

Physical Education

*Methodical instructions for independent classes of first-year students in
specialty 221 «Dentistry»*

MINISTRY OF HEALTH OF UKRAINE

Kharkiv National Medical University

Department of Physical Education and Health

Physical Education

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Approved by the Scientist
council of KhNMU..
Protocol №

**Kharkiv
KhNMU
2021**

Physical education: methodical instructions to independent classes of first-year students in the specialty 221 "Dentistry"/ Compilers : V.V. Shuteev, O.A Bilyk, V.V Poruchikov and other. – Kharkiv: KhNMU, 2021. - 24 p.

Compilers

V.V. Shuteev
O.A Bilyk
V.V Poruchikov
S.V. Lapko

Topic 1. Initial concepts of the theory and methods of physical education

(20 hours)

Topicality: The theory of physical education as a science and academic discipline operates with certain concepts. It is the basic concepts that reflect the essential features and form a system of scientific knowledge. The development of knowledge concepts are clarified, deepened and may even pass into other concepts with a broader meaning. Definitions that contain information only about the external features of the subject must be distinguished from meaningful definitions.

The purpose of the lesson: To know the basic concepts of the theory and methods of physical education.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. What is a physical culture
2. Aspects of physical culture
3. Means of physical education
4. Physical development of human

Test tasks

1. Physical culture is:

- A. Outdoor entertainment*
- B. An integral part of culture*
- C. The desire for higher sporting achievements*
- D. General developmental exercises*

2. What are the patterns of the structure of the lesson of physical culture:

- A. With muscular efficiency*
- B. Physical perfection*
- C. The nature of the exercises performed*
- D. Development of motor skills*

3. Name the main tasks that are solved in a physical education class:

- A. Self-analysis of student actions, independent classes, heart rate control*

- B. *Physical development, physical fitness, physical perfection*
- C. *Physical development, health, heart rate control*
- D. *Educational, health, educational*
4. The method of performing the movement, which solves the motor problem, is:
 - A. *Theory and methods of physical education*
 - B. *Methods of physical education*
 - C. *Physical exercise Technique*
 - D. *Methods of performing physical exercises*
5. What position expresses readiness for action and creates the most favorable conditions for proper performance of the exercise?
 - A. *Normal*
 - B. *Rational*
 - C. *Correct*
 - D. *Initial*
6. What are the movements called in which the same phases are repeated in a clear sequence?
 - A. *Cyclic*
 - B. *Acyclic*
 - C. *Repetitive*
 - D. *General development*
7. The main indicator that determines the choice of physical quantity downloads are:
 - A. *The desire of man and the state of his health*
 - B. *The magnitude of its impact on the body*
 - C. *Time and number of repetitions of motor actions*
 - D. *Tension of certain muscle groups*
8. The use of various forms of motor activity creates optimal ...
 - A. *Level of physical fitness*
 - B. *Motor mode **
 - C. *Training effect*
 - D. *Motor skill*
- 9 The motor density of the training lesson can reach%:
 - A. *60-70 %*
 - B. *80-90 %*
 - C. *50-60%*
 - D. *70-80 %**
10. What is a "load"?
 - A. *The degree of impact of exercise on the human body **

B. Self-regulation

C. Intensity

D. Performing heavy exercises

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3V.N. Platonov. General theory of training athletes in Olympic sports. Учебник. K.: "Olympic Literature", 1997. - p. 265-299.

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Topic 2. Specific features of physical education (20 hours)

Topicality.

Specific principles of physical education: continuous systematic alternation of loads and rest, gradual increase of pedagogical influences, adaptive balancing of dynamics of loadings, cyclic construction of system of employment, peak and general adequacy of directions of physical education.

The purpose of the lesson: The use of various sets of exercises aimed at developing physical qualities.

Tasks for independent work in preparation for the lesson

Theoretical questions

1. The result of physical training.
2. The main specific means of physical education?
3. Personal hygiene includes
4. Heart rate during exercise

Test tasks

1. Physical Exercises are:

- A. Motor actions aimed at the formation of motor skills and abilities*
- B. Motor actions (including their totality) are aimed at the implementation of the tasks of physical education*
- C. Types of motor actions aimed at morphological and functional changes of the organism*
- D. Types of motor actions aimed at changing the shape of the physique and the development of physical qualities*

2. Health is:

- A. A set of physical means and indicators that are aimed at the harmonious development of man*
- B. Mental and physiological indicators of the body*
- C. A state of complete physical, mental, social and spiritual well-being and not merely the absence of disease*
- D. The level of achieved development of physical qualities, the formation of motor skills as a result of a specialized process of physical education.*

3. Physical qualities are:

- A. It is developed in the process of education and purposeful training of human motor skills, which determine its ability to successfully perform certain motor activities*
- B. Innate morphofunctional qualities due to which physical activity of the person which has received the full display in expedient motor activity is possible*
- C. A set of different manifestations of man in a particular motor activity*
- D. The set of abilities of those who are engaged in physical culture and sports, expressed in concrete results*

4. Endurance is:

- A. The body's ability to perform exercises with sports equipment*
- B. Ability to resist physical fatigue during muscle activity*
- C. The ability to resist natural phenomena*
- D. Individual features of the human body, which are manifested during sleep*

5. Flexibility is:

- A. Ability to perform movements with large amplitude*
- B. The body's ability to withstand heavy loads*
- C. This is the absolute range of motion in a joint or several joints, which is achieved in dynamic or static conditions under the action of muscle effort or external force*
- D. Ability to master motor skills*

6. Name all the motor qualities:

- A. Speed, strength, endurance, flexibility, motor reaction*
- B. Strength, speed, endurance, flexibility, coordination*
- C. Speed, strength, endurance, motor reaction, coordination **
- D. Flexibility, endurance, coordination, strength, motor response*

7. Sport is:

- A. A type of social activity aimed at improving and developing her physical abilities*
- B. Competitive activity and special preparation for it, as well as specific relations, norms and high achievements in the field of this activity*
- C. Specialized pedagogical process, built on a system of physical exercises and aimed at participating in sports competitions*
- D. Pedagogical process aimed at morphological and physiological improvement of the human body*

8. Personal hygiene includes:

- A. Body and oral care, hardening, morning hygienic gymnastics*
- B. Organization of daily routine, hardening, morning hygienic gymnastics, body and oral care, exercise*
- C. Hydro-procedures, sleep, alternation of work and rest*
- D. Hardening, morning hygienic gymnastics, walks in the fresh air*

9. The field of entertainment business, where athletes are the workforce, and the main criterion of efficiency - income - is:

- A. Mass sports*
- B. Olympic sports*
- C. Professional sports*
- D. Professional and applied sports*

10. The use of sports for the harmonious development of man, health promotion, disease prevention, self-affirmation and self-knowledge, rational organization of leisure - is:

- A. Olympic sports*
- B. Mass sports*

C. Sports of the highest achievements

D. Professional and applied sports

Literature

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Topic 3 Olympic philosophy and healthy lifestyle (16 hours)

Relevance: The study of the features of the modern Olympic movement, education, as well as the basic principles of Olympism also applies to the peculiarities of the formation of a healthy lifestyle. Implementation of theoretical and practical aspects that will help raise the general cultural level, the formation of a culture of interethnic communication as an indicator of human education and the level of development of a particular society in the

system of global relations, as well as improving the health of the nation as a whole.

The purpose of the lesson: Consider the Olympic philosophy, and a healthy lifestyle

Tasks for independent work in preparation for the lesson

Theoretical questions

1. The essence of the concept of "Olympism"
2. Olympic Charter
3. The main provisions of a healthy lifestyle
4. Ways of development of modern sports
5. History of the Olympic Games

Test tasks

1. What is the meaning of the slogan "Citius, altius, fortius"
A. "Faster, higher, easier"
B. "Smarter, higher, more durable"
S. "Faster, higher, stronger"
D. "Smarter, faster, stronger"
2. Which French educator and social activist played a major role in the revival of the Olympic Games?
A. *Henri de Bayeux-Latour*
W. *Johannes Siegfried Edström*
S. *Pierre de Coubertin*
D. *Juan Antonio Samaranch*
3. The winners of the ancient Olympic Games were named
A. *Ellanodics* C. *Olympians*
B. *Champions*
4. The Olympic movement is
A. *a movement based on the obligatory association of citizens and organizations in order to promote the ideas of Olympism.*
B. *uniting people for sports and sports development.*
S. *promotion of a healthy lifestyle.*
D. *a social movement based on the voluntary association of citizens and organizations to promote the ideas of Olympism, a healthy lifestyle, the development of physical culture and sports.*

5. The document, which sets out the basic principles of the International Olympic Committee is called
- A. *The Olympic Charter.*
 - B. *Medical Code of the Olympic Movement.*
 - C. *Code of Honor of the Olympian of Ukraine.*
 - D. *Law of Ukraine "On Physical Education and Sports"*
6. When was the first Olympic Games first held?
- A. 677 BC
 - C 1567 p
 - B. 776 BC
 - D. 1742 p
7. They belong to the Olympic symbols:
- A. *Olympic flag; Olympic anthem; Olympic emblem;*
 - B. *Olympic flame; Olympic slogan;*
 - S. *Olympic uniform*
 - D. *Olympic Stadium*
8. The basis of a healthy lifestyle is:
- A. *Absence of bad habits;*
 - B. *Optimal motor mode*
 - C. *Moral and spiritual development*
 - D. *All answers are correct*
9. What does a healthy lifestyle mean?
- A. compliance with certain rules that ensure harmonious development, high efficiency, spiritual balance and human health.
 - B. individual system of behavior and habits of each person.
 - C. strengthening of all systems of an organism and improvement of the general state of health of the person.
 - D. all answers are correct
10. Proper Nutrition is also the basis of a healthy lifestyle, what are its requirements?
- A. *Quantity of food, its quality*
 - B. *Assimilation of food so that food is not harmful, properly organized diet*
 - C. *Eat few fruits and vegetables, but plenty of meat*
 - D. *eat food with additives and substitutes.*

Literature

1. "Theory and methods of physical education" / Under. ed. Ashmarina BA - M., 1990.
2. Вайцеховский С.М. Coach M.'s book, "Physical Culture and Sports", 1971.

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2. Basics of a healthy lifestyle <https://www.bsmu.edu.ua/blog/2977-osnovi-zdorovogo-sposobu-zhittya/>
3. OLYMPIC EDUCATION https://uni-sport.com.ua/sites/default/files/vseDocumenti/25_rokyv_0.pdf
4. Healthy lifestyle: a few tips to maintain your health

Topic 4. Hygiene of sportswear and footwear (14 hours)

Relevance: Sportswear and footwear should provide favorable conditions for the functioning of the body during intense exercise in different weather conditions, taking into account the specific features of the sport and the rules of competition. Sportswear is designed to maintain optimal thermal balance of the body during exercise, to provide effective sports activities and protection against injury and mechanical damage. The fabrics from which it is made must meet hygienic requirements for heat protection and other properties. Cotton and wool fabrics, cloth, as well products made of lavsan, nitron and polyvinyl chloride. The necessary ventilation for the clothing space is provided by clothes made of fabrics with high permeability of air and

moisture. Such qualities correspond to wool, cloth, knitwear, lavsan. To protect against wind and rain, clothing made of fabrics, which is characterized by low air permeability (cotton, linen, nylon, etc.) is used.

The purpose of lesson: To get acquainted with the different types of shoes and clothes for different sports.

Tasks for self-work in preparation for the lesson

Theoretical questions

1. Basic functions of clothing.
2. What is the air permeability of clothing.
3. What is the elasticity of clothing.
4. What should not change shoes.
5. What should be sports shoes.

Test Tasks

1. The main function of clothing:
 - A. Protection
 - B. Aesthetic
 - C. Information
 - D. Comfortable
2. Air permeability of clothing provides:
 - A. Heat exchange
 - B. Greater efficiency
 - C. Air exchange
3. Hygroscopicity is the ability of tissues to adsorb on their fibers:
 - A. Dust
 - B. Water and sweat
 - C. Dirt
 - D. All options are correct
4. Water absorption is the ability of the fabric to get soaked:
 - A. Hold water
 - B. Keep warm
 - C. Hold air
 - D. All variants are correct

5. The best elasticity has things:
 - A. Silk
 - B. Woolly and Cotton*
 - C. Latex
 - D. Leather
6. Clothing must match:
 - A. Height and Figure
 - B. Climate and Season
 - C. Type of activity
 - D. All options are correct*
7. Sportswear and footwear are clothes and shoes specially designed:
 - A. All-Ukrainian life of
 - B. Sports
 - C. Parade performances
 - D. All variants are correct
8. In case of uncomfortable shoes, the:
 - A. Blood circulation in the legs
 - B. Unpleasant sensations
 - C. Sweating feet
 - D. All variants correct
9. The main, best material for the manufacture of shoes are:
 - A. Imitation leather
 - B. Leather
 - C. Suede
 - D. Tissue
10. Evaporation is the ability to evaporate:
 - A. Moisture
 - B. Water
 - C. Liquids
 - D. All variants are correct

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2. <https://studfile.net/preview/5259323/>
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Topic 5. Hygienic quenching bases (20 hours)

Relevance: Hardening is understood as a system of hygienic measures aimed at increasing the body's resistance to adverse effects of various meteorological factors (cold, heat, solar radiation, low atmospheric pressure). An important role of hardening plays in the prevention of colds. The systematic use of hardening procedures reduces the number of colds by 2-5 times, and in some cases almost completely eliminates their occurrence.

Purpose of the lesson: Know the hygienic basics of quenching

Tasks for self-work in preparation for the lesson

Theoretical questions

1. Hygienic hardening rules.
2. The concept of hardening.
3. Means and methods of hardening.

Test Tasks

1. How many rules of hardening

A. 2

B. 4

C. 3

D. 5

2. What can harden the body?

A. Air

B. Water

C. Food

D. Air, water, sun

3. How many groups is divided by air hardening

A. 3

B. 4

C. 2

D. 6

4. Types of procedures for water quenching

A. Souls

B. Bathing

C. Dousing

D. Rubbing, dousing, showering, bathing

5. How many minutes is wiped?

A. 10

B. 5

C. 6

D. 3

6. When should you sunbathe?

A. Throughout the summer

B. From mid-summer, their duration should be increased especially carefully

C. Throughout the year

D. In the spring

7. When is it better to sunbathe?

A. In the heat

B. As soon as the sun rose

C. Take in the morning when the ground and air are less heated and the heat is easier to tolerate

D. In the evening

8. Where is it desirable to sunbathe?
 - A. Sunbathing can be taken anywhere
 - B. On the beach
 - C. Near the forest
 - D. Outside the city near water bodies
9. The main condition for receiving air baths:
 - A. Pre-ventilated room
 - B. Anywhere
 - C. Where there are trees
 - D. On the street
10. When cooking with water, how many times is it recommended to bathe?
 - A. As much as you want
 - B. In the evening
 - C. In the morning and in the evening
 - D. In the morning

Literature

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Topic 6 Rational nutrition of students (20 hours)

Relevance: One of the conditions for maintaining and improving health is a healthy lifestyle, the formation of which forms the basis of primary prevention of many diseases. emotional sphere. For the normal functioning of the body during this difficult and responsible period of nutrition plays a significant role.

Purpose of the lesson: To get acquainted with the rational nutrition of students

Tasks for self-work in preparation for the lesson

Theoretical questions

1. Principles of rational nutrition.
2. Energy costs of a person
3. Types of food.
4. Familiarization with the influence of rational nutrition

Test Tasks

1. Rational nutrition is:
 - A. Balanced on fats
 - B. Balanced on all components of food substances and adequate sex, age, health, physiological status.
 - C. Balanced by proteins
 - D. Balanced by carbohydrates
2. Diet is:
 - A. Multiplicity of meals
 - B. Quantitative distribution of food
 - C. Diet
 - D. All replies.
3. Food status is:
 - A. State of structure, functions and adaptive reserves of the body.
 - A. State of physical development depending on nutrition.
 - C. Different variants of the diet of certain groups of the population.
 - D. The state of health of the person, which indicates certain consumption of products.
4. The greatest energy consumption in dynamic actions requires:

- A. Foods rich in fats C. Foods rich in proteins.
 B. Predominantly carbohydrate food. D. Food with nucleic acids.
- 5.** Which fats of the listed have the lowest digestibility by the human body:
- A. Fish oil
 B. Pork fat
 C. Beef fat
 D. Milk fat
- 6.** The criterion for assessing the state of health depending on nutrition:
- A. Determination of the composition (structure) of the body.
 B. Determination of daily energy costs.
 C. Determination of individual need for food substances.
 D. All answers are correct
- 7.** Therapeutic and prophylactic nutrition is:
- A. Rational nutrition, built taking into account the metabolism of xenobiotics.
 B. Correction of the diet, taking into account diseases (atherosclerosis, diabetes mellitus, hypertension, pathology of the digestive system);
 C. Rational nutrition of a healthy person.
 D. Nutrition to accelerate metabolism.
- 8.** The basic principle of therapeutic nutrition:
- A. Balanced diet, taking into account nosology.
 B. Prevention of the occurrence and development of syndromes of lack and excess nutrition.
 C. Accounting for physiological needs for energy of a healthy person
 D. All answers are correct
- 9.** Magnesium affects nervous, muscular, cardiac activity.
- A. Bread
 B. Fish
 C. Meat
 D. All answers.
- 10.** According to balanced norms of food intake, the ratio of proteins, fats and carbohydrates should be
- A. 1:2:1
 B. 1:1:1

C. 1:1:4

D. 3:1:1

Literature

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Topic 7 Health Loss Risk Factors (20 Hours)

Relevance: In the system of values that cherish any civilized nation, a special place is given to human health. find tools to store it.

The purpose of: lesson is to familiarize yourself with the risk factors of loss of health.

Tasks for self-work in preparation for the lesson Theoretical questions

1. Health factors.
2. Why emotional and mental state has a big impact on human health?
3. Why when alcohol enters the human body, first of all, the nervous system reacts to it?

Test Tasks

1. Which of these factors most cause danger to the cardiovascular system
And nervous and mental overstrain
A. High bridge of cholesterol in the blood
C. Overweight
D. Hypokinesia
2. Indicate somatometric signs of physical development of children and adolescents:
A. Spine shape
B. Body weight
C. Blood pressure
D. Voice mutation
3. Favorable factors shaping health include:
A. Having a child less than two bad habits
B. Excessive motor activity
C. Power sports
D. Hardening
4. What does the concept of "health" mean?

- A. Absence of diseases.
 - B. Lack of physical disabilities.
 - C. State of physical, spiritual and social well-being.
 - D. High activity of the adaptive reserves of the body.
- 5. Valeology is the science of:**
- A. Diseases
 - B. Vada
 - C. Recovery
 - D. Health
- 6. What factors (positive and negative) affect the development of a young body?**
- A. Acceleration, hypodynamia, heterochronism, environmental pollution with radionuclides
 - B. Hypodynamia, nutrition, heredity, climatic zones
 - C. Physical activity, hypodynamia, gender, social status
 - D. Mental load, hypodynamia, age, gender
- 7. Determine the following levels of health:**
- A. Individual, collective, social
 - B. State, personal, collective
 - C. Individual, group, social
 - D. Personal, group, state
- 8. Which of these factors are considered internal risk factors for human diseases?**
- A. Sedentary lifestyle
 - B. Irrational nutrition
 - C. Alcohol abuse
 - D. Sports
- 9. The system of views that is formed in humans throughout life under the influence of various factors on the health problem are:**
- A. Habit
 - B. Behavior
 - C. Lifestyle
 - D. Biological needs
- 10. Which of the listed options refers to the subjective factor?**
- A. Thinking, emotions
 - B. Alcoholic substances

C. Physical activity

D. Drugs

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Educational edition

Physical Education

Methodical instructions for independent classes of students of the 1st year in specialty 221 «Dentistry»

Compilers: Shuteev Vyacheslav Vadymovych
Bilyk Oleg Andriyovych
Poruchnikov Volodymyr Volodymyrovych
Lapko Svetlana Vasilivna

Responsible for the issue of: V.V. Poruchikov

Editor E.Ye. Deprinda
Proofreader EV Rubtsova
Computer typesetting O.Yu. Lavrinenko

A5 format. Mind. printing. arch. 1.8. Deputy № 21-34102.

**Editorial and Publishing Department of KhNMU, 4 Nauki Ave., Kharkiv,
61022
izdatknmurio@gmail.com**

Certificate of inclusion of the subject of publishing in the State Register of Publishers, Manufacturers and Distributors of Publishing Products Series DK № 3242 dated 18.07.2008