



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: **II**

Semester(s): **III (autumn)**

Type of educational component: **elective**

Academic year: **2025-2026**

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 a pedagogical process aimed at physical development, functional improvement of the body, training in basic motor skills, abilities, for successful subsequent professional activity.

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

Physical education provides general and special physical training. As an educational component, physical education is a means of optimizing the physical and physiological state of students in the process of professional training.

During training, it is important to form in students an understanding of the need to constantly work on themselves, studying the peculiarities of their body, rationally use their physical potential, leading a healthy lifestyle, and constantly learn the value of physical culture. Medical higher education institutions should train comprehensively developed specialists who possess theoretical knowledge and practical skills and abilities to use various means of physical education in their medical and preventive work.

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.

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 quality - strength. Physical exercises for the development of strength.

Topic 2. Physical quality - speed. Physical exercises for the development of speed.

Topic 3. Physical quality - endurance. Types of endurance. Physical exercises for the development of different types of endurance.

Topic 4. Physical quality - flexibility. Types of flexibility. Physical exercises for the development of flexibility and their control.

Topic 5. Physical quality - coordination. Physical exercises for the development of coordination abilities

Topic 6. Physical quality - agility. Physical exercises for the development of agility.

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

Topic 1. Dependence of strength on working conditions. Nature of strength efforts. Strength magnitude. Classification of the main types of strength abilities.

Topic 2. Speed as a complex motor quality. Elementary forms of manifestation of speed in various combinations and in combination with other physical qualities and technical skills.

Topic 3. The importance of physical endurance in human life General and special endurance. Level of endurance.

Topic 4. The essence and significance of flexibility. Factors on which the manifestation of flexibility depends. Stages of flexibility development. Gender differences.

Topic 5. Balance. Sense of rhythm. Orientation in space. Factors determining the development of coordination qualities

Topic 6. Factors determining agility Physiological foundations of agility. Methodological techniques for developing agility. Load parameters used in the development of agility

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]