



SYLLABUS OF THE EDUCATIONAL COMPONENT PHYSICAL EDUCATION

Specialty: **222 «Medicine»**

Educational and professional program: **Medicine**

Component code in the educational program: **MC 12**

Higher education level: **second (master's degree)**

Form of education: full-time

Year of study: **II**

Semester(s): **III (autumn), IV (spring)**

Type of educational component: **mandatory**

Academic year: **2025-2026**

Volume: - **ECTS credits (160 hours)**

Training sessions: **practical classes**

Final control: **credit**

Prerequisites: physical education course according to the school curriculum.

Department/Unit: Department of Physical Education and Health, Nauky Ave., 4, Building B Heads of the educational component: Associate Professor of the Department of Physical Education and Health Shutieev Vyacheslav Vadymovich

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Page of the educational component in the KhNMU Distance Learning System (Moodle): <https://distance.knu.edu.ua/course/index.php?categoryid=446>

DESCRIPTION OF THE EDUCATIONAL COMPONENT

Physical education is a pedagogical process aimed at physical development, functional improvement of interaction, training in basic motor skills, content, for successful subsequent professional activity.

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 form in students an 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.

PURPOSE OF THE COURSE: is the consistent formation of physical culture of the individual specialist of the appropriate level of education (master's degree) in higher medical schools, training future professionals for highly productive work, educating students in the need for regular exercise to maintain proper physical and mental condition. depending on psychophysical loads and taking into account the peculiarities of their future professional activity, health promotion, as well as gaining skills and abilities 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.

LEARNING OUTCOMES: According to the requirements of the educational and professional program, students must:

Know:

- basics of organization and methods of the most effective types and forms of rational motor activity and the ability to apply them in practice in their physical activity;

- basics of methods of rehabilitation and physical improvement by traditional and non-traditional means and methods of physical culture;
- basics of professional and applied physical training and be able to apply them in practice;
- basics of physical education of different segments of the population;

Be able to:

- master the technique of performing basic motor skills and abilities;
- compose complexes of morning hygienic gymnastics, exercise breaks and minutes, a set of physical exercises aimed at strengthening the muscular corset; complexes of physical exercises which promote development of flexibility, speed, the general endurance and force, complexes of physical exercises for restoration of working capacity of mental fatigue.
- lay the foundations of a healthy lifestyle, improve living standards and prevent dysfunction in the process of life.
- apply systematic physical training of health or sports orientation;
- perform tests of professional and applied physical fitness.

CONTENT OF THE EDUCATIONAL COMPONENT**List of topics of practical (30 hours):**

Topic 1. Physical qualities. Development of physical qualities. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 2. Testing and evaluation of motor skills (strength, speed, endurance, flexibility, agility, coordination). Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 3. Exercises for the development of physical qualities needed to improve functionality. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 4. Professional applied physical training of medical students. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 5. Features of compiling sets of exercises of professionally applied orientation. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 6. The positive effect of exercises of professionally applied physical training on the body. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 7. Improving physical development, posture, the main vital motor qualities. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 8. Control and self-control in the process of physical education. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 9. Basics of ensuring the ability to work and its recovery by means of physical culture. General principles of physical rehabilitation. Improving the technique of performing basic exercises of the selected type of motor activity.

Topic 10. Physical culture and the basics of a healthy lifestyle of the student. Improving the technique of performing basic exercises of the selected type of motor activity.

List of topics of independent work of the student (130 hours)

Topic 1. Consistent solution of tasks of studying new technical elements, development of physical qualities and improvement of tactical readiness.

Topic 2. Tasks of technical and tactical improvement (especially in sports games), physical and mental improvement (with development of physical qualities).

Topic 3. Formation of skills of self-control and independent planning of physical activity to improve development of physical qualities.

Topic 4. Health training, formation of skills of self-control and independent planning of physical activity to improve development of physical qualities.

Topic 5. Performance of various exercises in unusual combinations. Increase of reserve of motor skills.

The IWS is aimed at deepening and consolidating the theoretical knowledge gained during classroom training and contributing to the formation of professional competencies. The results of the IWS are

subject to control and are included in the final control of knowledge.

Consultations: offline/online, according to the schedule of the department or by pre-registration, indicating the method of registration.

Teaching methods: exercise methods (practical), methods of using words (pedagogical verbal explanation) and methods of visualization (demonstration of movements), interactive methods.

EVALUATION

Current Learning Activities (CLA). The assessment of the success of students of education is carried out in accordance with the Instructions for the assessment of the educational activity of students of higher education at KhNMU (https://knmu.edu.ua/doc_block_type/instrukcziyi-navchalnogo-proczesu/). The grade for a class or module is from 2 to 5 points. Submission of tasks late for disrespectful reasons entails a decrease in the score according to the percentage of time delay from the time of completion of the task. Tasks are checked within 24 hours. Scores are submitted to the electronic journal. Unsatisfactory grades are worked out in accordance with the Regulation on the procedure for students of KhNMU to study classes (chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://knmu.edu.ua/wp-content/uploads/2021/05/pol_por-vidprac-zaniat.pdf).

At the end of the study of the discipline, the grade for the current learning activity (CLA) is calculated; it is equal to the average score (arithmetic average) for all classes during two semesters. This average score is converted into a multi-point score (from 120 to 200 points).

Individual tasks (IT) are evaluated up to 10 points.

Final control. Credit

Grade in subject (GS). $GS=CLA$

Appealing the results of the final control is carried out in accordance with the procedure established in KhNMU (https://knmu.edu.ua/wp-content/uploads/2021/05/polog_apel_kontrol.pdf).

POLICIES OF THE EDUCATIONAL COMPONENT

Course Recommendations: Students are encouraged to actively participate in all forms of class activities, dedicate 1–2 hours daily to independent work and preparation for classes, ask questions during sessions, attend consultations, submit assignments on time, and complete all forms of assessment.

Attendance: Attendance at lectures and practical classes is mandatory. The required attire for in-person sessions is a white medical coat. When visiting clinical base departments, students must wear a surgical suit, cap, medical mask, and changeable footwear. Students arriving more than 5 minutes late may be denied entry to the class. Missed classes must be made up in accordance with the *Regulations on the Procedure for Making Up Classes by Students at KhNMU* (https://knmu.edu.ua/wp-content/uploads/2021/05/pol_por-vidprac-zaniat.pdf).

Academic integrity. KhNMU stands on the positions of zero tolerance to manifestations of academic dishonesty. Any violations of the principles of academic integrity entail responsibility in accordance with the procedure established by KhNMU (https://knmu.edu.ua/wp-content/uploads/2021/05/polog_ad-1.pdf).

Use of Electronic Devices and Artificial Intelligence Tools: Use of electronic devices and AI tools is permitted only with the teacher's approval.

Policy for Students with Special Educational Needs: Students with special educational needs should contact the teacher to develop an individualized educational trajectory.

Teacher Response Time: 24 hours

Technical requirements for the course:

- access to a computer, laptop, tablet or smartphone
- Corporate Google account with your own photo

- skills in working with Google Workspace (Google Meet, Docs, Sheets, Slides, Forms) and Moodle
- *other requirements of the department*

Technical support: ASM (ev.shevtsov@knmu.edu.ua), Google (tehotdelknmu@gmail.com), Moodle (al.korol@knmu.edu.ua)

RECOMMENDED SOURCES

1. Gureyeva A. M. Theory and methods of physical education: basics of special terminology in physical education: textbook / A. M. Gureyeva, O. E. Chernenko, E. Yu. Doroshenko. – Zaporizhzhia: ZDMU, 2020. – 78 p. [in Ukrainian]
2. Krutsevich T. Yu. Theory and methods of physical education: textbook [for students of higher education institutions specializing in physical education and sports] / Krutsevich T. Yu. K.: Publishing house of the National University of Physical Education and Sports "Olympic Literature", 2008. Vol. 2. 330 p. [in Ukrainian]
3. Tulaydan V. G., Tulaydan Yu. T. Workshop on the theory and methods of physical education. – Lviv, "Fest-Print". 2017. – 179 p. [in Ukrainian]
- 4 Theory and methods of physical education in the system of training bachelors in the specialty Secondary education (Physical culture): teaching aid. / compiler V.A. Tovt, I.I. Marionda. Uzhgorod: Best-print, 2022. 225 p. URI: <https://dspace.uzhnu.edu.ua/jspui/handle/lib/39857> [in Ukrainian]
- 5 Chernenko S.O. Theory and methods of physical education: a textbook: in 2 parts. Kramatorsk: DSMA, 2022. Part 1. 215 p. URI: <http://www.dgma.donetsk.ua/2023-2-4-fv.html> [in Ukrainian]
6. Chernenko S.O. Theory and methods of physical education: a textbook: in 2 parts. Kramatorsk: DSMA, 2022. Part 2. 228 p. URI: <http://www.dgma.donetsk.ua/2023-2-4-fv.html> [in Ukrainian]
7. Chichkan O.A., Kost' M.M. Physical education in schemes: teaching-methodical manual. Lviv: LDUVS, 2011. 104 p. URI: <https://repository.ldufk.edu.ua/handle/34606048/26431> [in Ukrainian]

Head of the Department of Physical Education and Health

Vyacheslav SHUTEEV