

**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: **V**

Semester(s): **IX (autumn)**

Type of educational component: **elective**

Academic year: **2028-2029**

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» - this is a pedagogical process aimed at physical development, functional improvement of the body, training in basic motor skills, abilities, for successful subsequent professional activity. It will help in forming in students the ability to maintain a sufficient level of physical health, physical and mental performance; develop basic vitally necessary professional and applied motor skills; form motivation for physical activity and sports as a component of a healthy lifestyle; integrates, in accordance with its subject, knowledge from medical and biological, psychological and pedagogical and other sciences that contribute to increasing the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, abilities for further professional activity.

In the process of passing the educational material on volleyball, 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 create health-improving programs, to monitor the condition of their body and the changes that occur after using the means of playing volleyball as a physical activity.

**PURPOSE OF THE COURSE:** The purpose of teaching the educational component "Physical Education and Health" is to consistently form the physical culture of a specialist of the appropriate level of education (master's degree) in higher medical educational institutions, to prepare future specialists for highly productive work, to educate students in the need for systematic physical exercises to maintain proper physical and mental condition depending on psychophysical loads and taking into account the characteristics of their future professional activity, to strengthen health, as well as to acquire skills and abilities for the use of various means of physical culture in future preventive and therapeutic activities and to form the prestige of health among all segments of the population; knowledge of the history and current state of development of volleyball, the basic rules of the game, mastering the technical techniques and tactical actions of the game of volleyball, acquiring the necessary knowledge, skills and abilities for independent pedagogical and organizational work in various areas of physical culture 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 methods of health improvement and physical improvement by traditional and non-traditional means and methods of physical culture;
- the basics of professional and applied physical training and be able to apply them in practice;
- the 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, physical culture pauses and minutes, a complex of physical exercises aimed at strengthening the muscular corset; complexes of physical exercises that contribute to the development of flexibility, speed, general endurance and strength, complexes of physical exercises to restore working capacity in mental fatigue.
- lay the foundations of a healthy lifestyle, improving the standard of living and preventing dysfunction in the process of life.
- apply systematic physical training of a health or sports orientation;
- use volleyball equipment to improve physical and mental performance, develop physical qualities, restore and maintain health;
- exercise control and self-control over the functional state of the body;
- ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

### **CONTENT OF THE EDUCATIONAL COMPONENT**

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

Topic 1. Starting positions of a volleyball player. Location and transitions of players on the playing court. Choosing a starting position and moving to pass and receive the ball. Special physical exercises for the development of physical qualities of volleyball players. Improving playing actions.

Topic 2. Passing the ball with both hands from above and below. Receiving the ball with both hands from above and below. Types of serves and the technique of its execution. Attacking blow. Blocking the attacking blow, its varieties. Insuring actions. Special physical exercises for the development of physical qualities of volleyball players. Improving playing actions.

Topic 3. Exercises for the development of jumping ability. Exercises for the development of special flexibility of a volleyball player. Development of physical qualities. Improving playing actions.

Topic 4. Technical and tactical training of volleyball players. Individual and group tactical actions of players in attack and defense. Interaction of front and back line players. Actions of the Libero player. Special physical exercises for the development of physical qualities of volleyball players. Improving game actions.

Topic 5. Competition rules. The work of judges, the composition of the refereeing team, the distribution of duties. Special physical exercises for the development of physical qualities of volleyball players. Improving game actions.

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

Topic 1. Starting positions of a volleyball player. Location and transitions of players on the playing court. Choosing a starting position and moving to pass and receive the ball. Special physical exercises for the development of physical qualities of volleyball players. Improving playing actions.

Topic 2. Passing the ball with both hands from above and below. Receiving the ball with both hands from above and below. Types of serves and the technique of its execution. Attacking blow. Blocking the attacking blow, its varieties. Insuring actions. Special physical exercises for the development of physical qualities of volleyball players. Improving playing actions.

Topic 3. Exercises for the development of jumping ability. Exercises for the development of special flexibility of a volleyball player. Development of physical qualities. Improving playing actions.

Topic 4. Technical and tactical training of volleyball players. Individual and group tactical actions of players in attack and defense. Interaction of front and back line players. Actions of the Libero player. Special physical exercises for the development of physical qualities of volleyball players. Improving game actions.

Topic 5. Competition rules. The work of judges, the composition of the refereeing team, the distribution of duties. Special physical exercises for the development of physical qualities of volleyball players. Improving game actions.

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. Peculiarities of organization and holding of volleyball competitions in higher educational institutions according to simplified rules [Electronic resource]: methodological recommendations / NTUU "KPI" ; compiled by D. M. Mishchuk. – Electronic text data (1 file: 874 KB). – Kyiv: NTUU "KPI", 2015. – 29 p. – Title from the screen. URI (Uniform resource identifier): <https://ela.kpi.ua/handle/123456789/15477> [in Ukrainian]

2. Innovative technologies of physical education of students [Electronic resource]: a textbook for students studying the discipline "Physical education" and students in specialty 227 "Physical therapy, occupational therapy" / G. L. Boyko [et al.] ; Igor Sikorsky Kyiv Polytechnic Institute ; ed. Yu. M. Vikhlyeva. – Electronic text data (1 file: 5.72 MB). – Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2018. – 543 p. – Screen title. URI (Uniform Resource Identifier): <https://ela.kpi.ua/handle/123456789/27546> [in Ukrainian]

3. Physical education. Volleyball [Electronic resource]: a textbook for bachelor's degree applicants / Mishchuk D. M., Syrovatko Z. V., Abramov S. A., Tomashevsky D. V., Dovgopol E. P. ; Igor Sikorsky Kyiv Polytechnic Institute. – Electronic text data (1 file: 4.86 MB). – Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2021. – 129 p. – Screen title. URI (Uniform Resource Identifier): <https://ela.kpi.ua/handle/123456789/41128> [in Ukrainian]

Head of the Department of Physical Education and Health

Vyacheslav SHUTEEV