

MINISTRY OF HEALTH OF UKRAINE
KHARKIV NATIONAL MEDICAL UNIVERSITY

Department of Physical Education and Health
Academic year 2021-2022

**SYLLABUS OF THE EDUCATIONAL COMPONENT
"PHYSICAL EDUCATION AND HEALTH"**

Selective

Full-time form of education

Area of knowledge 22 "Health"

Specialty 222 "Medicine"

Educational and professional program "Medicine"

The second (master's) level of higher education

Course III

The syllabus of the discipline was
approved at the meeting of the
department

physical education and health

Approved by the methodical commission
of KhNMU on general and pre-
professional problems

training

Protocol from
« 30 » of August 2021 № 1

Head of Department



V.V. Shuteev

Associate Professor

Protocol from
« 31 » of August 2021 № 1

Head



prof. O.Y. Vovk

SILABUS DEVELOPERS:

1. Shuteev V.V. head Department of Physical Education and Health, Ph.D., Associate Professor;
2. Lenska O.V. Senior Lecturer of the Department of Physical Education and Health.
3. Lapko S.V. Senior Lecturer of the Department of Physical Education and Health.

INFORMATION ABOUT TEACHERS TEACHING THE EDUCATIONAL COMPONENT

Olga Vyacheslavovna Lenska, Senior Lecturer of the Department of Physical Education and Health

Professional interests: sports

Links to the teacher's profile (on the university website, department, Moodle system and more.

http://www.knmu.kharkov.ua/index.php?option=com_content&view=frontpage&Itemid=1&lang=uk

<http://distance.knmu.edu.ua/user/profile.php?id=8977>

Corporate mail of the teacher: ov.lenska@knmu.edu.ua

Tel: 0677777331

Consultations (full-time): Sports hall, building "B", according to the schedule

Online consultations according to the schedule:

<http://distance.knmu.edu.ua/user/view.php?id=618&course=113>

Location: Sports hall, building "B"

INTRODUCTION

The syllabus of the discipline "Physical Education and Health" is compiled in accordance with the educational-professional program (hereinafter - EPP) "Dentistry" and the Standard of Higher Education of Ukraine (hereinafter - the Standard), the second (master's) level, field of knowledge 22 "Health I", specialty 221 "Dentistry".

Description of the discipline (abstract) "Physical education and health" - is the acquisition of students' knowledge and practical skills in various types of physical education and various forms and technologies of its implementation.

Physical education in higher medical institutions of Ukraine is an integral part of humanitarian education of students, the formation of general and professional culture of the future specialist.

Physical education provides general and special physical training. As a discipline it is a means of optimizing the physical and physiological condition of students in the process of professional training.

During the study it is important to develop the understanding of the need to constantly work on themselves, studying the features of their body, rational use of their physical potential, leading a healthy lifestyle, constantly learning the value of physical culture. Medical universities should train comprehensively developed specialists who would have theoretical knowledge and practical skills and abilities to use various means of physical culture in their treatment and prevention work.

The subject of study of the educational "Physical Education and Health" is physical development, functional improvement of the body, training in basic motor skills, abilities, for successful subsequent professional activity.

Interdisciplinary links: "Physical Education and Health" as a discipline is based on the disciplines of human anatomy, human physiology, valeology, physical therapy, physical education, medical rehabilitation, hygiene, sports medicine, which involves the integration of teaching with these disciplines and formation of skills to apply knowledge of physical education in the process of further education and professional activity.

Prerequisites The study of the discipline involves the prior mastering of disciplines in physical education, physical rehabilitation, sports medicine, anatomy, physiology, hygiene, psychology, medical rehabilitation, sports physiology, age physiology in higher education.

Postrequisites The main provisions of the discipline should be used in the study of professional disciplines.

Link to the page of the discipline in MOODLE <http://distance.knmu.edu.ua/course/view?id=3516>

1. PURPOSE AND TASKS OF THE COURSE

1.1. The purpose of studying the discipline is "Physical Education and Health" is the consistent formation of physical culture of the individual specialist of the appropriate level of education in higher medical institutions, training future professionals for highly productive work, educating students in the need for regular

exercise to maintain proper physical and mental state depending on psychophysical loads and taking into account the peculiarities of their future professional activity, health promotion, as well as gaining skills for the use of various means of physical culture in future preventive and curative activities and the formation of health prestige in all segments of the population.

The ultimate goal of the discipline "Physical Education" of higher medical educational institutions follows from the purpose of educational and professional training of graduates of higher medical educational institutions and is determined by the content of theoretical knowledge, methodological training, practical skills that a bachelor must master.

1.2. The main tasks of studying the discipline are:

To achieve the goal of teaching the discipline "Physical Education" is to create the foundations of pedagogical skills for the training of a specialist in physical rehabilitation.

The tasks should be: the development of students' cognitive interest in physical education as a pedagogical process; acquaintance with means and methods of physical education; mastering the basics of learning motor actions, development of motor skills; formation of knowledge, skills and abilities necessary for the most effective solution of pedagogical tasks.

1.3. Competences and learning outcomes, the formation of which is facilitated by the discipline (relationship with the normative content of training of higher education, formulated in terms of learning outcomes in the EPP and Standard).

1.3.1. The study of the discipline provides students with the acquisition of **competencies**:

Integral competencies: The ability to solve complex problems and problems in the Integral competencies: Ability to solve typical and complex specialized problems and practical problems in a professional health care activity, or in a learning process that involves research and / or innovation and is characterized by the complexity and uncertainty of conditions and requirements.

general competencies (GC):

GC1 – The ability to abstract thinking, analysis and synthesis, the ability to learn and be modernly trained

GC2 – The ability to apply knowledge in practical situations

GC3 – The knowledge and understanding of the subject area and understanding of professional activity

GC4 – The ability to adapt and act in a new situation

GC5 – The ability to make an informed decision; work in a team; interpersonal skills

GC6 – The ability to communicate in the state language both orally and in writing; ability to communicate in a foreign language

GC7 – Skills in the using of informational and communication technologies

GC8 – Definiteness and persistence to the tasks and responsibilities

GC9 – The ability to act socially responsibly and consciously

GC10 – The desire to preserve the environment

responsibly and consciously.

special competencies (professional competencies (PC)):

PC1 – Survey skills.

PC16 – The ability to assess the impact of the environment, socio-economic and biological determinants on the health of the individual, family, population.

1.3.2. The study of the discipline provides students with the acquisition of the following program learning outcomes (PLO):

PLO 1 - To have general and special fundamental and professionally-oriented knowledge, skills, abilities, competencies necessary to perform typical professional tasks related to activities in the medical field in the relevant position

PLO 2 - Have knowledge of psychophysiological characteristics of man, human health, health support, disease prevention, human treatment, public health

PLO 16 - To assess the impact of the environment on the health of the population.

PLO 18 - To assess the state of human health and provide its support taking into account the impact of the environment and other health factors

PLO 19 - To assess the sanitary and hygienic condition of the environment in order to determine the sanitary and hygienic and preventive measures

PLO 20 - Apply the acquired knowledge about the existing health care system to optimize their own professional activities and participate in solving practical problems of the industry

PLO 21 - Adhere to the code of ethics of the doctor, which ensures the formation of a specialist with appropriate personal qualities

1.3.3. The study of the discipline provides students with the following social skills (Soft skills): communication (implemented through: method of working in pairs and groups, brainstorming, self-presentation method), teamwork (implemented through: project method, openwork saw), conflict management (implemented through: dramatization method, game methods), time management (implemented through: project method, group work, training), leadership skills (implemented through: group work, project method, self-presentation method).

2. INFORMATION SCOPE OF THE COURSE

Name indicators	Field of knowledge, specialty, educational degree, EPP	Characteristics of the discipline	
		daily form of education	
Number of credits - 3	Branch of knowledge 22 "Health Care"	Selective	
The total number of hours is -90	Specialty: 222 "Medicine"	Year of studies (course):	
		3	
		Semester	
		5	6
		Lectures	
Hours for day (or evening) form of study: classrooms - 20 Name indicators The total number of hours is 70	Educational degree: master EPP Field of knowledge, specialty, educational degree «Medicine»	-	
		Practical, seminar	
		20 h	
		Laboratory	
		-	
		Individual work	
		70 h	
		Individual work: -	
Type of final control: credit			

2.1 Description of the discipline

2.2.1 Lectures

Lectures are not provided by the program

2.2.2 Seminars

The program does not provide for seminars.

2.2.3 Practical classes

№	Name topics	Number of hours	Methods	Forms of control
1	Methods and means of improving the development of force, and their control.	4	Demonstration methods	Test control
2	Methods and means of improving the development of speed, and their control.	4	Demonstration methods	Test control
3	Methods and means of improving endurance	4	Demonstration methods	Test control

	development and their control.			
4	Methods and means of improving the development of flexibility, their control.	4	Demonstration methods	Test control
5	Methods and means to improve the development of coordination and their control.	4	Demonstration methods	Test control
	Hours in general	20		

2.2.4. Laboratory classes

Laboratory classes are not provided by the program.

2.2.5. Individual work

№ 3/II	Name topics	Number of hours	Methods	Forms of control
1	Mastering the basic means of developing strength abilities and their improvement	8	Practical methods	Complex control
2	Improving and compiling an individual program for the development of strength qualities through exercises using the weight of the partner and with its counteraction, counteraction of elastic objects, with the use of gymnastic tools.	6	Practical methods	Complex control
3	Mastering the basic means of speed development and their improvement	8	Practical methods	Complex control
4	Mastering general development physical exercises and special exercises to improve running training.	6	Practical methods	Complex control
5	Mastering the basic	8	Practical	Complex control

	means of endurance and their improvement.		methods	
6	Mastering the basic means of physical education for the development of general and special endurance.	6	Practical methods	Complex control
7	Mastering the basic means of developing flexibility and improving them.	8	Practical methods	Complex control
8	Improving flexibility. Unconventional methods of flexibility development.	6	Practical methods	Complex control
9	Mastering the basic means of developing coordination skills and improving them.	8	Practical methods	Complex control
10	Age dynamics of natural development of coordination abilities	8	Practical methods	Complex control
	Hours in general	70		

3. EVALUATION CRITERIA

3.1. Evaluation of the success of education of students is carried out on the basis of the current "Instructions for evaluating the educational activities of students of KhNMU"

Reevaluation of the average score for current activities in a multi-point scale (for disciplines ending with credit)

4-point scale	200-point scale	4-point scale	200-point scale	4-point scale	200-point scale
5	200	4.22-4,23	169	3.45-3,46	138
4.97-4,99	199	4.19-4,21	168	3.42-3,44	137
4.95-4,96	198	4.17-4,18	167	3.4-3,41	136
4.92-4,94	197	4.14-4,16	166	3.37-3,39	135
4.9-4,91	196	4.12-4,13	165	3.35-3,36	134
4.87-4,89	195	4.09-4,11	164	3.32-3,34	133
4.85-4,86	194	4.07-4,08	163	3.3-3,31	132
4.82-4,84	193	4.04-4,06	162	3.27-3,29	131

4.8-4,81	192	4.02-4,03	161	3.25-3,26	130
4.77-4,79	191	3.99-4,01	160	3.22-3,24	129
4.75-4,76	190	3.97-3,98	159	3.2-3,21	128
4.72-4,74	189	3.94-3,96	158	3.17-3,19	127
4.7-4,71	188	3.92-3,93	157	3.15-3,16	126
4.67-4,69	187	3.89-3,91	156	3.12-3,14	125
4.65-4,66	186	3.87-3,88	155	3.1-3,11	124
4.62-4,64	185	3.84-3,86	154	3.07-3,09	123
4.6-4,61	184	3.82-3,83	153	3.05-3,06	122
4.57-4,59	183	3.79-3,81	152	3.02-3,04	121
4.54-4,56	182	3.77-3,78	151	3-3,01	120
4.52-4,53	181	3.74-3,76	150	less than 3	Not enough
4.5-4,51	180	3.72-3,73	149		
4.47-4,49	179	3.7-3,71	148		
4.45-4,46	178	3.67-3,69	147		
4.42-4,44	177	3.65-3,66	146		
4.4-4,41	176	3.62-3,64	145		
4.37-4,39	175	3.6-3,61	144		
4.35-4,36	174	3.57-3,59	143		
4.32-4,34	173	3.55-3,56	142		
4.3-4,31	172	3.52-3,54	141		
4,27-4,29	171	3.5-3,51	140		
4.24-4,26	170	3.47-3,49	139		

3.2. Test questions:

Not provided by the program.

3.3. control questions

Not provided by the program.

3.4. Individual tasks:

№ з/п	List of tasks for the individual	Type of task
1.	independent work of students	Literature review
2.	Preparation of a literature review on the topics of content modules	Analytical reference
3.	Analysis of Internet information on the topics of content modules	Participation in conferences of any level

4.	Preparation of abstracts for the conference	Participation in competitions held by KhNMU, regional, All-Ukrainian
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3.6. Rules for appealing the assessment

1. The procedure for appealing the results consists of three stages: filing a complaint, reviewing the complaint, making and publishing the decision of the appeal commission.

2. The complaint is submitted by the student personally in writing on the day of the announcement of the results of the test

3. If the person challenging the results wishes to attach additional documents to the appeal, he must do so when filing the complaint.

4. The appeal must be considered at a meeting of the appeal commission no later than the next two working days after its submission.

5. The meeting of the appeal commission shall be accompanied by keeping minutes.

6. The responsibility for keeping the minutes of the meeting of the appeal commission rests with the secretary of the commission.

7. The student who filed the complaint has the right to be present at all meetings of the appeal commission regarding his own complaint. In case of his absence, the secretary of the commission shall make an appropriate entry in the minutes of the meeting.

8. A meeting is considered illegal if 1/3 of the total number of members is absent.

9. Several appeals may be considered at one meeting of the Appeals Commission.

10. Decisions made by the appeal commission can be of three types:

- the results of the preliminary assessment of student knowledge do not change;
- the results of the preliminary assessment of the student's knowledge do not correspond to the level of knowledge of higher education and deserve an unsatisfactory assessment;

- the results of the preliminary assessment of the student's knowledge are canceled. The level of quality of the student's knowledge deserves a different assessment (a new assessment is indicated in accordance with the current assessment scale). The new assessment must not be lower than the previous one.

10. If the Appeals Commission accepts the cancellation of the results of the previous assessment, the new student's grade is set in numbers and words in accordance with the current scale of assessment in the minutes of the meeting of the Appeals Commission.

11. The appeal is denied in the following cases: absence on credit without good reason.

12. The schedules of meetings of all appeal commissions must be made public.

13. Registered complaints, orders on the establishment of appellate commissions, logs of complaints and minutes of meetings of appellate commissions must be kept in the training department for 1 year.

4. DISCIPLINE POLICY

It is expected that male and female students will attend all lectures and practical classes. If they missed classes, it is necessary to work it out (according to the schedule on the information stand of the department)

Written and homework must be completed completely and on time, if students have questions, you can contact the teacher in person or by e-mail, which the teacher will provide in the first practical lesson.

During the lecture, students are recommended to keep a synopsis of the lesson and keep a sufficient level of silence. Asking questions to the lecturer is perfectly normal.

Practical training

Active participation during the discussion in the audience, students should be ready to understand the material in detail, ask questions, express their point of view, discuss. During the discussion it is important:

- respect for colleagues,
- tolerance for others and their experience,
- susceptibility and impartiality,
- the ability to disagree with the opinion, but to respect the identity of the EPPonent (s),
- careful argumentation of his opinion and the courage to change his position under the influence of evidence,
- self-expression, when a person avoids unnecessary generalizations, describes his feelings and formulates his wishes based on their own thoughts and emotions,
- Mandatory acquaintance with primary sources.

A creative approach in its various manifestations is welcome. Students are expected to be interested in participating in city, national and international conferences, competitions and other events in the subject profile.

Occupational Health

The first lesson of the course will explain the basic principles of labor protection by conducting appropriate training. It is expected that everyone should know where the nearest evacuation exit is, where the fire extinguisher is, how to use it, and so on.

5. ACADEMIC INTEGRITY

The Department of Physical Education and Health maintains zero tolerance for plagiarism. Students are expected to constantly raise their awareness of academic writing. The first lessons will provide information on what to consider plagiarism and how to properly conduct research and scientific research.

The student is aware that the teaching of the discipline is based on the principles of academic integrity - a set of ethical principles and statutory rules that should guide participants in the educational process during teaching, teaching and conducting scientific (creative) activities to ensure confidence in learning outcomes and / or scientific (creative) achievements.

Violations of academic integrity are: academic plagiarism, fabrication, falsification, write-off, deception, bribery, biased evaluation.

For violation of academic integrity, students may be held subject to the following academic liability: re-assessment (test, exam, test, etc.); re-passing the relevant educational component of the educational program; expulsions from educational institutions (except for persons receiving general secondary education); deprivation of an academic scholarship; deprivation of tuition benefits provided by the educational institution.

6. Recommended literature

Basic

1. Санология. Основы управления здоровьем : монографія / Г.Л. Апанасенко, Л.А. Попова, А.В. Магльований. – LAMBERT (Германия), 2012.- 404 с. : рис., табл.
2. Романчук С. В. Методичний практикум з навчальної дисципліни «Фізичне виховання, спеціальна фізична підготовка і спорт» : навч.-метод. посіб. // С.В. Романчук, Є. Д. Анохін, Д. О. Логінов // Львів : АСВ, 2010. – 128 с.
3. Волков В. Л. Развитие физических способностей студентов в системе физической подготовки : [монографія] / В. Л. Волков. – К. : Освіта України, 2011. – 420 с.
4. Волков В. Л. Основы теории та методики физической подготовки студенческой молодежи : навч. посіб. / В. Л. Волков. – К. : Освіта України, 2008. – 256 с.

Additional

1. Обґрунтування рівнів та етапів фізичних навантажень студенток спеціальних медичних груп із захворюваннями серцево-судинної системи : навч.-метод. посіб. / О.Ю. Іваночко, А.В. Магльований - Львів, Вид. ЛДУФк, 2008.- 56 с.
2. Теорія і методика фізичного виховання : підр. для студ. вищ. навч. закл. фіз. виховання і спорту : у 2-х томах / Т. Ю. Круцевич. – К. : Олімпійська література, 2008. – Т. 1. – 390 с. – Т. 2. – 367 с.
3. Основы методики развития руховых качеств : навч. посіб. / М.М. Линець. – Л.: Штабар, 2005. – 207 с.
4. Працездатність студентів: оцінка, корекція, управління. А.В. Магльований, Г.Б. Сафронова , Г.Д. Галайтатий, Л.А. Белова. - Львів, “Львівська політехніка”, 1997.- 126 с.
5. Силовая подготовка студентов та школярів. В.Д. Мартин , А.В. Магльований, П.П. Ревін, В.С. Портах. - Львів, “Ліга-Прес”, 2005, 108 с.
6. Фізичне виховання студентів з відхиленнями в стані здоров'я : навч. Посіб. / Язловецький В.С. — Кіровоград : РВВ КДПУ імені В. Винниченка, 2004. — 352 с.
7. Магльований А. В. Дискретність питань формування та інтеграції здоров'язберігаючих компетенцій у студентів ВНЗ в процесі їх професійно-прикладної фізичної підготовки / А.В. Магльований, Л. В. Козіброда // Молодіжний науковий вісник Східноєвропейського НУ ім. Л. Українки. – 2014. – Вип. 14. – С. 35–41.
8. Магльований А.В. Поняття здорового способу життя, оздоровче тренування / А.В. Магльований // Гуманітарні та ресурсні проблеми національної безпеки

України: [монографія; Акад. наук вищої освіти України (книга 2)]. – К.: Експрес-Поліграф, 2012. С. 76-112.

9. Організм і особистість. Діагностика та керування. Магльований А.В., В.Белов, А. Котова. - Львів; Медична газета України, 1998 - 250 с.

10. Положення про організацію фізичного виховання і масового спорту у вищих навчальних закладах / авт. С. І. Операйло // Теорія і методика фізичного виховання і спорту. – 2006. – № 5.

11. Санологія (медичні аспекти валеології) [Текст] : підруч. для лікарів-слухачів закл. (ф-тів) післядиплом. Освіти вищ. навч. мед. закл. України III-IV рівнів акредитації / Апанасенко Г. Л., Попова Л. А., Магльований А. В.: Кварт, 2011. - 302 с. : табл., рис. - Бібліогр.: с. 298-302/

12. Сергієнко Л. П. Терміни і поняття у фізичній культурі / Л.П. Сергієнко. – Тернопіль: Навчальна книга «Богдан», 2011. – 264 с.

13. Уилмор Д. Физиология спорта и двигательной активности / Д. Уилмор, Д. Костим. – К. : Олимпийская литература, 2005. – 504 с.

14. Указ президента України № 42/2016 Про Національну стратегію з оздоровчої рухової активності в Україні на період до 2025 року "Рухова активність - здоровий спосіб життя — здорова нація".

15. Фізична реабілітація, спортивна медицина : підручник для студ. вищих мед. навч. закладів / В.В. Щодо організації фізичного виховання у вищих навчальних закладах. Лист МОН № 1/9-454 від 25.09.15 року.

16. Абрамов, В.В. Клапчук, О.Б. Неханевич, А.В. Магльований [та ін.] ; за ред. професора В. В. Абрамова та доцента О. Л. Смирнової. – Дніпропетровськ, Журфонд, 2014. – 456 с. : іл. 79

17. Bailey R. Teaching physical education / R. Bailey, T. Macfadyen. – Continuum International Publishing Group, 2000. – 226 с.

18. Hardman K. Contemporary issues in physical education / K. Hardman, K. Green. – Mayer & Mayer Verlag, 2011. – 300 с.

7. Informational resources

- zakon.rada.gov.ua/go/1556-18
- <http://www.kmu.gov.ua/control/uk/cardnpd?docid=248719473>
- <http://www.kmu.gov.ua/control/uk/cardnpd?docid=248719427>
- dsmsu.gov.ua/index/ua/material/16894
- sportbuk.com/.../proekt-novoho-zakonu-ukraji...
- tennis.biggame.dp.ua/news/2419.html
- <http://www.stationline.org.ua/pedagog/104/18466-innovacijnij-pidxid-shhodo-organizaci%D1%97-fizichnogo-vixovannya-studentiv-texnichnix-vnz.html>
- <http://uareferat.com>
- <http://www.lnu.edu.ua/faculty/sport/img>
- mdu.edu.ua/spaw2/uploads/files/19_4.pd
- elibrary.kubg.edu.ua/.../Lyashenko_Tumanova
- www.sworld.com.ua/index.php/ru/pedagogy.../18194-213-923
- <http://lp.edu.ua/node/1347>

- zakon.rada.gov.ua/laws/show/z0249-06
- ua.textreferat.com/referat-664.html
- www.ukrreferat.com/index.php?referat=61901
- elartu.tntu.edu.ua/handle/123456789/883

1. Link to the discipline page in MOODLE

<http://distance.knmu.edu.ua/course/view.php?id=3516>
