

## PHYSICAL CULTURE ANNOTATION

Direction of training 1-28 01 02; 1-40 05 01; 1-53 01 02

	Form of training
	Full - time (daytime)
Course	1, 2, 3
Term	1, 2, 3, 4, 5, 6
Lectures, hours	-
Practical (seminar) classes, hours	<b>340</b>
Laboratory classes, hours	
Classroom control work (semester, hours)	-
Term paper, semester	-
Course project, semester	-

### 1. The purpose of the discipline

The purpose of the discipline "Physical culture" is the formation of specialists who can reasonably and effectively apply existing and master new means of physical culture and sports to preserve, strengthen health and prepare for professional activity.

### 2. Planned results of studying the discipline

As a result of mastering the academic discipline , the student must to know:

- the role of physical culture and sports in human development and specialist training;
- fundamentals of state policy in the field of physical culture;
- theoretical and methodological foundations of physical culture and a healthy lifestyle;
- the main achievements in the field of physical culture;
- hygienic and organizational bases of physical culture.

be able to:

- to use in life practical skills and abilities that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities and qualities;
- use the experience of physical culture and sports activities to achieve life and professional goals;
- apply the rules of safe behavior of physical exercises and sports.

possess:

- knowledge about the social role and values of physical culture and sports in the professional and personal formation of a future specialist;
- knowledge of scientific and biological, methodological and practical foundations of physical culture and a healthy lifestyle;
- knowledge about the motivational and value attitude to physical culture, the need for regular physical exercises and sports;

– means of physical culture and sports for the prevention of diseases, mental well-being, development and improvement of personal qualities and properties.

### 3. Requirements for mastering the academic discipline

The development of this discipline should ensure the formation of the following competencies:

for specialties 1-28 01 02

Codes of formed competencies	The names of the competencies being formed
UK-16	Possess health-saving skills, maintain the necessary and sufficient level of physical fitness, ensuring a full-fledged professional activity

for specialties 1-40 05 01

Codes of formed competencies	The names of the competencies being formed
UK -15	Possess health-saving skills, maintain the necessary and sufficient level of physical fitness, ensuring a full-fledged professional activity

for specialties 1-53 01 02

Codes of formed competencies	The names of the competencies being formed
UK -16	Possess health-saving skills, maintain the necessary and sufficient level of physical fitness, ensuring a full-fledged professional activity

### 4. Educational technologies

The following forms are used to evaluate diagnostic competencies:

- oral (interviews, reports at conferences, oral tests);
- written (tests, written reports on practical exercises, abstracts, reports on research work, publications of articles, reports);
- oral-written (reports on practical exercises with their oral defense, reports on home practical exercises with their oral defense).

- technical (control tests of physical fitness and physical development, final results of sports activities).

To assess the level of knowledge of students, the following diagnostic tools are used:

- practical (for the main, preparatory, special medical and sports departments, taking into account the educational department, medical recommendations, course) control tests of physical fitness and physical development, the final results of sports activities;

- theoretical: (for the main, preparatory, special medical and sports departments, taking into account the educational department, medical recommendations, course) criteria-oriented tests to assess the theoretical and methodological level of training; (for fully exempt special medical department) writing essays, the ability to conduct functional tests, exercise self-control, participation in the research work of the Department of Physical Education and Sports.