Indications and contraindications for Pilates.

5. Physical activity and its dosage.

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Building and performing a set of exercises "Pilates/Pilates Matwork"

Level I.7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.

2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.

3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.

5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.

6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.

2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and

Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 4

Topic: Building and performing a set of exercises "Pilates/Pilates Matwork" Level I.

Objective: Improving health, increasing flexibility, developing strength and muscle control forming a healthy lifestyle; improving the activity of the central nervous system, balancing physical and mental aspects

Basic concepts: Concentration, Centering, Control, Breathing, Precision, Smoothness.

Equipment: gymnastic mats.

Plan.

1. Organizational measures (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating higher education students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:
Not provided.

4. Discussion of theoretical issues:

1. General characteristics of the system "Pilates / Pilates Matwork" Level I.
2. Basic principles of Pilates
3. History of the origin and development of the Pilates system
4. The healing effect of Pilates exercises
5. Methodical features of the exercises of the Pilates / Pilates Matwork system Level I.
6. Indications and contraindications for Pilates classes

5. Topics of reports / abstracts:

1. Pilates and exercise therapy
2. Basic principles of Pilates
3. Pilates and Yoga similarities and differences
4. Indications and contraindications for Pilates.

5. Physical activity and its dosage.

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Building and performing a set of exercises "Pilates/Pilates Matwork"

Level II.7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.

2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.

3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.

5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.

6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.

2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypa.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 6

Topic: Building and performing a set of exercises "Pilates/Pilates Matwork" Level III.

Objective: Improvement of respiratory, cardiovascular system functions, development of strength abilities, strength endurance and coordination abilities, flexibility and mobility in joints; formation of correct posture; prevention of back pain; increase of metabolic processes; improvement of

physique; removal of muscle tension; strengthening of muscles; prevention of injuries.

Basic concepts: Concentration, Centering, Control, Breathing, Precision, Smoothness.

Equipment: gymnastic mats.

Plan.

1. Organizational measures (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. General characteristics of the system "Pilates"
2. Basic principles of Pilates
3. History of the origin and development of the Pilates system
4. The healing effect of Pilates exercises
5. Methodical features of exercises of the system "Pilates" of the basic level.
6. Indications and contraindications for Pilates classes

5. Topics of reports / abstracts:

1. Pilates and exercise therapy
2. Basic principles of Pilates
3. Pilates and Yoga similarities and differences
4. Indications and contraindications for Pilates.
5. Physical activity and its dosage.

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Fitness yoga. Study of movements (asanas) of fitness yoga.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroschnyenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 7

Topic: Fitness yoga. Study of movements (asanas) of fitness yoga.

Objective: Formation of practical skills and abilities on the basics of fitness yoga in the process of physical improvement; strengthening health, increasing the level of vital activity and functional capabilities of the body, developing flexibility and attention, forming practical skills for independent fitness yoga and active recreation.

Basic concepts: Fitness. Hatha Yoga. Asana. Pranayama. Meditation. Chakras.

Equipment: gymnastic mats.

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating higher education students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position	m	45	40	35	30

from a supine position in 1 minute (number of times)	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:
Not provided.

4. Discussion of theoretical issues:

1. What is Fitness Yoga?
2. The essence and peculiarity of training in Fitness Yoga.
3. To define the concepts: health fitness, performance, training, healthy lifestyle
4. In the form of what effects in the human body is manifested by the therapeutic effect of fitness yoga.
5. What methodical features of yogis should be taken into account in the process of their training?

5. Topics of reports / abstracts:

1. Biochemical manifestation of fatigue
2. Flexible force myth or reality.
3. Anatomical and physiological features of flexibility development.
4. Biological changes in the body during training
5. Physical activity and its dosage.
6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Power yoga: building and performing a set of exercises.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity -

Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 8

Topic: Power yoga: building and performing a set of exercises.

Objective: Formation of practical skills and abilities on the basics of power yoga in the process of physical improvement; strengthening health, increasing the level of vital activity and functional capabilities of the body, developing flexible strength and attention, forming practical skills for independent fitness yoga and active recreation.

Basic concepts: Fitness. Hatha Yoga. Asana. Pranayama. Meditation. Chakras.

Equipment: gymnastic mats.

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).

2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. What is Fitness Yoga?
 2. The essence and peculiarity of training in Fitness Yoga.
 3. To define the concepts: health fitness, performance, training, healthy lifestyle
 4. In the form of what effects in the human body is manifested by the therapeutic effect of fitness yoga.
 5. What methodical features of yogis should be taken into account in the process of their training?
5. Topics of reports / abstracts:
1. Biochemical manifestation of fatigue
 2. Flexible force myth or reality.
 3. Anatomical and physiological features of flexibility development.
 4. Biological changes in the body during training
 5. Physical activity and its dosage.
 6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Breathing exercises (pranayama), construction and implementation of the complex.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiyi, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 9

Topic: Breathing exercises (pranayama), building and performing the complex.

Objective: Formation of practical skills and abilities on the basics of breathing exercises; strengthening health, increasing the level of vital activity and functional capabilities of the body, reducing anxiety, improving verbal and spatial memory and concentration.

Basic concepts: Pranayama. Bandha. Jalandhara bandha, uddiyana bandha and mula bandha. Chakras.

Equipment: gymnastic mats.

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. What is power yoga?

2. The essence and feature of training in power yoga.

3. Define the concepts: Pranayama. Bandha. Jalandhara bandha, uddiyana bandha and mula bandha. Chakras.

4. In the form of what effects in the human body is manifested by the therapeutic effect of yoga breathing exercises.

5. What methodological features of breathing exercises should be taken into account in the process of their training?

5. Topics of reports / abstracts:

1. Biochemical manifestation of fatigue

2. Flexible force myth or reality.

3. Anatomical and physiological features of flexibility development.

4. Biological changes in the body during training

5. Physical activity and its dosage.

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Technique of breathing exercises according to the Hatha Yoga system.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.

2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.

3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.

5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.

6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.

2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 10

Topic: Technique of breathing exercises according to the Hatha Yoga system.

Objective: Formation of practical skills and abilities on the basics of fitness yoga in the process of physical improvement; strengthening health, increasing the level of vital activity and functional capabilities of the body, developing flexibility and attention, forming practical skills for

independent fitness yoga and active recreation.

Basic concepts: Pranayama. Bandha. Jalandhara bandha, uddiyana bandha and mula bandha. Chakras.

Equipment: gymnastic mats.

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. What is Fitness Yoga.
2. The essence and peculiarity of training in Fitness Yoga.
3. To define the concepts: health fitness, performance, training, healthy lifestyle
4. In the form of what effects in the human body is manifested by the therapeutic effect of fitness yoga.
5. What methodical features of yoga elements should be taken into account in the process of their training?
5. Topics of reports / abstracts:
 1. Biochemical manifestation of fatigue
 2. Flexible force myth or reality.
 3. Anatomical and physiological features of flexibility development.
 4. Biological changes in the body during training
 5. Physical activity and its dosage.
6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: "Smart Body" "Body&Mind". Learning the basic movements of "Body&Mind".

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.

3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 11

Topic: "Smart body" "Body&Mind". Learning the basic movements of "Body&Mind".

Objective: Mastering the basic movements of the "Smart Body" wellness system, self-improvement and balancing of body and spirit, general strengthening of the body, relaxation and relief from stress; stabilization of the psycho-emotional state; normalization of the work of internal organs at the cellular level; positive effect on muscles, joints and ligaments of the body.

Basic concepts: Attention. Balance. Equilibrium. Concentration. Control.

Equipment: gymnastic mats

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score
----------------	--------	--------------------------

		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Basic principles of the Smart Body system.
2. Interrelation of psycho-emotional state with physical exercises.
3. The combination of different complexes of physical exercises of the system of the Smart body.
4. How to keep the body balance during the complex of exercises of the Smart Body.
5. What are the effects of the therapeutic effect of the exercises of the Smart Body system in the human body.
6. What methodical features of the elements of the system of the smart body should be taken into account in the process of their training?

5. Topics of reports / abstracts:

1. Biochemical changes during training
2. Flexible strength myth or reality.
3. Anatomical and physiological features of the development of flexibility, strength, endurance.
4. Psycho-emotional changes in the body during and after training.
5. Physical activity and its dosage.

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Construction and performance of a complex of exercises "Smart Body" "Body&Mind". level I.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.

6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 12

Topic: Construction and implementation of the complex of exercises "Smart Body" "Body&Mind". Level I.

Objective: Mastering the basic movements of the "Smart Body" health system, self-improvement and bringing our body and spirit into balance, general strengthening of the body, relaxation and relief from stress; stabilization of the psycho-emotional state; normalization of the work of internal organs at the cellular level; positive effect on muscles, joints and ligaments of the body.

Basic concepts: Attention. Balance. Equilibrium. Concentration. Control.

Equipment: gymnastic mats

Plan:

1. Organizational measures (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a	m	50	45	40	35

support, lying on the floor (number of times)	w	25	21	18	15
Test № 3	m	130	120	110	100
Jumping rope (number of times in 1 min.)	w	130	120	110	100
Test № 4	m	120	100	80	60
Hyperextension in statics (number of seconds)	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Basic principles of the Smart Body system.
2. Interrelation of psycho-emotional state with physical exercises.
3. The combination of different complexes of physical exercises of the system of the Smart body.
4. How to keep the body balance during the complex of exercises of the Smart Body.
5. What are the effects of the therapeutic effect of the exercises of the Smart Body system in the human body.
6. What methodical features of the elements of the system of the smart body should be taken into account in the process of their training?

5. Topics of reports / abstracts:

1. Biochemical changes during training
2. Flexible strength myth or reality.
3. Anatomical and physiological features of the development of flexibility, strength, endurance.
4. Psycho-emotional changes in the body during and after training.
5. Physical activity and its dosage.
6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Myofascial release (MFR). Study of basic movements of MFR. 7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the

Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroschnyenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.

2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>

3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>

4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>

5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".

6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 13

Topic: Myofascial release (MFR). Learning the basic movements of MFR.

Objectives: Mastering the technique and techniques of MFR, preparing muscles for training, quickly restoring them during and after training; eliminate muscle hypertonicity; increase body flexibility; rehabilitation after diseases of the musculoskeletal system, eliminate muscle imbalance in case of a sedentary lifestyle.

Basic concepts: Myofascial release, trigger points, fascia, percussion massager, roll.

Equipment: tennis balls, rollers, gymnastic mats.

Plan:

1. Organizational activities (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Myofascial release - definition of the concept

2. Fascia and their role in the body

3. Breathing during training

4. Trigger points on the body - features of work

5. Neuromuscular stimulation

6. Technique and sequence of MFR exercises

7. In the form of what effects in a human body the therapeutic effect of physical exercises of MFR is shown

8. Contraindications to classes of MFR.

5. Topics of reports / abstracts:

1. What is myofascial release and how to use it in training?

2. Stretching and MFR

3. Anatomical and physiological features of MFR.

4. Biological changes in the body during training

5. Physical activity and its dosage

6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Construction and implementation of a set of exercises MFR level I (initial).

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.

2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.

3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiyi, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.

4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.

5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.

6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.

2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.

3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.

4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.

5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions.

Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.urau.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 14

Topic: Building and performing a set of exercises MFR level I (beginner).

Objective: Mastering the techniques and methods of MFR, preparing muscles for training, quickly restoring them during and after training; eliminating muscle hypertonicity; increasing body flexibility; rehabilitation after diseases of the musculoskeletal system, eliminating muscle imbalance in case of a sedentary lifestyle.

Basic concepts: Myofascial release, trigger points, fascia.

Equipment: tennis balls, rollers, gymnastic mats.

Plan:

1. Organizational measures (greetings, checking of attendees, announcement of the topic, purpose of the lesson, motivation of higher education students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Myofascial release - definition of the concept. Muscle chains.
2. Fascia and their role in the body.
3. Breathing during training
4. Trigger points on the body - features of work
5. Neuromuscular stimulation
6. Technique and sequence of MFR exercises
7. In the form of what effects in a human body the therapeutic effect of physical exercises of MFR is shown

8. Contraindications to classes of MFR.
5. Topics of reports / abstracts:
 1. What is myofascial release and how to use it in training
 2. Stretching and MFR
 3. Anatomical and physiological features of MFR.
 4. Biological changes in the body during training
 5. Physical activity and its dosage
 6. Summarizing the results:

Announce grades to students and justify according to the criteria for assessing knowledge.

Topic of the next lesson: Building and performing a set of exercises MFR level II (intermediate).

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypa.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>

Practical lesson № 15

Topic: Building and performing a set of IFR exercises level II (intermediate).

Objective: Mastering the technique and techniques of IFR, preparing muscles for training, quickly restoring them during and after training; eliminating muscle hypertonicity; increasing body flexibility; rehabilitation after diseases of the musculoskeletal system, eliminating muscle imbalance in case of a sedentary lifestyle.

Basic concepts: Myofascial release, trigger points, fascia.

Equipment: tennis balls, rollers, gymnastic mats.

Plan:

1. Organizational measures (greetings, checking the attendees, announcing the topic, the purpose of the lesson, motivating higher education students to study the topic).
2. Control of the reference level of knowledge

Types of tests	Gender	Norms, assessment\ score			
		5	4	3	2
Test № 1 Changing to a sitting position from a supine position in 1 minute (number of times)	m	45	40	35	30
	w	40	35	30	25
Test № 2 Flexion and extension of arms in a support, lying on the floor (number of times)	m	50	45	40	35
	w	25	21	18	15
Test № 3 Jumping rope (number of times in 1 min.)	m	130	120	110	100
	w	130	120	110	100
Test № 4 Hyperextension in statics (number of seconds)	m	120	100	80	60
	w	120	100	80	60

3. Questions (test tasks) to check basic knowledge on the topic of the lesson:

Not provided.

4. Discussion of theoretical issues:

1. Myofascial release - definition of the concept
 2. Fascia and their role in the body
 3. Breathing during training
 4. Trigger points on the body - features of work
 5. Neuromuscular stimulation
 6. Technique and sequence of IFR exercises
 7. In the form of what effects in a human body the therapeutic effect of physical exercises of MFR is shown
 8. Contraindications to classes of IFR.
5. Topics of reports / abstracts:
1. What is myofascial release and how to use it in training?
 2. Stretching and MFR
 3. Anatomical and physiological features of MFR.
 4. Biological changes in the body during training
 5. Physical activity and its dosage.
 6. Summarizing the results:

Announce the marks for the discipline to the applicants and justify according to the criteria for assessing knowledge.

7. List of recommended literature:

Basic:

1. Fundamentals of sports medicine (methodical recommendations for 4th year students) / OG Yushkovska, OD Plakida, OL Filonenko et al: ONMedU, 2023. 63 c.
2. Theoretical and methodological foundations of health fitness: a textbook / Yulia Belyak, Iryna Hrybovska, Fedir Muzyka, Viktoriia Ivanochko, Liubov Chekhovska. Lviv: LSUFK, 2018. 208 c.
3. Theoretical and methodological bases of control in physical education and sports: monograph / V.M. Kostiukevych, E.P. Vrublevskiy, T.V. Vozniuk and others; edited by V.M. Kostiukevych. Vinnytsia: "Planer, 2017. 191 c.
4. Dudnyk IO Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, Cherkasy B. Khmelnytsky National University - Cherkasy: B. Khmelnytsky ChNU, 2016. - 72 p.
5. Mykhaliuk, E.L. Medical and pedagogical observations in the process of physical education and sports classes: a textbook / E.L. Mykhaliuk, V.V. Klapchuk - Zaporizhzhia: ZSMU, 2016. 81 p.
6. Kashuba VO, Popadiukha YA Biomechanics of the spatial organization of the human body. Modern methods and means of diagnostics and restoration of disorders: monograph / VO Kashuba, YA Popadyukha - Kyiv: CNL Publishing House, 2018 - 768 p.

Additional:

1. Regarding recommendations on educational and methodological support: Letter of the Ministry of Education and Science of Ukraine No. 1/9-434 of 09.07.2018.
2. National Strategy for Healthy Physical Activity in Ukraine until 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation": Decree of the President of Ukraine No. 42/2016 of February 09, 2016.
3. On Approval of Tests and Standards for Annual Assessment of Physical Fitness of the Population of Ukraine: Order of the Ministry of Youth and Sports of Ukraine No. 4665 of December 15, 2016.
4. Furman Y. M. Perspective models of physical culture and health technologies in Physical education of students of higher educational institutions: monograph / Y. Furman, V. Miroshnychenko, S. Drachuk - K.: NUFVSU, publishing house "Olympus", 2013. 184 p.
5. Yushkovska O.G., Krutsevych T.Y., Seredovska V.Y., Bezverhnya G.V. Independent classes in physical education. Methodical manual for students of medical and pharmaceutical institutions. Odesa, 2011. - 269 p.

Electronic information resources:

1. <http://www.mon.gov.ua> Official website of the Ministry of Education and Science, Youth and Sports of Ukraine.
2. <https://www.sportpedagogy.org.ua/html/journal/2008-03/08koypta.pdf>
3. <http://enpuir.npu.edu.ua/bitstream/123456789/18980/1/Volovik%20N.pdf>
4. <http://journals.uran.ua/index.php/2220-7481/article/view/98511>
5. Methodological portal "Physical Education". □ <http://www.tmfv.com.ua/>- Journal "Theory and Methods of Physical Education".
6. <http://pilates.lviv.ua/2018/08/02/shho-take-pilates/>