

MINISTRY OF HEALTH CARE OF UKRAINE

ODESA NATIONAL MEDICAL UNIVERSITY

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

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September 01, 2024



**WORK PROGRAM OF THE DISCIPLINE
«FITNESS WITH ELEMENTS OF COMBAT SPORTS»**

Level of higher education: second (master's)

Field of knowledge: 22 "Health"

Specialty: 222 «Medicine»

Educational and professional program: Medicine

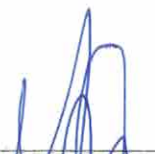
Work program based on the educational and professional program of the second level of higher education for the preparation of masters in specialty 222 «Medicine» of 22 «Health» area of knowledge, improved by scientific council of ONMedU (Protocol № 10 of June 27, 2024)

DEVELOPERS:

Head of the Department MD, Professor Iushkovska O.G.
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The work program was approved at the meeting of the Department of physical rehabilitation, sports medicine, physical education and valeology
Protocol № 1 dated 08/26/2024.

Head of the department



_____ Olga IUSHKOVSKA

Approved by the guarantor of
the educational and professional program


_____ Valeria MARICHEREDA

Approved by the subject cycle methodical commission for on medical-biological disciplines of ONMEDU
Protocol № 1 dated 08.27.2024.

Head of the subject cycle methodical commission on medical-biological disciplines of ONMEDU


_____ Leonid GODLEVSKY

Reviewed and approved at the meeting of the department _____

Protocol №. __ dated _____ 20 ____

Head of the department _____ Olga IUSHKOVSKA

Reviewed and approved at the meeting of the department _____

Protocol №: __ dated _____ 20 ____

Head of the department _____ Olga IUSHKOVSKA

1. Description of the discipline

Name of indicators	Area of knowledge, specialty, level of higher education	Characteristics of the discipline
Total number of: Credits – 3 Hours – 90 Content module – 1	22 «Health»	<i>Full-time education, daily</i>
	222 «Medicine»	<i>Selective</i>
	Second (master's) level of higher education	<i>Year of preparation: 3</i>
		<i>Semester V - VI</i>
		<i>Lectures (0 hours)</i>
		<i>Seminar (30 hours)</i>
		<i>Laboratory work (0 hours)</i>
		<i>Independent work (60 hours)</i>
	<i>Including individual task (0 hours)</i>	
	<i>Form of final control - Credit</i>	

Objective: Formation of general cultural, general and professional competencies in the classes of the training group “Fitness with elements of combat sports” as a necessary link in the general cultural value of physical and psycho-spiritual health and implementation of general health tactics in the professional activity of the future doctor.

Tasks:

1. Preserving and improving the health of students, promoting a healthy lifestyle, maintaining and increasing the level of performance during training;
2. Fostering the need for systematic physical exercises in students, taking into account the characteristics of their future professional activities and physical self-improvement;
3. Mastering the methods of assessing physical development, functional state and self-control during physical exercises;
4. Acquisition by students of the necessary knowledge, skills and abilities in the use of physical culture for the prevention of diseases, restoration and strengthening of health, continuation of professional activity of the able-bodied population;
5. Strengthening health, promoting the formation of comprehensive development of the body, preventing diseases, ensuring the optimal level of physical fitness, physical performance, functional state during the training period;
6. Acquiring self-defense skills, psychologically feeling not only a healthy person, but also being able to stand up for oneself in difficult life situations
7. Mastering a system of practical skills and abilities to practice the main types and forms of rational physical activity, development and improvement of psychophysical capabilities, qualities and properties of the personality; harmonious development of the main muscle groups;

The process of studying the discipline is aimed at forming elements of the following competencies

- General (GC):

- GC1. Ability to abstract thinking, analysis and synthesis
- GC2. Ability to learn and master modern knowledge
- GC3. Ability to apply knowledge in practical situations
- GC4. Knowledge and understanding of the subject area and understanding of professional activities
- GC5. Ability to adapt and act in a new situation
- GC6. Ability to make informed decisions
- GC7. Ability to work in a team
- GC8. Ability to interpersonal interaction
- GC10. Ability to use information and communication technologies

- GC11. Ability to search process and analyze information from various sources
- GC12. Determination and persistence in tasks and responsibilities
- GC15. Ability to preserve and enhance moral, cultural, scientific values and achievements of society based on an understanding of the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology and technology, to use various types and forms of physical activity for active recreation and healthy lifestyle
- GC16. Ability to evaluate and ensure the quality of work performed
- GC17. The desire to preserve the environment
- GC18. Ability to make decisions and act in compliance with the principle of inadmissibility of corruption and any manifestations of dishonesty
- **Special (SC):**
- SC4. Ability to determine the necessary mode of work and rest in the treatment and prevention of diseases
- SC28. Ability to apply fundamental biomedical knowledge at a level sufficient to perform professional tasks in the field of health care

Program learning outcomes (PLOs):

- PLO1. Have a thorough knowledge of the structure of professional activity. Be able to carry out professional activities that require updating and integrating knowledge. To be responsible for professional development, the ability to further professional training with a high level of autonomy.
- PLO21. Search for necessary information in professional literature and databases of other sources, analyze, evaluate and apply this information.
- PLO23. Assess the impact of the environment on human health to assess the state of morbidity of the population.

As a result of studying the discipline, the higher education student must:

Know:

- Recommendations on the parameters of physical activity (intensity, volume load, signs of overstrain, symptoms of insufficient recovery);
- Patterns of development of motor skills and formation of motor skills;
- Fundamentals of technique and tactics, physical training.
- Ways to combat injuries in the classroom;
- Physiological bases of respiratory, circulatory and energy supply systems during muscle loads.

Be able to:

- Independently compose and perform fitness exercises with elements of combat sports;
- Use the acquired knowledge and skills to form a healthy lifestyle;
- Exercise self-control in the process of training;
- Understand and use terminology in the process of training;
- Apply means and methods for the purpose of health improvement and physical improvement;
- Demonstrate a typical technique of blows, have defenses against them.
- To dose physical activity in accordance with the level of their physical condition and functional capabilities;
- Be able to apply the acquired knowledge in the classroom to prevent fatigue and increase efficiency;
- Use their own experience in physical education to develop an individual training program to improve their functional and motor abilities and correct body defects.
- To feel psychologically not only a healthy person, but also to be able to stand up for oneself in difficult life situations.

3. Content of the discipline

Fitness with elements of combat sports

Topic 1. Fitness boxing. Training of boxer's stance technique. Technique of performance and methods of teaching steps and movements in boxing. Formation of motor skills of movement. Technique of moving the boxer. Technique and methods of teaching direct punches in boxing.

Topic 2. Defensive actions in boxing. Technique and methods of training slope, kidneys, stretch, stand, block. Injuries in boxing and its prevention. Improvement of individual punching and defense techniques.

Topic 3. Technique and methodology of learning to strike from the side at different combat distances. Methods of teaching blows from below to the body. Methods of applying single and combinations of blows. Application of exercises with a partner.

Topic 4. Means and methods of development of physical qualities of boxers. Methods of development of endurance, speed - power qualities, dexterity, flexibility, coordination abilities of boxers. General physical training of boxers. Special physical training of boxers.

Topic 5. Tae Bo. Technique and methodology of teaching hand strikes. Thai step - technique and method of training.

Topic 6. Classification of kicks in Tae boxing. Technique and method of teaching kicks. Methods of teaching a direct kick to the body (front kick), side kicks (on the leg, body, head).

Topic 7. Teaching techniques of knee strikes (side, direct strikes), elbows (top, bottom, side). Construction and execution of the Tae Bo complex - level I (training).

Topic 8. Means and methods of development of physical qualities of taeboksers. Methods of development of endurance, speed-power qualities, dexterity, flexibility, coordination abilities of taiboksers. General physical training of taiboksers. Special physical training of taeboksers.

Topic 9. Construction and performance of the complex Tae Bo - level II (average). Circular training with elements of Tae Bo technique.

4. Structure of the academic discipline

Names of topics	Number of hours					
	Total	including				
lectures		seminars	practical	laboratory	IWA	
Fitness with elements of combat sports						
Topic 1. Fitness boxing. Training of boxer's stance technique. Technique of performance and methods of teaching steps and movements in boxing. Formation of motor skills of movement. Technique of moving the boxer. Technique and methods of teaching direct punches in boxing.	10	0	0	4	0	6
Topic 2. Defensive actions in boxing. Technique and methods of training slope, kidneys, stretch, stand, block. Injuries in boxing and its prevention. Improvement of individual punching and defense techniques.	10	0	0	4	0	6

Topic 3. Technique and methodology of learning to strike from the side at different combat distances. Methods of teaching blows from below to the body. Methods of applying single and combinations of blows. Application of exercises with a partner.	10	0	0	4	0	6
Topic 4. Means and methods of development of physical qualities of boxers. Methods of development of endurance, speed - power qualities, dexterity, flexibility, coordination abilities of boxers. General physical training of boxers. Special physical training of boxers.	10	0	0	2	0	8
Topic 5. Tae Bo. Technique and methodology of teaching hand strikes. Thai step - technique and method of training.	10	0	0	2	0	8
Topic 6. Classification of kicks in Tae boxing. Technique and method of teaching kicks. Methods of teaching a direct kick to the body (front kick), side kicks (on the leg, body, head).	10	0	0	4	0	6
Topic 7. Teaching techniques of knee strikes (side, direct strikes), elbows (top, bottom, side). Construction and execution of the Tae Bo complex - level I (training).	10	0	0	4	0	6
Topic 8. Means and methods of development of physical qualities of taeboksters. Methods of development of endurance, speed-power qualities, dexterity, flexibility, coordination abilities of taiboksters. General physical training of taiboksters. Special physical training of taeboksters.	10	0	0	4	0	6

Topic 9. Construction and performance of the complex Tae Bo - level II (average). Circular training with elements of Tae Bo technique.	10	0	0	2	0	8
Total:	90	0	0	40	0	60

5. Topics of lectures / seminars / practical / laboratory classes

5.1. Topics of lectures

Lectures are not provided.

5.2. Topics of seminars

Seminars are not provided.

5.3. Topics of practical classes

6. Themes of practical classes

№ /or	Theme name	Number of hours
1.	Topic 1. Practical class 1. Fitness boxing. Training of boxer's stance technique. Technique of performance and methods of teaching steps and movements in boxing.	2
2.	Topic 1. Practical class 2. Formation of motor skills of movement. Technique of moving the boxer. Technique and methods of teaching direct punches in boxing.	2
3.	Topic 2. Practical class 3. Defensive actions in boxing. Technique and methods of training slope, kidneys, stretch, stand, block.	2
4.	Topic 2. Practical class 4. Injuries in boxing and its prevention. Improvement of individual punching and defense techniques.	
5.	Topic 3. Practical class 5. Technique and methodology of learning to strike from the side at different combat distances. Methods of teaching blows from below to the body.	2
6.	Topic 3. Practical class 6. Methods of applying single and combinations of blows. Application of exercises with a partner.	2
7.	Topic 4. Practical class 7. Means and methods of development of physical qualities of boxers. Methods of development of endurance, speed - power qualities, dexterity, flexibility, coordination abilities of boxers. General physical training of boxers. Special physical training of boxers.	2
8.	Topic 5. Practical class 8. Tae Bo. Technique and methodology of teaching hand strikes. Thai step - technique and method of training.	2
9.	Topic 6. Practical class 9. Classification of kicks in Tae boxing. Technique and method of teaching kicks.	2
10	Topic 6. Practical class 10. Methods of teaching a direct kick to the body (front kick), side kicks (on the leg,	2

	body, head).	
11.	Topic 7. Practical class 11. Teaching techniques of knee strikes (side, direct strikes), elbows (top, bottom, side).	2
12.	Topic 7. Practical class 12. Construction and execution of the Tae Bo complex - level I (training).	2
13.	Topic 8. Practical class 13. Means and methods of development of physical qualities of taebokers. Methods of development of endurance, speed-power qualities, dexterity, flexibility, coordination abilities of taibokers.	2
14.	Topic 8. Practical class 14. General physical training of taibokers. Special physical training of taebokers.	2
15.	Topic 9. Practical class 15. Construction and performance of the complex Tae Bo - level II (average). Circular training with elements of Tae Bo technique.	2
	Total:	30

5.4. Теми лабораторних занять

Лабораторні заняття не передбачені.

6. Самостійна робота здобувача вищої освіти

№	Назва теми / види завдань	Кіл-ть годин
1.	Тема 1. Підготовка до практичних занять 1 – 2	6
2.	Тема 2. Підготовка до практичних занять 3 - 4	6
3.	Тема 3. Підготовка до практичних занять 5 - 6	6
4.	Тема 4. Підготовка до практичних занять 7	8
5.	Тема 5. Підготовка до практичних занять 8	8
6.	Тема 6. Підготовка до практичних занять 9 - 10	6
7.	Тема 7. Підготовка до практичних занять 11 - 12	6
8.	Тема 8. Підготовка до практичних занять 13-14	6
9.	Тема 9. Підготовка до практичного заняття 15	8
	Разом	60

5.4. Topics of laboratory classes

Laboratory classes are not provided.

6. Independent work of the applicant for higher education

№ i/or	Theme name	Number of hours
1.	Topic 1. Preparation for practical classes 1-4	12
2.	Topic 1. Preparation for practical classes 5 –8	12
3.	Topic 1. Preparation for practical classes 9 - 10	12
4.	Topic 1. Preparation for practical classes 11 - 13	12
5.	Topic 1. Preparation for practical classes 14 - 15	12
	Total:	60

7. Teaching methods

Practical classes: conversation, narration, explanation, demonstration, instruction, exercises, training exercises.

Independent work:

- independent work with methodological developments, recommended basic and additional literature, information resources of the department, preparation for classroom classes; - independent performance of an additional (bonus) research task of the applicant, preparation of a scientific report at a meeting of a scientific circle, conference, preparation and publication of abstracts of the applicant's scientific work, participation in an interuniversity olympiad, competition of scientific works.

8. Forms of control and assessment methods

(Including criteria for assessing learning outcomes)

Current control: attendance at class, physical fitness testing.

Final control: credit.

Assessment of current learning activities in the practical class:

Assessment of practical skills on the topic of the lesson:

- Methods: assessment of the correctness of practical skills

- Maximum grade - 5, minimum grade - 3, unsatisfactory grade - 2.

The grade for one practical lesson is the arithmetic mean of all components and can only have an integer value (5, 4, 3, 2), which is rounded by the statistical method.

Current evaluation criteria in practical training

Assessment	Criteria for the assessment
«5»	The applicant systematically worked during the semester, successfully completed test tasks on physical fitness, freely performed practical tasks provided by the curriculum, mastered the content of basic and additional literature, realized the interconnection of individual sections of the discipline, their importance for the future profession, showed creativity in understanding and using the educational and program material, showed the ability to independently update and replenish knowledge, showed creativity in understanding and creative use of acquired knowledge and skills.
«4»	The applicant has demonstrated complete knowledge of the curriculum material, performs well in the physical fitness tests provided by the program, has mastered the basic literature recommended by the program, has shown a sufficient level of knowledge of the discipline and is capable of updating and updating them independently in the course of further study and professional activity.
«3»	The applicant has demonstrated knowledge of the basic educational and program material to the extent necessary for further study and subsequent work in the profession, satisfactorily copes with the test tasks on the level of physical fitness provided by the program. Significant errors in the performance of practical tasks are possible, but the student is able to eliminate them with the help of the teacher.
«2»	The applicant has not demonstrated sufficient knowledge of the basic curriculum material, has made fundamental mistakes in the performance of the tasks provided for in the program, unsatisfactorily performs the test tasks on physical fitness provided for in the program, cannot use the knowledge in further studies without the help of the teacher, has not been able to master the skills of independent work.

Assessment of independent work of applicants:

Students' independent work is assessed during the current control of the topic in the relevant class. Mastery of topics that are submitted only for independent work is checked during classroom classes.

Credit is given to an applicant who has completed all the tasks of the work program of the discipline, actively participated in seminars, completed and defended an individual assignment and has a current average grade of at least 3.0 and has no academic debt.

The test is given: at the last class before the examination session - in the case of the tape system of education, at the last class - in the case of the cycle system of education. The grade for the test is the arithmetic mean of all components on a traditional four-point scale and has a value that is rounded according to the statistical method with two decimal places.

9. Distribution of grades received by undergraduate applicants

The obtained grade point average for the discipline for students who have successfully completed the work program of the discipline is converted from the traditional four-point scale to points on a 200-point scale, as shown in the table:

Table of conversion of traditional assessment into multi-point

Traditional four-point scale	Multipoint 200-point scale
Excellent («5»)	185 – 200
Good («4»)	151 – 184
Satisfactory («3»)	120 – 150
Unsatisfactory («2»)	Below 120

The multi-point scale (200-point scale) characterizes the actual performance of each student in mastering the educational component. The conversion of the traditional grade (grade point average) into a 200-point scale is performed by the University's Information Technology Department.

According to the points received on a 200-point scale, the achievements of applicants are evaluated according to the ECTS rating scale. Further ranking according to the ECTS rating scale allows evaluating the achievements of applicants in the educational component who study in the same course of one specialty, according to the points they received.

The ECTS scale is a relative and comparative rating scale that establishes the applicant's belonging to the group of the best or worst among the reference group of fellow students (faculty, specialty). Grade A on the ECTS scale cannot be equal to grade A, and grade B cannot be equal to grade B, etc. When converting from a multi-point scale, the limits of grades "A", "B", "C", "D", "E" on the ECTS scale do not coincide with the limits of grades "5", "4", "3" on the traditional scale. Applicants who have received grades "FX" and "F" ("2") are not included in the list of ranked applicants. The grade "FX" is assigned to applicants who have scored the minimum number of points for current academic activities, but who have not been credited with the final control. The grade "F" is assigned to applicants who have attended all classes in the discipline, but have not gained an average score (3.00) for current academic activities and are not allowed to take the final control.

Applicants enrolled in the same course (one specialty), based on the number of points gained in the discipline, and are ranked on the ECTS scale as follows:

Conversion of the traditional discipline grade and the sum of the ECTS scale scores

Assessment on the ECTS scale	Statistical indicator
A	The best 10% of the student
B	The next 25% of the student
C	The next 30% of the student
D	The next 25% of the student
E	The next 10% of the student

10. Methodological support

- Work program of the discipline
- Syllabus

Educational and methodical literature:

- Methodical developments for seminars
- Methodical recommendations for independent work of higher education students
- Physical fitness assessment tests.

11. Questions for preparation for the final control

Not provided by the program

12. Recommended literature

Main literature:

1. Lee Boyce., Melody L.Schoenfeld. Strength Training for All Body Types The Science of Lifting and Levers\2023 Page Count: 288 p.
2. Human Kinetics. Canada. Strength Training for All Body Types\ 2024 Page Count: 288p.
3. Alwyn Cosgrove, Craig Rasmussen. Secrets of Successful Program Design A How-To Guide for Busy Fitness Professionals\ 2021Page Count: 275 p.

Additional literature:

1. Dudnyk I.O Formation of volitional qualities in students in the process of physical education: a study guide / IO Dudnyk; MESU, B. Khmelnytsky Cherkassy National University - Cherkassy: B. Khmelnytsky ChNU, 2016. - 72 p.
2. Yezhova O.O. Healthy lifestyle: a textbook for students of vocational schools / O.O. Yezhova; MESU; Academy of Pedagogical Sciences of Ukraine, Institute of Education Problems of the Academy of Pedagogical Sciences of Ukraine.
3. 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. 81p.
4. Vykhov V. Improvement of physical training of students by means of boxing / V. Vykhov // Pedagogical technologies of teaching physical culture. -2011
5. Ostianov V.N. Education and training of boxers / V.N.Ostianov-K.: Olympus. Lit. 2011.-272
6. Sayenko V.G. Fitness on the basis of Eastern health systems / V.G. Sayenko, G.V. Tolcheva, N.S. Shabanova // Problems and prospects of development of culture of health of the personality in the social context: collection of materials of the All-Ukrainian scientific-practical conference - Luhansk: Luhansk Taras Shevchenko National University, 2010.

13. Information resources

- <https://wvumedicine.org/wellness/resources/online-fitness-resources/>
- <https://powerfitnessandnutrition.com>
- <https://www.youtube.com/watch?v=cLJfmPaKb1M>
- https://www.youtube.com/watch?v=mpL7e0_jLXQ