

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

**FACULTY OF LAW**

**DEPARTMENT OF PHYSICAL EDUCATION**

**PLANS OF SEMINARS (PRACTICAL CLASSES)  
IN THE ACADEMIC DISCIPLINE  
"PHYSICAL TRAINING"**

Academic level    Bachelor's degree

Specialty    073 Management

Educational program "Financial and economic security  
and risk management"

Status of the discipline: obligatory

Language of instruction: English

for academic year 2020/2021

Plans presented and approved at the  
meeting of the department  
of Physical Education  
minutes taken on  
May 19, 2020 № 14

**Head of the Department of Physical  
education**

**Iryna SKRYPCHENKO**

Dnipro – 2020

Physical training// Plans of seminars (practical classes) in the academic discipline, full-time form of study. – Dnipro: Dnipropetrovsk State University of Internal Affairs, 2020. – 6 p.

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## TOPIC 2: IMPACT OF DOPING ON ATHLETES' HEALTH

*Seminar No 1- 2 – 4 hours.*

### Plan

1. Doping and their classification.
2. Doping in different sports. Doping violations.
3. Impact of doping on organ systems.
4. Banned substances in sport

***Basic concepts, terms and categories to be assimilated:*** doping, classification, groups, steroids, anabolics, harmonies, blood, drugs

### Tasks for self-work to Topic 2:

1. The concept of doping.
2. History of doping.
3. Groups of doping drugs
4. Stimulants
5. Anabolic Steroids
6. Betablockators
7. The uretics.

### Individual Tasks for Topic 2

1. Doping methods
2. Sports doping.
3. Doping substances.
4. Side effects
5. Varieties of sports
6. Dynamic and static activity.
7. Anti-doping.

## TOPIC 3: ATHLETICS

*Practice session No 1-2– 4 hours.*

### Plan

1. Teach special preparatory exercises of athletes.
2. Teach special running exercises of athletes.
3. General physical training, exercises for the development of speed and strength qualities.
4. A moving game.
5. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson:***  
*to be able to perform special preparatory and special running exercises.*

*Practice session No 3-4- 4 hours.*

### Plan

1. Teach the technique of running for short distances (100m, 200m, 400m).

2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.

5. A moving game.

6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson:***  
***be able to perform special*** preparatory and special running exercises, running for short distances (100m, 200m, 400m).

***Practice session No5 – 2 hours.***

#### **Plan**

1. Teach the technique of performing a low start and starting acceleration.
2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.

5. A moving game.

6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson:***  
***be able to perform special*** preparatory and special running exercises, low start and starting acceleration.

***Practice session No 6-7 - 4 hours.***

#### **Plan**

1. Teach the technique of relaying and relaying.
2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.

5. A moving game.

6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson:***  
***be able to perform special*** preparatory and special running exercises, relay running technique and relay pole transfer.

***Practice session No 8-9 - 4 hours.***

**Plan**

1. Teach the technique of running for medium and long distances (800m, 1500m, 3000m).
2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.
5. A moving game.
6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson: be able to perform special preparatory and special running exercises, learn the technique of running for medium and long distances (800m, 1500m, 3000m).***

***Practice session No 10-11 – 4 hours.***

**Plan**

1. Teach the technique of performing a long jump from place to place.
2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.
5. A moving game.
6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson: be able to perform special preparatory and special running exercises, a long jump from place to place.***

***Practice session No12-13 – 4 hours.***

**Plan**

1. Teach the technique of boat running.
2. Repeat the special preparatory exercises of athletes.
3. Repeat special running exercises of athletes.
4. General physical training, exercises for the development of speed and strength qualities.
5. A moving game.
6. Exercises to restore the body after load.

***Skills to be developed and skills that should be developed during the lesson: be able to perform special preparatory and special running exercises, shuttle running.***

**Tasks for self-work in Topic 3:**

1. Running is health.
2. The value of running in a person's life.
3. Analysis of techniques and methods of training in running for 100 m.

4. Motor activity is a necessary attribute of a healthy lifestyle.
5. Rules of wellness running.
6. Safety during physical exercise in athletics.
7. Place and importance of athletics in the system of physical education.
8. Rules of running and walking competitions.
9. Rules of jumping competitions.

### **Individual Tasks for Topic 3**

1. Place and importance of athletics in the system of physical education
2. Classification and general characteristics of athletic exercises
3. studying the technique of jumping in length from the run.
4. Running at a short distance.
5. Features of the development of speed and power qualities.
6. Moral education of applicants in the process of physical education.
7. Methodology of organizing and conducting classes of athletics.
8. Method of improving the speed of motor reactions.
9. Factors that determine the endurance of a person.

### **RECOMMENDED BOOKS**

#### **Recommended literature for Topic 3**

1. Ahtiainen JP , Pakarinen A , Alén M , Kraemer WJ , Häkkinen K . Muscle hypertrophy, hormonal adaptations and strength development during strength training in strength – trained and untrained men . Eur J Appl Physiol, 2003, pp 555 – 563
2. Daniel Fulks, “2004-06 Revenues and Expenses of Division I Intercollegiate Athletics Programs Report,” 2008.
3. Eriksson B.O. Physical training, oxygen supply and muscle metabolism in children . Acta Physiol. Scand, 1972. 384 p.
4. Nummela AT , Paavolainen LM , Sharwood KA , Lambert MI , Noakes TD , Rusko HK . Neuromuscular factors determining 5-km running performance and running economy in well-trained athletes . Eur J Appl Physiol, 2006 , pp 1 – 8 .

## **TOPIC 4. SPORTS GAMES**

*Seminar No1-2 – 4 hours.*

### **Plan**

1. The purpose and objectives of sports games.
2. Development of physical qualities through sports games.
3. Methods of development of physical qualities in sports games.

***Basic concepts, terms and categories to be assimilated:*** team, rules of the game, basket, ball, net, violation, competition, system of conduction, victory.

***Practice session No 1-2 – 4 hours.***

**Plan**

1. Teach the defensive racks, movement when learning the game of volleyball.
2. General physical training, exercises for the development of speed and strength qualities.
3. Outdoor games and relay races.

***Skills to be developed and skills that should be developed during the lesson:*** be able to perform racks, movement when playing volleyball.

***Practice session No 3– 2 hours.***

**Plan**

1. Teach the technique of carrying out the transfer of the ball with two hands on top.
2. Repeat the defensive racks, move when learning the game of volleyball.
3. General physical training, exercises for the development of speed and strength qualities.
4. Outdoor games and relay races.
5. Game.

***The skills to be developed and the skills that should be developed during the lesson:*** be able to perform racks, movement and transfer of the ball with two hands on top.

***Practice session No 4-5 – 4 hours.***

**Plan**

1. Teach the technique of receiving the ball from the bottom with two hands.
2. Repeat the technique of carrying the ball with two hands on top.
3. Repeat the defensive racks, move when learning the game of volleyball.
4. General physical training, exercises for the development of speed and strength qualities.
5. Outdoor games and relay races.
6. Game.

***The skills to be developed and the skills that should be developed during the lesson:*** be able to perform racks, move, transfer the ball with two hands on top and take the ball from below with two hands.

***Practice session No6-7- 4 hours.***

**Plan**

1. Teach the technique of performing a direct attacking strike.
2. Repeat the technique of receiving the ball from the bottom with two hands.
3. Repeat the technique of carrying the ball with two hands on top .
4. General physical training, exercises for the development of coordination qualities.

5. Outdoor games and relay races.
6. Game.

***The skills to be developed and the skills that should be developed during the lesson: be able to transfer the ball with two hands on top, taking the ball from the bottom with two hands and a direct attacking kick.***

***Practice session 8-9 -4 hours.***

#### **Plan**

1. Teach the technique of performing the upper line of feed.
2. Repeat the technique of performing a direct attacking strike.
3. Repeat the technique of receiving the ball from the bottom with two hands.
4. Repeat the technique of carrying the ball with two hands on top .
5. General physical training, exercises for the development of coordination qualities.
6. Outdoor games and relay races.
7. Game.

***The skills to be developed and the skills that should be developed during the lesson: be able to transfer the ball with two hands on top, taking the ball from the bottom with two hands, a direct attacking kick and an upper straight feed.***

***Practice session No10-12 – 6 hours.***

#### **Plan**

1. Teach the technique of single and group blocking.
2. Repeat the technique of performing the upper line feed.
3. Repeat the technique of performing a direct attacking strike.
4. Repeat the technique of receiving the ball from the bottom with two hands.
5. Repeat the technique of carrying the ball with two hands on top .
6. General physical training, exercises for the development of coordination qualities.
7. Outdoor games and relay races.
8. Game.

***The skills to be developed and the skills that should be developed during the lesson: be able to transfer the ball with two hands on top, taking the ball from the bottom with two hands, a direct attacking kick, an upper straight feed and a lock.***

#### **Tasks for self-work in Topic 4:**

1. Motor skills and skills.
2. Outdoor games and relay races in physical education classes.
3. Features of the development of speed and power qualities.
4. Moral education of applicants in the process of physical education.
5. Methodology of organizing and conducting sports games.
6. Method of improving the speed of motor reactions.



7. Basketball. History and description of the game.
8. Volleyball. History and description of the game.

#### **Individual tasks for Topic 4**

1. Women in Olympic sports.
2. Safety during sports games.
3. Development of physical qualities through sports games.
4. Methods of development of physical qualities in sports games.
5. Basic techniques and tactics of volleyball game.
6. Basics of technique and tactics of playing basketball.

#### **Recommended literature for Topic 4**

1. 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.
2. Alves H., Voss M., Boot W., Deslandes A., Cossich V., Salles J., Kramer A. Perceptual-cognitive expertise in elite volleyball players. *Front Psychology*. 2014. № 4. P. 36.
3. BASKETBALL. Special Olympics Coaching Quick Start Guide / Basketball Quick Start Guide- February 2008. P. 42.
4. Beginners guide to basketball coaching / Australian Edition. Melbourne Tigers Junior Basketball Club. P. 102.
5. ERMUDUNG IM VOLLEYBALL (Германия) MICHAEL GASSE, 1995.
6. Hessing W. Volleyball fur Kinder. Berlin, 1973. 131 s.
7. Iermakov S.S. Obuchenie tekhnike udarnykh dvizhenij v sportivnykh igrakh [Teaching the technique of shock motions in sporting games], Kharkov, KATI Publ., 1996, 292 p.
8. Khripkova A.G. Antropova M.V., Farber D.A. Vozrastnaia fiziologiiia i shkol'naia gigiena [Age dependent physiology and school hygiene], Moscow, Education, 1990, 319 p.
9. Sapin M.R. Sivoglazov V.I. 2002 448 Anatomiiia i fiziologiiia cheloveka [Anatomy and physiology of a man], Moscow, Academy, 2002, 448 p.
10. Slockermann, J., Makerodt, F. Beach volleyball. Rowohlt Tascent Verlag, 2000. - 175 p.
11. Thomas J.K., Nelson J.K. (1996). Research methods in physical activity. Champaign, IL: Human Kinetic publishers. 1996. 512 p.
12. Zhelezniak Iu.D. Volejbol [Volleyball], Moscow, Soviet sport, 2007, 112 p.

#### **QUESTIONS TO CURRENT AND FINAL CONTROL**

##### **TOPIC 3 Athletics**

**Question 1:** Running for short distances.

**Task.** Development: start (low, high), starting run, running on the course, finishing, acceleration at 50–80 meters (85-9) 5% intensity from the maximum), special running

exercises: running with acceleration with a trail run on inertia (4-6x60-80 m), running with a high hip lift (2-x30m), running with hip removal and throwing of the lower leg (2-x30m), running in jumping steps (4-6x60m).

Shuttle run: Ran 4x9 meters.

**Question 2:** Long jumps from place to place.

**Task.** Working out jumps: forward and up from place, with a semi-trailer hand on the belt, jumping to the top, squats with encumbrances, jumping over a rope.

**Question 3:** Running at medium distances.

**Task.** Development: uniform cross-run 30 min., continuous running at a uniform pace lasting 30-60 minutes, 2 times a week and 90 – 120 min. once a week with an intensity of 65 - 75%, cross-country running at a given pace, special running exercises, running with acceleration, running at segments at a re-pace to ., running at a changeable pace at a different pace at a given pace from .1000 m100 m400 m

#### **TOPIC 4Sports games**

**Question.** Organization and conduct of classes.

**Task.** Working out:

- outdoor games with objects, relays with a ball (with the conduct and transfer of basketball, volleyball and football ball);
- volleyball techniques: reception and delivery of the ball, direct attacking kick, upper direct feed, blocking (single and group), actions of players near the grid, actions of players on the backline, game in defense, in attack, game.