

# PHYSICAL EDUCATION AND SPORTS

## ANNOTATION

### TO THE CURRICULUM OF THE PROGRAM

**The direction of training 6-05-0715-03; 6-05-0715-07**

	Form of training
	Full - time (daytime)
Year	1, 2, 3
Semester	1, 2, 3, 4, 5, 6
Practical classes (seminars), hours	<b>340</b>
Pass/fail, semester	1, 2, 3, 4, 5, 6
Classroom control work (semester, hours)	-
Independent work	-
Total hours of academic discipline	-

#### 1. Course outline

The purpose of the discipline "Physical culture and sports" is to form 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. Course learning outcomes

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 and sports;
- theoretical and methodological foundations of physical culture and a healthy lifestyle;
- the main achievements in the field of physical culture and sports;
- hygienic and organizational foundations of physical education and sports.

be able to:

- use practical skills in life that ensure the preservation and strengthening of health, the development and improvement of psychophysical abilities and qualities;
- to 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.

have the skill:

- 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, 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. Competencies

The development of this discipline should ensure the formation of the following competencies: To use physical education and sports, physical culture and recreation and mass sports events to preserve and strengthen health, prevent diseases

#### 4. Requirements and forms of midcourse evaluation and summative assessment

The following forms are used to assess the diagnosis of competencies:

- oral (interviews, conference reports, oral tests);
- written (tests, written reports on practical exercises, abstracts, research reports, publications of articles, reports);
- oral and 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).

The following diagnostic tools are used to assess the level of knowledge of students:

- 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 from the 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.