

Brief description of the discipline (abstract)  
for the catalog of elective course

\_\_\_\_\_ «Physical training» \_\_\_\_\_

<b>Specialty</b>	Medicine 222 (22 Health care)
<b>Educational level</b>	Master
<b>Term of study (course)</b>	4th year
<b>Form of study</b>	Full-time
<b>Department</b>	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: (practical, seminars)**

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

**The list of competencies, the acquisition of which will provide the discipline:**

**General competencies:**

- GC1. Ability to abstract thinking, analysis and synthesis; ability to study and be taught under modern conditions.
- GC2. Ability to apply knowledge in practical situations.
- GC3. Understanding of subject area and professional activity
- GC4. Ability to adapt and act in new situation
- GC5. Ability to make an informed decision; work in a team; interpersonal communicational skills
- GC9. Ability to act with social responsibilities and awareness

**The list of scientific and pedagogical employees who will ensure the conduct of the elective course:**

1. Associate professor Ruslana Slukhenska
2. Associate professor Yurii Palichuk
3. Senior lecturer Nataliia Kulish

Head of the Department,  
associate professor

I.G. Biryuk