

Physical Education

Methodical instructions for practical classes of first-year students in the specialty 222 "General Medicine"

MINISTRY OF HEALTH OF UKRAINE

Kharkiv National Medical University

Department of Physical Education and Health

Physical Education

*Methodical instructions for practical classes of first-year students in
the specialty 222 "General Medicine"*

Approved by the Academic
Council of KhNMU.
Protocol №

**Kharkiv
KhNMU
2021**

Physical education: a method. decree. to practical classes of first-year students in the specialty 222 "General Medicine"/ order. V.V. Shuteev, VV Poruchikov, OA Bilyk and others. - Kharkiv: KhNMU, 2021. - 21 p.

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Topic 1. Safety during physical education classes. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: Physical education classes occupy a very important place in human life.

The rules set safety requirements during physical education and sports classes, classes, sports sections, etc., which are mandatory for students. Classes in physical education and sports are conducted under the guidance of pedagogical, medical staff of educational institutions, other persons who conduct physical culture, sports, work (coaches, heads of centers, etc.). Training in the technique of performing basic exercises of the selected type of motor activity is a necessary condition for injury prevention.

The purpose of the lesson. Acquaintance with safety during physical education classes. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

- | | |
|---|----------------|
| 1. Introduction | 40 min. |
| 2. Test of knowledge | 50 min. |
| 3. Training in the technique of performing basic exercises of the selected type of motor activity | 80 min. |
| 4. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

№ s / p.	Training material	Methodical instructions
1	Introduction	Safety magazine
2	Knowledge of the passed material	Survey of students
3	Learning the technique of performing basic exercises	Consideration of training in the technique of performing basic

	of the selected type of motor activity	exercises of the selected type of motor activity
4	Results	

Content

Classes in physical education and sports in higher educational institutions are conducted by a physical education teacher or a person with special education and qualifications: a coach, head of a sports section, etc. (hereinafter - a specialist in physical culture and sports). Mandatory preventive medical examination. Health and well-being. Sportswear and footwear. Rules of conduct in the gym.

Types of motor activity. Technique of performing basic exercises of the selected type of motor activity. Physical activity. Sports activities. Sports and game activities. Physical culture and game activity. General-developing exercises. Specially developing exercises.

Control questions

1. The concept of "safety".
2. Types of motor activity.
3. General-developing exercises.

Literature

Basic

1. "Теория и методика физического воспитания"/ Под. ред. Ашмарина Б.А. - М., 1990.
2. Ведмеденко Б.Ф. Теоретичні основи і практика виховання молоді засобами фізичної культури. —Київ, 1993.
3. Закон України "Про фізичну культуру і спорт".
4. Матвеев Л.П. Теория и методика физической культуры. - М.: Физкультура и спорт, 1991. - 181с.
5. Теория и методика физического воспитания. Учебник для высших учебных заведений физического воспитания и спорта. Под ред. Круцевич Т.Ю. Олимпийская литература, Том 1- К.: 2003. - 423с.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. <https://zakon.rada.gov.ua/laws/show/z0651-10#Text>

2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

**Topic 2. Hygienic bases of physical education of students.
Learning the technique of performing basic exercises of the
selected type of motor activity**

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: Hygienic basics of physical education for students are of no importance. The main hygienic principle of building a training process or holding competitions in higher education is to ensure a health effect, which is manifested in improving the health and efficiency of students, and learning the technique of performing basic exercises is a very important point to prevent injuries.

The purpose of the lesson. Acquaintance with hygienic bases of physical education at students. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

1. Introduction	20 min.
2. Test of knowledge	40 min
3. Hygienic basics of physical education	30 min
4. Training in the technique of performing basic exercises of the selected type of motor activity	80 min.
5. Summing up	10 min.

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines

Technological map of practical training

№ s / p.	Training material	Methodical instructions
1	Introduction	Safety magazine
2	Knowledge of the passed material	Survey of students
3	Hygienic basics of physical	Consideration of the hygienic

	education	foundations of physical education
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

Hygienic principles of physical education of students. Personal Care. Shoes and sports uniform. Body care. Sleep hygiene. Hygienic bases of hardening. Rational nutrition of students.

Types of motor activity. Technique of performing basic exercises of the selected type of motor activity. Physical activity. Sports activities. Sports and game activities. Physical culture and game activity. General-developing exercises. Specially developing exercises.

Control questions

1. The concept of "Hygienic basics".
2. Types of motor activity.
3. Sports activities.

Literature

1. "Теория и методика физического воспитания"/ Под. ред. Ашмарина Б.А. - М., 1990.
2. Ведмеденко Б.Ф. Теоретичні основи і практика виховання молоді засобами фізичної культури. —Київ, 1993.
3. Закон України "Про фізичну культуру і спорт".
4. Матвеев Л.П. Теория и методика физической культуры. - М.: Физкультура и спорт, 1991. - 181с.
5. Теория и методика физического воспитания. Учебник для высших учебных заведений физического воспитания и спорта. Под ред. Круцевич Т.Ю. Олимпийская литература, Том 1- К.: 2003. - 423с.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

**Topic 3. Organization and conduct of independent classes
in a higher education institution. Learning the technique of
performing basic exercises of the selected type of motor activity
Duration of teaching the topic: 1 lesson, 2 hours.**

Rationale: In today's world, the use of various gadgets takes a lot of time among modern youth. As a result, a rather sedentary lifestyle is detrimental to health, and the number of hours of physical education in higher education does not meet today's needs. Therefore, independent work of students on the subject of "Physical Education" can help as much as possible to establish a balance of physical activity.

The purpose of the lesson. Acquaintance with the organization and carrying out of independent employment. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

1. Introduction	20 min
2. Test of knowledge	40 min.
3. Organization and conduct of independent classes	30 min.
4. Training in the technique of performing basic exercises of the selected type of motor activity	80 min
5. Summing up	10 min

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

№ s/p	Training material	Methodical instructions
1	Introduction	Methodical materials
2	Knowledge of the passed material	Survey of students
3	Organization and conduct of independent classes	Consideration of loads used in independent classes
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

The selection of tools and methods is carried out at the discretion of teachers and students, taking into account physical and sports interests and individual characteristics of those involved, their level of health, physical education, physical fitness, conditions for classes, environmental well-being.

Other types of educational classes, as well as disciplines "Physical Education" are determined in the manner prescribed by the Department of Physical Education of Higher Education. Extracurricular physical education classes are organized and conducted in the form of:

- classes in sports clubs, sections, interest groups;
- independent physical exercises, sports, tourism;
- mass health, physical culture and sports events;
- classes during the day to ensure efficiency, post-recovery, cork

Mastering the program of physical education in higher education involves a system of control measures, including operational, current, final control and final certification.

The main purpose of these measures is to optimize the process of physical education, to achieve its maximum effectiveness. Operational control provides information on the progress of students in certain types of educational work ..

Types of motor activity. Technique of performing basic exercises of the selected type of motor activity. Physical activity. Sports activities. Sports and game activities. Physical culture and game activity. General-developing exercises. Specially developing exercises.

Control questions

1. The concept of "Hygienic basics".
2. Types of motor activity.
3. Sports activities

Literature

Basic

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олимпийская литература, 2008. – Т. 1. - с. 178-184.
2. Теория и методика физического воспитания. Учеб. Для инст-тов физ. культуры. Под общ. ред Л.П. Матвеева и А.Д. Новикова. Изд. 2-е испр. и доп. 1-й т. М.: ФиС, 1956.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf
2. <https://vseosvita.ua/library/instrukcia-tehniki-bezpeki-pid-cas-zanat-z-fizicnoi-kulturi-30763.html>

Topic 4. Methods of improving the efficiency of students through physical education. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 1 lesson, 2 hours.

Rationale: In today's world, the use of various gadgets takes a lot of time among modern youth. As a result, a rather sedentary lifestyle is detrimental to health, and the number of hours of physical education in higher education does not meet today's needs. Therefore, knowledge of methods of improving the physical performance of students in the subject of "Physical Education" can help as much as possible to establish a balance of physical activity.

The purpose of the lesson. Acquaintance with a technique of increase of working capacity of students by means of physical education. Learning the technique of performing basic exercises of the selected type of motor activity

Graphological structure of the topic

Lesson plan

- | | |
|---|----------------|
| 1. Introduction | 10 min. |
| 2. Test of knowledge | 10 min. |
| 3. Consideration of physical fitness | 30 min. |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 30 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

№ s/p	Training material	Methodical instructions
1	Introduction	Methodical materials
2	Knowledge of the passed	Survey of students

	material	
3	Physical efficiency	Consideration of loads used to improve performance
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

Physical efficiency. Anthropometric indicators. Condition of the musculoskeletal system. Aerobic and anaerobic. Coordination of movements. Genetic factors. Physical condition and ability to adapt to changing environmental conditions. Functional condition.

Control questions

1. The concept of "Physical fitness".
2. What is the coordination of movements.
3. What is a functional state.

Literature

Basic

1. "Теория и методика физического воспитания"/ Под. ред. Ашмарина Б.А. - М., 1990.
2. Ведмеденко Б.Ф. Теоретичні основи і практика виховання молоді засобами фізичної культури. —Київ, 1993.
3. Закон України "Про фізичну культуру і спорт".
4. Матвеев Л.П. Теория и методика физической культуры. - М.: Физкультура и спорт, 1991. - 181с.
5. Теория и методика физического воспитания. Учебник для высших учебных заведений физического воспитания и спорта. Под ред. Круцевич Т.Ю. Олимпийская литература, Том 1- К.: 2003. - 423с.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. <http://eir.zntu.edu.ua/bitstream/123456789/7906/1/M07936.pdf>

Topic 5. Ukrainian traditions of physical education. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: In the modern world, each country has its own national traditions. Ukrainian traditions of physical education can be combined and used in different methods.

The purpose of the lesson. Acquaintance with the Ukrainian traditions of physical education. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

- | | |
|---|----------------|
| 1. Introduction | 20 min. |
| 2. Test of knowledge | 40 min. |
| 3. Consideration of Ukrainian traditions in physical education | 30 min. |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 80 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

№ s/p	Training material	Methodical instructions
1	Introduction	Methodical materials
2	Knowledge of the passed material	Survey of students
3	Ukrainian traditions of physical education	Consideration of Ukrainian traditions of physical education
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

Physical education as one of the priority disciplines in Ukraine. Cossack traditions. Cult folk moving games. Natural climatic games. Seasonal features of physical education.

Control questions

1. Physical education in Ukraine.
2. What is "Ukrainian traditions".
3. What is the "Cossack tradition".

Literature Basic

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олімпійська література, 2008. – Т. 1. - с. 178-184.
2. Теория и методика физического воспитания. Учеб. Для инст-тов физ. культуры. Под общ. ред Л.П. Матвеева и А.Д. Новикова. Изд. 2-е испр. и доп. 1-й т. М.: ФиС, 1956. С. 189-191.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. <http://www.infiz.dp.ua/joomla/media/sport-visnik-pred/2015-02/2015-02-42.pdf>

Topic 6. Physical culture in the scientific organization of labor. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: In the modern world, the introduction of physical culture in the scientific organization of labor in all its manifestations is becoming increasingly important. This requires progress and rapid development of production.

The purpose of the lesson. Get acquainted with physical culture in the scientific organization of labor. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

1. Introduction

20 min.

- | | |
|---|----------------|
| 2. Test of knowledge | 40 min. |
| 3. Acquaintance with physical culture in the scientific organization of work | 30 min. |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 80 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

№ s/p	Training material	Methodical instructions
1	Introduction	Methodical materials
2	Knowledge of the passed material	Survey of students
3	Physical culture in the scientific organization of labor	Consideration of physical culture in the scientific organization of labor
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

Productivity. Spiritual and physical development. Psychophysiological development. High physical performance. Hypodynamia. Health promotion.

Control questions

1. What is productivity
2. What is hypodynamia?
3. Health promotion (aspects).

Literature

Basic

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олімпійська література, 2008. – Т. 1. - с. 178-184.
2. Спортивная физиология. Уч. для инстит-в ф.к./Под ред. Я.М. Коца.- М.: ФиС,1986. - с.53-69.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. https://students.lnu.edu.ua/sport/wp-content/uploads/2015/04/lections_kurs.pdf

Topic 7. Olympism. Olympic Games. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: In today's world, more and more people are playing sports, more and more countries are participating in the Olympic movement. This leads to the need to understand the importance of sports for the population. Dissemination of sports promotion among children and youth.

The purpose of the lesson. Get acquainted with the concept of "Olympism" and "Olympic Games". Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

- | | |
|---|---------|
| 1. Introduction | 20 min |
| 2. Test of knowledge | 40 min. |
| 3. Introduction to the concept of "Olympism" and "Olympic Games". | 30 min |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 80 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

No s/p	Training material	Methodical instructions
1	Introduction	Methodical material
2	Knowledge of the passed	Survey of students

	material	
3	Olympism and the Olympic Games	Consideration of the concepts of "Olympism" and "Olympic Games"
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

The Olympic Movement is based on a voluntary association of citizens and organizations to promote the ideas of Olympism, a healthy lifestyle, the development of physical culture and sports. Olympic movement. Winter and Summer Olympics. History of the Olympic Games. Modern and new sports. International Olympic Committee (IOC)

Control questions

1. What is "Olympism"?
2. What is the IOC?
3. Modern and new sports.

Literature

Basic

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олимпийская литература, 2008. – Т. 1. - с. 178-184.
2. Теория и методика физического воспитания. Учеб. Для инст-тов физ. культуры. Под общ. ред Л.П. Матвеева и А.Д. Новикова. Изд. 2-е испр. и доп. 1-й т. М.: ФиС, 1956. С. 189-191.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОБС», 2007.- 406с.:іл.

Internet resources

1. <http://www.infiz.dp.ua/joomla/media/sport-visnik-pred/2015-02/2015-02-42.pdf>

**Topic 8. Basics of physical education in the family.
Learning the technique of performing basic exercises of the
selected type of motor activity**

Duration of teaching the topic: 1 lesson, 2 hours.

Rationale: Everyone feels a natural need for active movement. And it is very important when the family will be able to make physical education not just mandatory, but also a favorite regime moment. It is clear that physical education should be associated with pleasure. Therefore, it is necessary to determine which physical exercises are performed with the greatest pleasure, and to make the performance of these exercises basic.

The purpose of the lesson. Consider the basics of physical education in the family. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

- | | |
|---|----------------|
| 1. Introduction | 10 min. |
| 2. Test of knowledge | 10 min. |
| 3. Consider the basics of physical education in the family | 20 min. |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 40 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

No s/p	Training material	Methodical instructions
1	Introduction	Methodical material
2	Knowledge of the passed material	Survey of students
3	Olympism and the Olympic Games	Consider the basics of physical education in the family
4	Learning the technique of performing basic exercises of the selected type of motor	Consideration of training in the technique of performing basic exercises of the selected type of

	activity	motor activity
5	Results	

Content

Morning hygienic gymnastics. Morning specialized gymnastics. Physical education minutes. General physical training classes. Independent training sessions. Participation in competitions. Walking (skiing, cycling, walking). Tourism.

Control questions

1. What is "Morning hygienic gymnastics"?
2. What is tourism?
3. What is a minute of physical education?

Literature

Basic

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олимпийская литература, 2008. – Т. 1. - с. 178-184.
2. Теория и методика физического воспитания. Учеб. Для инст-тов физ. культуры. Под общ. ред Л.П. Матвеева и А.Д. Новикова. Изд. 2-е испр. и доп. 1-й т. М.: ФиС, 1956. С. 189-191.

Auxiliary

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Internet resources

- 1.http://dnz269.edukit.zp.ua/storinka_fizinstruktora/fizichne_vihovannya_v_si_mi/

Topic 9. Non-traditional means and methods of recovery. Learning the technique of performing basic exercises of the selected type of motor activity

Duration of teaching the topic: 2 lessons, 4 hours.

Rationale: Adherence to a healthy lifestyle affects the formation, maintenance and strengthening of health, promotes intellectual and spiritual development of the individual, successful learning.

The purpose of the lesson. Consider non-traditional methods of recovery. Learning the technique of performing basic exercises of the selected type of motor activity.

Graphological structure of the topic

Lesson plan

- | | |
|---|---------|
| 1. Introduction | 20 min. |
| 2. Test of knowledge | 20 min. |
| 3. Consider non-traditional methods of healing | 50 min. |
| 4. Training in the technique of performing basic exercises of the selected type of motor activity | 80 min. |
| 5. Summing up | 10 min. |

Educational and material support of the lesson:

Stopwatch, sports whistle, guidelines.

Technological map of practical training

No s/p	Training material	Methodical instructions
1	Introduction	Methodical material
2	Knowledge of the passed material	Survey of students
3	Non-traditional methods of recovery	Consider non-traditional methods of rehabilitation
4	Learning the technique of performing basic exercises of the selected type of motor activity	Consideration of training in the technique of performing basic exercises of the selected type of motor activity
5	Results	

Content

Aroma and light therapy. Apitherapy. Animal therapy. Acupuncture. Hardening. Homeopathy. Yoga. Breathing exercises. Relaxation exercises.

Control questions

1. What is "Morning hygienic gymnastics"?
2. What is tourism?
3. What is a minute of physical education?

Literature

1. Теорія и методика фізичного виховання / Під ред. Т.Ю. Круцевич (В 2-х т.). К. Олимпийская литература, 2008. – Т. 1. - с. 178-184.
2. Теория и методика физического воспитания. Учеб. Для инст-тов физ. культуры. Под общ. ред Л.П. Матвеева и А.Д. Новикова. Изд. 2-е испр. и доп. 1-й т. М.: ФиС, 1956.
С. 189-191.

Auxiliary

1. Худолій О.М. Загальні основи теорії та методики фізичного виховання: Навч.посібник.-Харків: «ОВС», 2007.- 406с.:іл.

Internet resources

1. <http://www.infiz.dp.ua/joomla/media/sport-visnik-pred/2015-02/2015-02-42.pdf>
2. <https://studopedia.org/12-49331.html>

Educational edition

Physical Education

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

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