

**MINISTRY OF INTERNAL AFFAIRS OF UKRAINE
DNIPROPETROVSK STATE UNIVERSITY OF INTERNAL AFFAIRS**

FACULTY OF LAW

DEPARTMENT OF PHYSICAL EDUCATION

APPROVED

Rector of Dnipropetrovsk State
University of Internal Affairs
Colonel of the Police
ANDRII FOMENKO

**CURRICULUM OF THE ACADEMIC DISCIPLINE
PHYSICAL TRAINING**

Academic level bachelor
Specialty 073 Management
Educational program "Financial and economic security and risk management"
Status of the academic discipline obligatory
Language of instruction English

Dnipro – 2020

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AUTHOR(S): Oleksandra GURZHIY - a lecturer at the Department of Physical Education

REVIEWERS: 1. Olga MYKYTCHYK - Candidate of Sciences in Physical Education and Sports, Associate Professor of Water Sports of the Prydniprovsky State Academy of Physical Culture and Sports

2. Oleksandr SOLOVEY - Candidate of Sciences in Physical Education and Sports, Associate Professor of the Department of Sports Games of the Prydniprovsky State Academy of Physical Culture and Sports

Presented at the meeting of the department of Physical education
19.05.2020 , minutes № 14

Recommended by Scientific and methodical council of the University
____ 20____, minutes № ____

Approved by Academic council of the University, recommended to be used in the
teaching process for ____ years. ____ 20____, minutes № ____

The goal of studying the academic discipline «Physical training» is to provide training for applicants with a high level of versatile physical fitness, which is aimed at forming their physical and mental health, improving physical and mental training.

Preliminaries of studying the academic discipline: «**Special physical training**», «**Occupational Safety**», «**Medical care**».

The results of the study of the discipline «Physical training».

Study outcomes for studying the academic discipline «Physical training».

In accordance to the requirements of the educational program students must **know**:

1) at the conceptual level: the role and place of physical education in higher educational institutions of Ukraine, general and special tasks of physical education, features of the organization, planning and conduct of physical education in higher educational institutions of Ukraine;

2) at the fundamental level: the general foundations of the theory and methods of physical education and sports, the basic forms of organization and construction of physical education classes;

3) at the practical and creative level: measures to regulate the physical load on the human body during exercise, requirements for personal and public hygiene during physical education classes.

be able to:

1) at the reproductive level: to penetrate into the essence of the phenomena and processes of the real world, to consciously use scientific knowledge in cognitive and professional activities. Analyze your own physical, mental and spiritual health;

2) at the algorithmic level: to protect the interests of the state, to combine public, collective, and individual interests to conduct self-analysis, self-knowledge, self-education and self-improvement.

3) at the heuristic level: not only the degree of achievement by applicants of external set results, but also "creative deviation" from them is checked. The main parameter for assessing personal educational outcomes is the degree of comprehensive educational growth of applicants, which includes both standard and individual parameters.

4) at the creative level: to use the basic principles of physical education in everyday life and extreme conditions.

Scope of the discipline: 210 hours / 7 ECTS credits/

Curriculum of the academic program

TOPIC 1. PHYSICAL EDUCATION IN HIGHER EDUCATIONAL INSTITUTIONS OF UKRAINE

The concept of physical education. Purpose, tasks and functions of physical education. Tasks of extracurricular work on physical education. Features of the organization of the process of physical education. Organization of physical education classes. Organization and content of the work of the department of physical education of higher education.

TOPIC 2. THE EFFECT OF DOPING ON THE HEALTH OF ATHLETES

A brief history of doping in sports. Doping and their classification. The principle of doping and the consequences of their use. Doping in various sports. Doping disorders. The paradox of doping.

TOPIC 3. ATHLETICS

Running for short and medium distances. Practice of running technique. Running for 100, 200 meters (training). Running for 400, 500, 800 meters (training). Running for 1000 meters (training).

General physical training. Special exercises for running short and medium distances.

Safety rules during classes.

The technique of long jump from a place. Shuttle running technique.

Long distance running. Practice of long-distance running technique (training). Long run with acceleration

Accelerated running: running on segments at a repeated pace from 100 m to 400 m; running at a variable pace on segments from 100 m to 400 m; uniform cross-country running for 15 minutes.

TOPIC 4. SPORTS GAMES

Must know: the place and importance of sports games in the system of physical education, the organization of competitions in sports games, the development of physical qualities in the process of playing sports games. Safety rules during classes.

Be able to prepare and conduct independent classes on general physical training and sports games.

Must know the place and importance of sports games in the system of physical education, the rules of competitions in football, volleyball, basketball, table tennis, the technique of playing football, volleyball, basketball, table tennis. Safety rules during sports games.

The role of classes (football, volleyball, basketball, table tennis) in the optimization of motor activity and the development of physical qualities.

Be able to: prepare and conduct independent classes on "Sports Games", confidently and competently perform exercises, have the skills to play football, volleyball, basketball, table tennis.

TOPIC 5 OLYMPIC GAMES

History of the Olympic Games, organization of the Olympic Games, Olympic symbols, Paralympic Games, Olympic Champions of independent Ukraine, NOC and IOC, Summer Olympic Games, Winter Olympic Games.

Form of the assessment of the learning success

Final control is a test of the level of acquisition of knowledge, skills, abilities and other competencies for the academic semester.

For academic discipline «Physical training» is required:

- for full-time studies – credit.

Criteria for the assessment of the learning success.

Current control			TEST
Classwork	Independent work	Individual work	
≤30	≤15	≤15	
≤60			≤40
Final grade =Current control+Test≤100			

The general rating of the applicant's competence consists of ratings on educational work (classroom, independent, individual) and final control (credit).

Thus the maximum rating on educational work makes 60, and final control - 40 points.

The overall rating of the applicant's competence is thus assessed on a 100-point scale.

Individual applicants for active participation in sports and mass or scientific work, according to the decision of the department, can be awarded, within 100 points, additional points, but not more than 20.

If the applicant has not scored the minimum number of points for academic work (40) or his overall rating of competence was less than 60 points, he is considered to have an academic debt.

Assessment of competence in classroom and independent work of the applicant consists of assessment of the level of theoretical knowledge or practical skills, which is carried out within the boundary control on each topic defined by the thematic plan for the relevant period of study (semester, academic year).

Grading is not required for the applicant for each lesson. Empty cells are not used.

Absence from class is determined by the letter "B" and must be completed by the applicant.

A grade of "1" is required.

To obtain points for independent and individual work, the applicant must perform tasks on each topic: abstracts, tests, presentations.

Assessment on a particular topic (task) is carried out on the following scale: "excellent" - 5 points, "good" - 4 points, "satisfactory" - 3 points, "unsatisfactory" -2 points.

Point	Explanation
5	Theoretical issues submitted for consideration have been mastered in full; the necessary practical skills and abilities are formed at a high level; all educational tasks provided by the lesson plan are performed in full. During the lesson, stable activity and initiative were demonstrated. Answers to theoretical questions (for example, the concept of physical education, purpose, tasks and functions of physical education, extracurricular activities, features of the organization of the process of physical education and training, organization and content of the Department of Physical Education, doping in sports, classification, the principle of doping and the consequences of their use, doping violations, the place and importance of sports games in the system of physical education, the organization of competitions in sports games, the development of physical qualities in sports, the history and organization of the Olympic and Paralympic Games, symbols, champions independent Ukraine, NOC and IOC) solving practical problems, expressing one's own opinion on controversial issues is based on a deep knowledge of the theory and methods of physical education. Tasks of practical physical education classes (for example, special running exercises, running different types of distances, performing relay races, long jump, movement while playing volleyball and basketball, passing and receiving the ball, types of shots and innings, blocking, , passing and driving the ball, free throw) performed in full without errors with understanding and comprehension, skillfully and actively performed physical exercises for the development of physical qualities and planned load. The applicant understands the importance of learning and uses it in their own motor activities, has an interest in their own physical development, success and the level of responsibility for their own physical condition. The applicant follows the requirements of safety rules during training.

4	Theoretical issues submitted for consideration have been mastered in full; mainly the necessary practical skills and abilities are formed; all training tasks provided by the lesson plan are performed in full with insignificant inaccuracies. Initiative was demonstrated during the lesson. Answers to theoretical questions, solving practical problems, expressing one's own opinion on debatable questions are mainly based on knowledge of theoretical material. Tasks of practical physical education classes are not completed in full (80%). For example, the winner performs special running and preparatory exercises, exercises for the development of physical qualities, but does not overcome a small part of the distance or has mastered the technique of passing and receiving the ball, but not fully mastered the technique of performing the upper direct serve.
3	Theoretical issues submitted for consideration are generally mastered; practical skills and abilities are superficial, need further development and consolidation; educational tasks provided by the lesson plan are performed, some types of tasks are performed with errors. Tasks of practical physical education classes are not completed in full (50%). For example, the winner performs special running and training exercises, but does not cover half of the distance or has mastered the technique of passing and receiving the ball, but has not mastered the technique of performing the upper direct serve.
2	Theoretical issues submitted for consideration, partially mastered, gaps in knowledge are not significant; practical skills and abilities are insufficiently formed; most of the learning tasks are completed, some of the completed tasks contain significant errors that need further elimination. For example, the applicant is present in a practical physical education class, but the applicant does not perform the task of the class for a good reason.
1	The applicant is not ready for the lesson, does not know most of the program material, does not have the appropriate skills and abilities necessary to solve professional problems. For example, the applicant is present in a practical physical education class, but the applicant does not perform the task of the class without a good reason.
0	Absence from class

The average score is determined by the formula.

$$\Sigma/N = \mu$$

N – the number of assessed classes in the discipline per semester

Σ – sum of grades for all classes (from 1 to 5)

μ – average grade

μ (average grade)	AP (scores)
5.0 – 4.5	30-25
4.4 – 4.0	24-20
3.9 – 3.5	19-15
3.4 – 3.0	14-10
< 3,0	< 10

Scores, if any, in the overall score of tenths or hundredths are rounded up.

The rating of competence for the applicant's academic work is determined in each semester in the following order: - the average score for the semester is calculated - the sum of boundary marks for all topics is divided by the number of topics (rounding to ten).

If the rating of competence in academic work is less than 40 points, the applicant is not allowed to the final control, as one that has academic debt.

The applicant can receive additional points for regular attendance at sports sections - 1-15 points.

Points based on the results of the applicant's participation in sports and mass and scientific work are calculated according to the system given in table. 1.

Table 1.

Results of sports and mass and scientific work	Points
Participation in competitions for the university championship. Abstracts in the university student collection. Report at the university scientific conference	4-5-7
Participation in interuniversity competitions. Article in the university student collection. Participation in the regional conference.	8-10-12
Participation in ministerial and all-Ukrainian competitions. Article in the all-Ukrainian, interuniversity collection. Report at the All-Ukrainian scientific conference, conferences of the Ministry of Education and Science or the Ministry of Internal Affairs.	13-14-15

Assessment scale: national and ECTS

The sum of points for all types of educational activities	ECTS assessment	Score on a national scale	
		for exam, course project (work), practice	for offset
90-100	A	Perfectly	Credited
83-89	B	Fine	
75-82	C		
68-74	D	Satisfactorily	
60-67	E		
35-59	FX	not credited with the possibility of re-assembly	not credited with the possibility of re-assembly
0-34	F	not credited with compulsory re-study of the discipline	not credited with compulsory re-study of the discipline

For the discipline "Physical Education" special means of diagnosing the knowledge of learning success are the delivery of control standards.

In the case of restrictive quarantine measures for the study of the discipline "Physical Education", the final control measures are compiled remotely, using the system "Moodle".

Credit in the discipline "Physical Education" can be conducted in the form of tests. Test tasks consist of 40 questions on the topics provided by the Work program of the discipline "Physical Education" for the academic year. Each test question contains 4 answer options, from which you must choose one. For all test questions, the correct answer is one. One correct answer is evaluated in one point.

To successfully pass the test / exam and get a positive assessment, the applicant must score a minimum number of points - 20. The maximum number of points for the test - 40.

Applicants who have completed all the tasks posted in the "Moodle" system and the results of their evaluation by the teacher in the same system received at least 40 points (total for classroom - 10-30 points, independent and individual work - 10 each) will have the right to take the test -15 points).

Examination control of the group's applicants will be carried out on the day determined by the schedule of the credit-examination session, from 9.00 o'clock. until 17.00 The total number of questions to be addressed - 40 (with topics that were worked out during the semester).

80 minutes are allotted for testing (credit / exam), after which access to testing will be closed.

The obtained points are added to those set by the teacher for classroom, independent and individual work.

A student who has received at least 20 points for his / her answers is considered to have passed the test / exam.

Those applicants who did not receive the required amount of points as a result of passing the test / exam, will be given the opportunity to re-pass. The day of re-assembly is determined by the dean's office of the faculty, the information about it will be reported by the methodologist.

Tools, equipment and software used by the discipline

Multimedia presentations, videos, sports equipment.

_____ 2020

VOLUME OF THE ACADEMIC DISCIPLINE
"PHYSICAL TRAINING"

Academic level Bachelor Specialty 073 Management

for academic year 2020/2021

Form of study FULL-TIME Volume 4_ ECTS credits (120 academic hours)

Faculty of Social and Psychological Education and Management

Year of study 1 Academic groups B-M-041IN

№ of the topic according to the syllabus	Title of the topic (according to the syllabus)	Total volume, hours	In-class activity				Independent and individual assignments
			Total	Lectures	Seminars	Practical classes	
1	2	3	4	5	6	7	8
1.	Physical education in higher educational institutions of Ukraine	13	2	2			11
2	The effect of doping on the health of athletes	21	6	2	4		15
3	Athletics	15	10			10	5
4	Sports games	17	12			12	5
	Semester, total	60	30	4	4	22	36
	<i>Form of final control</i>	<i>test</i>					

<i>In case if the academic discipline is studied in two semesters</i>							
№ of the topic according to the syllabus	Title of the topic (according to the syllabus)	Total volume, hours	In-class activity				Independent and individual assignments
			Total	Lectures	Seminars	Practical classes	
1	2	3	4	5	6	7	8
4	Sports games	26	18	2	4	12	8
5	Athletics	20	2	2			18
3	Olympic Games	24	16			16	8
	Semester, total	60	36	4	4	28	34
	<i>Academic year, total</i>	120	66	8	8	50	70
	<i>Form of final control</i>	<i>test</i>					

Presented and approved at the meeting of the department of Physical Education
19.05.2020, minutes № 14

Head of the department of Physical Education

Iryna SKRYPCHENKO

INFORMATIONAL AND METHODOLOGICAL SUPPORT OF THE ACADEMIC DISCIPLINE PHYSICAL TRAINING

Academic level Bachelor Specialty 073 Management

for academic year 2020/2021

Principal legal regulatory documents:

1. Конституція України;
- закони:
 1. Закон про освіту від 05.09.2017 № 2145-VIII
 2. Закон України “Про фізичну культуру і спорт” Державної програми розвитку фізичної культури і спорту в Україні, затвердженої Указом Президента України від 22.06.1994 р. № 334/94.
 3. Указ Президента України, Цільова комплексна програма “Фізичне виховання – здоров’я нації” від 01.09.98 р. № 563/98.
- підзаконні акти:
 1. Указ Президента України «Про національну стратегію з оздоровчої активності в Україні на період до 2025 року «Рухова активність – здоровий спосіб життя-здорова нація» від 09.02.2016р. №42/2016
 2. Постанова кабінету міністрів «Про затвердження Державної цільової соціальної програми розвитку фізичної культури і спорту на період до 2020 року» від 01.03.2017 р. № 115.
 3. Наказ Міністерства освіти і науки України від 30.12.2005 року № 774 «Про впровадження кредит-но-модульної системи у вищих навчальних закладів III-IV рівня акредитації».
 4. Наказ Міністерства освіти і науки України «Про затвердження заходів, спрямованих на реформування системи фізичного виховання учнів та студентської молоді у навчальних закладах України» - від 27.11.2008 № 1078.
 5. Наказ Міністерства освіти і науки України «Про організацію занять з дисципліни "Фізичне виховання" у ВНЗ України» - від 31.08.2009 лист № 1/9-582

Textbooks:

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2. Alarcon F, Cardenas D, Miranda MT, et al. (2009) Effect of a training program on the improvement of basketball players’ decision making. Revista de Psicologia del Deporte 18: 403–407.

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4. Astrand P.O, Rodahe K. Textbook of work physiology: physiological bases of exercise. New York: St. Louis: Mc. Graw-Hill, 1986. 682 pp.
5. Bailey, R. Physical education and sport in schools: A review of benefits and outcomes. In R. Bailey & D. Kirk (Eds.), *The Routledge reader in physical education*. London: Routledge, 2009, pp. 29-38.
6. BASKETBALL. Special Olympics Coaching Quick Start Guide / Basketball Quick Start Guide- February 2008. P. 42.
7. Beginners guide to basketball coaching / Australian Edition. Melbourne Tigers Junior Basketball Club. P. 102.
8. Borsdorf L, Boeyin K. Physical Best Activity Guide – 3rd edition: Elementary level. By SHAPE America. Society of Health and Physical Educator, 2011. 288 p
9. Crossley J. Personal training: Theory and Practice Routledge; 2012. 282 p
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11. Eriksson B.O. Physical training, oxygen supply and muscle metabolism in children. *Acta Physiol. Scand*, 1972. 384 p.
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13. ERMUDUNG IM VOLLEYBALL (Германия) MICHAEL GASSE, 1995.
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28. Базова навчальна програма з фізичного виховання для вищих навчальних закладів України III і IV рівнів акредитації. – К.: Міністерство освіти і науки України, 2000. – 27 с.
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3. <http://www.eu-edu.org> - Європейський освітній портал
4. <http://www.osvita.org.ua> - Освітній портал
5. <http://zakon.rada.gov.ua/cgi-bin/laws> - Законодавство про освіту
<http://zakon2.rada.gov.ua/laws/show/3808-12/page3> - Закон України «Про фізичну культуру і спорт»

Presented and approved at the meeting of the department of Physical Education
19.05.2020, minutes № 14

Head of the department of Physical Education

Iryna SKRYPCHENKO