



SYLLABUS OF THE EDUCATIONAL COMPONENT PHYSICAL EDUCATION HEALTH

Specialty: **221 «Dentistry»**

Educational and professional program: **Dentistry**

Component code in the educational program: **EC 19**

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

Form of education: full-time

Year of study: **III**

Semester(s): **V (autumn)**

Type of educational component: **elective**

Academic year: **2026-2027**

Volume: **3 ECTS credits (90 hours)**

Training sessions: **practical classes**

Final control: **credit**

Prerequisites: **CC 11**

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.knmu.edu.ua/course/index.php?categoryid=446>

DESCRIPTION OF THE EDUCATIONAL COMPONENT

«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 educational component 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.

PURPOSE OF THE COURSE: The purpose of studying the educational component 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.



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. Methods and means of improving the development of force, and their control.
Topic 2. Methods and means of improving the development of speed, and their control.
Topic 3. Methods and means of improving endurance development and their control.
Topic 4. Methods and means of improving the development of flexibility, their control.
Topic 5. Methods and means to improve the development of coordination and their control.

List of topics of independent work of the student (60 hours)

- Topic 1. Mastering the basic means of developing strength abilities and their improvement
Topic 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.
Topic 3. Mastering the basic means of speed development and their improvement.
Topic 4. Mastering general development physical exercises and special exercises to improve running training.
Topic 5. Mastering the basic means of endurance and their improvement.
Topic 6. Mastering the basic means of physical education for the development of general and special endurance.
Topic 7. Mastering the basic means of developing flexibility and improving them.
Topic 8. Improving flexibility. Unconventional methods of flexibility development.
Topic 9. Mastering the basic means of developing coordination skills and improving them.
Topic 10. Age dynamics of natural development of coordination abilities.

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).

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

Final control.

Grade in subject (GS).

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

Recommendations for working on the course:

Attending classes.

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 gadgets and artificial intelligence tools.

Policy on persons with special educational needs.

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]