



## 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: **IV**

Semester(s): **VII (autumn)**

Type of educational component: **elective**

Academic year: **2027-2028**

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

### DESCRIPTION OF THE EDUCATIONAL COMPONENT

«Physical education and Health» - is a pedagogical process aimed at physical development, functional improvement of the body, teaching basic motor skills, abilities, for successful subsequent professional activity.

In the process of passing the educational material on basketball, one of the dominant aspects is the use of the means of this game in a health-improving direction, the formation of students' skills to draw up health-improving programs, to monitor the state of their body and the changes that occur after using the means of playing basketball as physical activity.

**PURPOSE OF THE COURSE:** The purpose of teaching the educational component "Physical Education and Health" is to form in students knowledge of the history and current state of development of basketball, the basic rules of the game, mastering the technical techniques and tactical actions of the game of basketball, acquiring the necessary knowledge, skills and abilities for independent pedagogical and organizational work in various areas of physical education and sports activities.

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

**Know:**

- the 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 one's physical activity;
- the basics of the methodology of health improvement and physical improvement by traditional and non-traditional means and methods of physical culture;
- general issues of the system of knowledge on the general theory and methodology of sports training in basketball;
- the history of the development of basketball in the world and in Ukraine;
- the rules of the game;
- basic techniques of the game technique;



- basic tactical actions of the game;
- the basics of hardening the body;
- hygiene of mental labor.

**Be able to:**

- own the technique of performing basic motor skills and abilities;
- use basic knowledge of the theory and methodology of basketball during training and performing professional tasks.
- apply systematic physical training of a health or sports orientation;
- perform tests of professional and applied physical fitness;
- apply general developmental and special physical exercises in the process of independent studies and exercise self-monitoring of health;
- implement in socio-professional, physical education and sports activities and in the family the knowledge, skills and abilities acquired in the process of learning basketball;
- correctly perform the basic technical techniques and tactical actions of the game.

## CONTENT OF THE EDUCATIONAL COMPONENT

### List of topics of practical (20 hours):

Topic 1. Basic positions and movements in basketball (basketball player stances and various movements). Special exercises for the development of basketball players' physical qualities. Exercises of a game nature.

Topic 2. Tactical and technical actions in basketball. Technical techniques of attack and defense in interactions with partners during the game. Special exercises for the development of basketball players' physical qualities. Exercises of a game nature.

Topic 3. Passing the ball. Throwing the ball with one hand from the shoulder, with two hands from the chest from a place and in motion. Special physical training of a basketball player. Special exercises for the development of basketball players' physical qualities. Exercises of a game nature.

Topic 4. Tactical actions of players in defense in basketball. Tactical techniques of attack and defense in interactions with partners during the game. Special exercises for the development of basketball players' physical qualities. Exercises of a game nature.

Topic 5. Tactical actions of players in attack in basketball. Tactical techniques of attack and defense in interactions with partners during the game. Special exercises for the development of physical qualities of basketball players. Exercises of a game nature.

### List of topics of independent work of the student (70 hours)

Topic 1. History of the emergence and development of basketball in the world and Ukraine. Ukrainian basketball at the present stage. Concept of game technique. Basic rules of the game. Rules of basketball competitions.

Topic 2. Rules for preventing injuries in basketball classes and competitions. Hygiene of the body, clothing, sports uniform, daily routine. Rational nutrition of athletes. Bad habits and their negative impact on achievements in sports.

Topic 3. General and special physical training in basketball. The importance of general and special physical training in basketball. Features of general and special physical training and physical training, characteristics of means for the development of physical qualities (strength, speed and speed-strength, agility, endurance, flexibility) in basketball.

Topic 4. Varieties of technical techniques in basketball. The importance of technique and tactics in basketball. The importance of technical and tactical training at the stages of long-term training in basketball.

Topic 5. Organization and holding of basketball competitions. Behavior during competitions. Refereeing in basketball. Gestures of referees.

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](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](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. Methodological recommendations “History of the emergence and development of basketball in the world and Ukraine” [Electronic resource] / NTUU “KPI”; compiled by L. V. Anikeenko, G. L. Boyko, V. M. Efremenko. – Electronic text data (1 file: 1.36 MB). – Kyiv: NTUU “KPI”, 2012. - 42 p. – Screen title. URI (Uniform resource identifier): <https://ela.kpi.ua/handle/123456789/1784> [in Ukrainian]
2. Physical education. Technique and tactics of playing basketball. Teaching the technique and tactics of playing basketball for students [Electronic resource]: a textbook for students / KPI named after Igor Sikorsky, comp.: L. V. Anikeenko, V. M. Efremenko, O. M. Yaremenko, O. V. Kuzenkov, G. O. Ustimenko. – Electronic text data (1 file: 2.86 MB). – Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2021. – 127 p. – Screen title. URI (Uniform Resource Identifier): <https://ela.kpi.ua/handle/123456789/42020> [in Ukrainian]
3. Tsyupak Yu. Yu., Shvai O. D. Ivanitsky R. B. Methodology for teaching basic basketball techniques: Methodological recommendations. Lutsk: Lesya Ukrainka Volyn National University 2021. – 65 p. URI (Uniform Resource Identifier):: <https://evnuir.vnu.edu.ua/handle/123456789/20246> [in Ukrainian]
4. Artyukh V. M. Basketball: [teaching manual] / Artyukh V. M. - Lviv: [b. v.], 1996. - 140 p. URI (Uniform Resource Identifier): <http://repository.ldufk.edu.ua/handle/34606048/6629>
7. Mozola R. S.,



Prystupa E. N., Vatsaba O. M. Individual training of basketball players, Lviv, 1993. 92 p.

URI(Uniform Resource Identifier):

<https://repository.ldufk.edu.ua/bitstream/34606048/7089/1/Индив.трен.баскетболистыв.pdf> [in Ukrainian]

5. O.A. Efimov, I.P. Pomeshchikova Fundamentals of basketball. Textbook. / O.A. Efimov, I.P. Pomeshchikova – Kharkiv: KhDAFK, 2011. – 108 p. URI (Uniform Resource Identifier):

<http://repo.khdafk.kh.ua/bitstream/123456789/1294/1/Навч.%20посибнык.pdf> [in Ukrainian]

Head of the Department of Physical Education and Health

Vyacheslav SHUTEEV