

Brief description of the discipline (abstract)
for the catalog of elective subjects
«Physical training»

Specialty - medicine

Educational level - master's degree

Term of study (course) - 4th year

Form of study - full-time

Department - Department of Emergency and Military Medicine

Summary of the subject: The purpose of teaching discipline «Physical training» at higher medical educational institutions is based on the objectives of educational and professional training of graduates from higher medical educational institutions and is defined by the content of theoretical knowledge, methodological training, practical skills and abilities, which should be mastered by a future doctor.

The main tasks of teaching elective courses «Physical training» are:

- Support, develop and improve functional state of the organism;
- Demonstrate understanding of the principles of physical education.

The subject of study of the discipline is physical development, functional improvement of the human body, training essential vital skills, abilities; there is a qualitative dynamic characteristic of the level of human capabilities development and implementation, which provides the biological potential of his life, necessary for harmonious development. The subject of study in "Physical education" is also the establishment of general laws of the influence of physical education and sport on the human body, correction and optimization of their use in the educational process to ensure a high level of somatic health.

Approximate list of topics:

Thematic plan of seminars (20 hours):

1. Methods and means of improving the development of flexibility and mobility in the joints, and their control. (2 hours)
2. Developing an individual flexibility program. (2 hours)
3. The characteristics of exercise that is used to develop flexibility. (2 hours)
4. Methods and tools for improving the development of agility, and their control. (2 hours)
5. Making an individual program of agility development. (2 hours)
6. Characteristics of physical exercises used to develop agility. (2 hours)
7. Methods and means of power qualities development and their control. (2 hours)
8. Preparation of an individual program of power qualities. (2 hours)
9. Methods and tools for endurance development and their control. (2 hours)
10. Control tests. Individual programs of development of physical qualities and functional status. (2 hours)

The list of competencies, the acquisition of which will provide the discipline «Physical training»:

- Integral:

1. Ability to use different types, forms and means of physical education, sport and motor activity for professional activity, active rest and introducing healthy lifestyle.
2. Ability to solve complicated tasks and problems in the branch of public health, in professional activity or in the process of education and work, assuming conduction of investigations and/or implementation of innovations and is characterized by uncertainty of conditions and requirements.

- General:

1. Ability to abstract thinking, analysis and synthesis; ability to study and be taught under modern conditions.
2. Knowledge and understanding of subject area and understanding of profession.
3. Ability to apply knowledge in practical situations.
4. Ability to adaptation and action in new situation; ability to work individually.
5. Ability to reveal, set and solve problems.
6. Ability to act on the basis of ethical considerations (motives); orientation to safety.

- Special (professional, subject):

1. Planning of health-improving process.
2. Planning of health-improving measures.
3. Motivation of people to healthy lifestyle and involvement to health-improving and recreation motor activity.
4. Demonstration of basic types of health-improving and motor activity.
5. Organization of consultations on certain questions concerning healthy lifestyle.
6. Organization of consultations on certain questions of rational nutrition.
7. Prognostication of state of individual and public health.
8. Ability to analyze and understand generally-scientific and professionally-oriented literature, including foreign one.

The list of scientific and pedagogical workers who will provide carrying out of discipline « Physical training»:

1. Slukhenska R.V. – associate professor, Ph.D.
2. Palichuk Yu.I. - – associate professor, Ph.D.
3. Kulish N.M. – senior lecturer.

Chief of the Department,
associate professor

I.G. Biryuk