

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

_____ «Physical training» _____

2022-2023

Specialty	Medicine 222 (22 Health care)
Educational level	Master
Term of study (course)	4th year
Form of study	Full-time
Department	Department of Emergency and Military Medicine

4th year	
Name of the course	Physical training
Department	Department of Emergency and Military Medicine
The list of scientific and pedagogical employees who will ensure the conduct of the elective course:	Associate professor Ruslana Slukhenska Associate professor Yurii Palichuk Senior lecturer Nataliia Kulish
Summary of the subject:	<p>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.</p> <p>The main tasks of teaching elective courses «Physical training» are:</p> <ul style="list-style-type: none"> - Support, develop and improve functional state of the organism; - Demonstrate understanding of the principles of physical education. <p>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.</p> <p>The list of competencies, the acquisition of which will provide the discipline:</p> <p>Results of training: PRG 1. To know the basics of organization and methods of the most effective types and forms of physical activity and to be able to</p>

	<p>apply them in practice of their physical activity</p> <p>PRG 2. To adopt modern methods of health and physical improvement.</p> <p>PRG 6. Know the basics of professional-applied physical training, know how to use them in practical work.</p> <p>PRP 8. Include systematic physical training of health or sports orientation.</p> <p>PRP 11. To form complexes of physical exercises aimed at strengthening of muscle corset; complexes of physical exercises, which promote development of flexibility, speed, general endurance and force, complexes of physical exercises for restoration of physical and mental working capacity.</p>
<p>Ensuring general and professional competences</p>	<p>General competencies:</p> <p>GC1. Ability to abstract thinking, analysis and synthesis; ability to study and be taught under modern conditions.</p> <p>GC2. Ability to apply knowledge in practical situations.</p> <p>GC3. Understanding of subject area and professional activity</p> <p>GC4. Ability to adapt and act in new situation</p> <p>GC5. Ability to make an informed decision; work in a team; interpersonal communicational skills</p> <p>GC9. Ability to act with social responsibilities and awareness</p>