

**Odessa National Medical University**

**Medical faculty №2**

**Department of Physical Rehabilitation, Sports Medicine, Physical Training and Valeology**

**SYLLABUS OF ACADEMIC DISCIPLINE**

**«PHYSICAL TRAINING»**

<b>Course scope</b>	Faculty of pharmaceutical - 2.0 ECTS credits, 60 hours
<b>Semester, year of study</b>	I - II year, II-III semester
<b>Days, time, location</b>	According to the schedule.
<b>Teachers</b>	1. Iushkovska Olga. Head of the department, doctor of medical sciences, professor <a href="mailto:med_rehab@ukr.net">med_rehab@ukr.net</a> 2. Seredovskaya Victoria. Senior teacher, head of the Academic Unit. <a href="mailto:sered63@ukr.net">sered63@ukr.net</a> 3. Burdin Igor. Senior lecturer, responsible for sports and mass activities. <a href="mailto:burdin0102@gmail.com">burdin0102@gmail.com</a> 4. Korostylova Hanna. Senior teacher, methodologist of the department, curator of the section Sport of athletics. <a href="mailto:ankor-2006@ukr.net">ankor-2006@ukr.net</a> 5. Afanasyev Sergey. Senior teacher, curator of the sports section of football. <a href="mailto:afonya8@ukr.net">afonya8@ukr.net</a> 6. Kolesnichenko Alexander. Senior teacher, curator of the sports section of table tennis and weightlifting. <a href="mailto:kolesnichenkoaleksandr21@gmail.com">kolesnichenkoaleksandr21@gmail.com</a> 7. Chikin Alexander. Senior teacher, curator of the sports section of chess. <a href="mailto:chikina72@gmail.com">chikina72@gmail.com</a> 8. Parkhomenko Irina. Teacher, curator of the sports section of karate and boxing. <a href="mailto:irinakomar34@gmail.com">irinakomar34@gmail.com</a>
<b>Contact numbers</b>	+380(48) 723-05-68, +380 (48) 728-50-30,
<b>E-mail</b>	<a href="mailto:sportmed@onmedu.edu.ua">sportmed@onmedu.edu.ua</a>
<b>Teacher's workplace</b>	Department of Physical Rehabilitation, Sports Medicine, Physical Training and Valeology, address: Odessa, street Olgievskaya, 4-A.
<b>Counseling for students</b>	Thursday - 15.00 - 17.00. Saturday - 9.00 - 12.00. Conducted by the next teacher according to the schedule of shifts. (For the period of quarantine - by E-mail of the department: <a href="mailto:sportmed@onmedu.edu.ua">sportmed@onmedu.edu.ua</a> , as well as using Viber, Facebook and Telegram messengers and the use of the Zoom platform and / or Microsoft Teams).

**COMMUNICATION**

The system of organization of classes, is carried out with the help of E-mail department: [sportmed@onmedu.edu.ua](mailto:sportmed@onmedu.edu.ua), as well as with the help of messengers Viber, Facebook and Telegram and the use of the platform Zoom and / or Microsoft Teams.

**COURSE ANOTATION**

**"Physical training" as a teaching discipline in medical institutions of higher education** is a pedagogical process aimed at the formation of a healthy, physically perfect, socially active and morally stable younger generation. Physical education solves the problems of health promotion, the realization of the human body's need for motor activity, the comprehensive development of physical and mental strength, increase work capacity, the continuation of creative longevity and life of people engaged in all spheres of activity.

Physical training is a set of ideological and scientific and methodological foundations of physical education, as well as organizations and institutions implementing and controlling physical

education of citizens. It is aimed at the development of spiritual and physical qualities of man, to prepare him for a particular kind of activity in specific socio-economic conditions.

**Course prerequisites:** is based on students' study of medical biology, biophysics, biochemistry, ethics, philosophy, ecology, human anatomy, normal and pathological physiology and is integrated with these disciplines;

**Post requisites of the course:** it lays the foundation for the study of life safety, Valeology, physical rehabilitation, sports medicine and the formation of skills to apply knowledge of physical in the further study of all clinical disciplines and in future professional activities.

**The purpose of teaching the discipline "Physical Training" are:** training future professionals for high-performance work; educating students in the need for regular physical exercises to maintain their proper physical and mental condition depending on the psychophysical load and taking into account the peculiarities of their future professional activities; health promotion, as well as the acquisition of skills and abilities for the use of various means of physical culture in future preventive treatment; formation of health prestige in all segments of the population.

**Expected results.**

**As a result of studying the discipline, higher education seekers 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:**

- apply systematic physical training for health or sports orientation;
- to make complexes of morning hygienic gymnastics, physical pause and minutes, a complex of physical exercises directed on strengthening of a 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;
- to lay the foundations of a healthy lifestyle, improving living standards and prevention of dysfunction in the process of life.

**master:**

- skills of self-control over the body's reactions to exercise;
- performance of tests of professional and applied physical fitness;
- technique of performing basic motor skills and abilities.

## **COURSE DESCRIPTION**

### **Forms and methods of teaching**

The course will be presented in the form of practical classes (60 hours).

The following teaching methods will be used during the teaching of the discipline: verbal (conversation); visual (multimedia presentations, diagrams, tables); practical training; performance of individual independent tasks.

### **The content of the discipline**

**Part I. Means of development of physical qualities, improvement of physical efficiency, preparedness and functional state:**

**Theme1.** Mastering the basic means of development of rapidity of movements and their improvement. Mastering the basic means of developing the rapidity of movement and improving them. Mastering physical exercises for general development and special exercises to improve running training.

**Theme 2.** Mastering the basic means of endurance development and improvement. Mastering the basic means of developing special and general endurance and improving them.

**Theme 3.** Mastering the basic means of developing strength and improving them. Forms and types of muscle contractions. Nervous regulation. Psychophysiological mechanisms. Functional

reserves of power. Methods for the development of strength indicators and their control. Dosages. Intensity. Dynamic loads with constant resistance.

**Theme 4.** Mastering the main methods of developing coordination skills and improving them. Mastering the basic means of dexterity development and improvement. Mastering the basics of dosage of physical exercises with the use of steppe platforms, exercise ball, gymnastic ropes. The study of complexes of basic exercises of dance aerobics. The study of combinations of dance aerobics with musical accompaniment. The study of combinations of rhythmic gymnastics, aerobics, sport aerobics, step aerobics with musical accompaniment.

**Theme 5:** Mastering the basic means of flexibility development and their improvement. Methods of flexibility development. Main groups of exercises for flexibility. Physiological and anatomic principles of flexibility.

## **Part II. Training and using motor actions, skills and abilities for health improvement and professional-applied training:**

**Theme 6.** The use of general development exercises as a means of developing basic physical qualities and their impact on the human body. Basics of a healthy lifestyle.

**Theme 7.** Teaching the basic means and principles of sports training. The problem of doping in modern sports and consequences of its use.

**Theme 8.** Teaching the basic techniques and tactics of the game of basketball. Familiarization with special preparatory exercises for basketball players.

**Theme 9.** Teaching the basic techniques and tactics of the game of volleyball. Familiarization with special preparatory exercises for volleyball players.

**Theme 10.** Teaching the basic techniques and tactics of the game of football. Familiarization with special preparatory exercises for football players.

### ***List of recommended reading***

#### ***Main literature:***

1. О.Г. Юшковська, Т.Ю. Круцевич, В.Ю. Середовська, Г.В. Безверхня. Самостійні заняття з фізичного виховання Методичний посібник для студентів медичних та фармацевтичних закладів. Одеса, 2011. – 269 с.

2. Санология. Основы управления здоровьем: монография / Г.Л. Апанасенко, Л.А. Попова, А.В. Магльований. – LAMBERT (Германия), 2012. - 404 с.: рис., табл.

3. Магльований А.В. Санология. Основы управления здоровьем : монография / Г.Л.Апанасенко, Л.А.Попова, А.В.Магльований. – LAMBERT (Германия), 2012.- 404 с. : рис., табл.

4. Фізична реабілітація, спортивна медицина : підручник для студ. вищих мед. навч. закладів / В. В. Абрамов, В. В. Клапчук, О. Б. Неханевич, А.В.Магльований [та ін.] ; за ред. професора В. В. Абрамова та доцента О. Л. Смирнової. – Дніпропетровськ, Журфонд, 2014. – 456 с. : іл. 79

5. Дудник, І. О. Формування вольових якостей в студентів у процесі занять фізичною культурою: навчально-методичний посібник / І. О. Дудник; МОНУ, Черкаський НУ ім. Б. Хмельницького. – Черкаси : ЧНУ ім. Б. Хмельницького, 2016. – 72 с.

6. Єжова, О. О. Здоровий спосіб життя: навчальний посібник для учнів професійно-технічних навчальних закладів / О. О. Єжова ; МОНУ ; Академія педагогічних наук України, Ін-т проблем виховання АПН України. – Суми:Університетська книга, 2017. – 128 с

7. Міхєєнко, О. І. Загальна теорія здоров'я : навчальний посібник / О. І. Міхєєнко. – Суми : Університетська книга, 2017. – 156 с.

8. Онопрієнко, О. М. Організація і зміст навчально-виховного процесу з фізичного виховання студентів у ВНЗ: навч.-метод. посібник /О.М.Онопрієнко, О.В.Онопрієнко, В.В.Загородній; ЧНУ ім. Б. Хмельницького.– Черкаси: Черкаський НУ ім. Б. Хмельницького, 2016.– 64 с.

9. Платонов В. Периодизация спортивной тренировки. Общая теория и ее практическое применение / В.Платонов. – К., Олімп. л-ра, 2013. – 624 с.

10. Розвиток лідерства: навчальний посібник / Л. Бізо, І. Ібрагімова, О. Кікоть [та ін.] ; ред. І. Ібрагімова. – Київ : САММІТ-КНИГА, 2012. – 400 с. –

11. Свириденко, О. О. Алгоритм збереження здоров'я: методичні поради та рекомендації : навчально-методичний посібник /О.О.Свириденко; МОНМСУ, Полтавський НПУ ім. В. Г. Короленка.– Полтава: ЮЦ Полтавський НПУ ім. В. Г. Короленка, 2013.– 114 с.
12. Якобчук А.В. Основи медичної валеології: навчальний посібник/А.В.Якобчук, О.Г.Курик; Державна наукова установа "Науково-практичний центр профілактичної та клінічної медицини" держ. управління справами; ПВНЗ "Європейський університет".– Київ: Кондор, 2016.– 254 с.– Лист МОНУ № 1/11-469 від 16.01.2012 р.
13. Система підготовки спортсменів в олімпійському спорті. Общая теория и ее практические приложения: учебник {для тренеров}: в 2 кн. / В.Н. Платонов. – К.: Олимп. лит., 2015. – Кн. 1. – 680 с.

***Additional literature:***

1. Волков В. Л. Розвиток фізичних здібностей студентів у системі фізичної підготовки : [монографія] / В. Л. Волков. – К. : Освіта України, 2011. – 420 с. 5. Магльований А.В. Поняття здорового способу життя, оздоровче тренування / А.В. Магльований // Гуманітарні та ресурсні проблеми національної безпеки України: [монографія; Акад. наук вищої освіти України (книга 2)]. – К.: Експрес- Поліграф, 2012. С. 76-112.
2. Блавт О.З. Професійно-прикладна фізична підготовка студентів спеціальної медичної групи: метод. вказівки / О.З. Блавт. - Л.: Видавництво «Львівська політехніка», 2013. – 20с.
3. Магльований А. В. Дискретність питань формування та інтеграції здоров'язберігаючих компетенцій у студентів ВНЗ в процесі їх професійно-прикладної фізичної підготовки / А.В. Магльований, Л. В. Козіброда // Молодіжний науковий вісник Східноєвропейського НУ ім. Л. Українки. – 2014. – Вип. 14. – С. 35–41.
4. Романчук С. В. Методичний практикум з навчальної дисципліни «Фізичне виховання, спеціальна фізична підготовка і спорт» : навч.-метод. посіб. // С.В. Романчук, Є. Д. Анохін, Д. О. Логінов // Львів : АСВ, 2010. – 128 с.
5. Сергієнко Л. П. Терміни і поняття у фізичній культурі / Л.П. Сергієнко. – Тернопіль: Навчальна книга «Богдан», 2011. – 264 с.
6. Санологія (медичні аспекти валеології) [Текст] : підруч. для лікарів-слухачів закл. (ф-тів) післядипломної освіти вищих навч. мед. закл. України III-IV рівнів акредитації / Г. Л. Апанасенко, Л. О. Попова, А. В. Магльований ; під заг. ред.: Г. Л. Апанасенко, А. В. Магльованого ; рец.: Є. Х. Заремба, Ю. О. Буков. - Київ ; Львів : Кварт, 2011. - 302 с. : табл. - Бібліогр.: с. 298-302 (108 назв). - 500 прим.. - ISBN 978-966-8792-75-5 (в обкл.).
7. Шейпінг в системі фізичного виховання вищих навчальних закладів : монографія / В. Гумен ; Федерація шейпінгу України, ЛДУФк імені Івана Боберського // Львів : Українські технології, 2016. – 227 с. : іл.
8. Указ президента України №42/2016 Про Національну стратегію з оздоровчої рухової активності в Україні на період до 2025 року "Рухова активність - здоровий спосіб життя — здорова нація".
9. Магльований А. В. Дискретність питань формування та інтеграції здоров'язберігаючих компетенцій у студентів ВНЗ в процесі їх професійно-прикладної фізичної підготовки / А.В. Магльований, Л. В. Козіброда // Молодіжний науковий вісник Східноєвропейського НУ ім. Л. Українки. – 2014. – Вип. 14. – С. 35–41.
10. Hardman K. Contemporary issues in physical education / K. Hardman, K. Green. – Mayer&MayerVerlag, 2011. – 300 p.

**Information resources**

- <http://www.mon.gov.ua> Офіційний сайт Міністерства освіти і науки, молоді та спорту України.
- <http://zakon2.rada.gov.ua/laws/show/3808-12> Закон України «Про фізичну культуру і спорт».
- <http://zakon4.rada.gov.ua/laws/show/1060-12> Закон України «Про освіту».
- <http://www.nbuiv.gov.ua/>– Національна бібліотека України імені В.І. Вернадського.
- <http://library.gov.ua/> – Національна наукова медична бібліотека України.

- <http://osvita.ua/vnz/> – Вища освіта в Україні.
- <http://metodportal.com/taxonomy/term/35>– Методичний портал «Фізичне ВИХОВАННЯ».
- <http://www.tmfv.com.ua/>– журнал «Теорія та методика фізичного виховання».
- <http://www.breath.ru/v.asp?articleid=937>калькулятор калорій онлайн
- [www.universalinternetlibrary.ru/book/medzina3/0.shtml](http://www.universalinternetlibrary.ru/book/medzina3/0.shtml)

## EVALUATION CRITERIA

### Assessment of individual student tasks

Completion of an individual task is credited to the student only after his successful defense in a practical lesson. Depending on the quality of performance and defense of the individual task, the student may receive the traditional grades "5", "4", "3" and "2".

#### Current Control

Current control provides for 100% passing of control standards and tests, the students of the group with the obligatory assessment of all components of classes - test control, control standards. At each practical lesson, the instructor evaluates each student on a four-point system "5-4-3-2".

**Excellent ("5")** - the student correctly answered 90-100% of the tests. At "5" and "4" points completed control standards. Completed all tasks provided by the methodological developments. The student can get additional points for individual work (participation in Olympiads, conferences, forums).

**Good ("4")** - the student answered 80-89% of the tests correctly. At "4" and "3" points the control norms are fulfilled. Completed all assignments as specified in the methodical developments.

**Satisfactory ("3")** - the student correctly answered 70-79% of the tests. At "3" points completed control standards. Completed completely not the task provided by the methodical developments.

**Unsatisfactory ("2")** - the student answered less than 70% of the tests. At "2" points completed control standards. Did not perform the tasks that are provided in the methodological developments.

The importance of each topic within the term of the discipline is the same.

**The final control of assimilation of discipline** is carried out on their completion. Assessment of the student's progress in the discipline is a rating and is put on a multipoint scale as the sum of the points for the current control of knowledge and has a definition of the system of ECTS and the scale adopted in Ukraine.

The total amount of points in the discipline for all types of learning activities	National Scale Score
From 170 to 200 points	Excellent (A) (excellent performance with only a small number of errors)
From 155 до 169 points	Very good (B) (above average with several errors)
From 140 до 154 points	Good (C) (generally correct execution with a certain number of significant errors)
125-139	Satisfactory (D) (not bad, but with a significant number of shortcomings)
<b>111 (min)</b> - 124	Enough (E) (performance meets minimum criteria)
60-110	Unsatisfactory (FX) (reusable)
1-59	Unsatisfactory (F) (with compulsory re-examination of the discipline)

### Discipline assessment

Assessment of student achievement in the discipline is a rating and is set on a multi-point scale as the sum of points for the current control of knowledge and is determined by the ECTS system and the scale adopted in Ukraine.

### **Assessment of an individual task**

Completion of an individual task is credited to the student only after his successful defense in a practical lesson. Depending on the quality of performance and defense of the individual task, the student may receive the traditional grades "5", "4", "3" and "2".

### **Credit**

Credit is awarded to students who have fully attended classroom training sessions in the discipline, provided by the curriculum and when assessing each control test, received marks on the traditional 4-point scale (2,3,4,5) and have completed all types of work provided by the curriculum. Students who have a score on the traditional 4-point scale (2) and have not completed all types of work required by the curriculum do not receive credit. Students who have not completed all types of work provided by the curriculum for a valid reason are made adjustments to the individual curriculum and allowed to work off the academic debt by a certain deadline. At the end of the study of the discipline current progress is calculated as the average score of all scores received by the student on a traditional scale, rounded to two (2) decimal places after the decimal point.

### **Converting a traditional discipline grade to a multi-point scale**

Of special methodological importance is the question of converting the result of the student's study of the discipline on a 200-point scale and further ranking on a rating scale (ECTS). It is necessary for implementation of academic mobility of students, providing a student with an opportunity to continue training in this discipline, at another university or in another country. The resulting average score for the discipline allows for conversion to a grade on a 200-point scale.

### **Example:**

<b>Average score for the discipline</b>	<b>Score on a 200-point scale</b>
5,0	200
4,38	X

$$X = (4,38 \times 200): 5 = 175 \text{ points}$$

## **COURSE POLICY**

### **Deadline and recompilation policy**

All missed classes must be completed. A student who has missed practical classes must process them independently (without getting points!).

The student prepares answers to questions on the topic of missed classes, which are specified in the methodological developments of the department. During the independent work the student must prepare the topics of classes, which are provided by the methodological developments of the department and the methodical manual developed at the department "Independent physical education classes for students of medical and pharmaceutical institutions". Odessa, 2011. - 269 p.

Some, the most difficult and incomprehensible for the student questions can be asked to the teacher at the beginning of the missed lesson.

During the practice the student:

- does all the physical exercises provide in the workout;
- gives answers to 25 standardized questions of the Google test.

### **Academic Integrity Policy**

#### **Mandatory observance of academic integrity by students, namely:**

- independent performance of all works, tasks, forms of control provided by the working program of discipline "Physical training";
- links to sources and information in the case of the use of ideas, developments, statements, information;
- observance of the rights of the legislation on copyright and related rights;
- providing reliable information about the results of their own educational (scientific, creative) activities, used research methods and sources of information.

### **Attendance and Lateness Policy**

Attendance in all classes is mandatory. Lateness to all classes is prohibited.

**Mobile Devices.**

The use of headphones, phones, smartphones, and tablets is prohibited during all types of classes and monitoring measures. Zoom and/or Microsoft Teams platforms are used during distance learning in a special epidemic mode (adaptive quarantine).

**Classroom Behavior**

Behavior in the classroom during all types of classes should be dignified as a medical student. Instructors and students must wear a change of athletic shoes and athletic uniforms, and properly attired medical masks or respirators during face-to-face classes under special epidemic conditions (adaptive quarantine).