

HIGHER EDUCATIONAL INSTITUTION OF THE UKOOSPILKA
"POLTAVA UNIVERSITY OF ECONOMICS AND TRADE"

Educational and scientific institute of full-time education
Department of Pedagogy and Social Sciences,
physical education sector

SILABUS
of the discipline
"Physical education"
for the academic year 2022-2023

Course and semester of study	2nd year, 3,4 semester
Educational program / specialization	"Computer Science"
Specialty	122 Computer Science
Field of knowledge	12 Information technology
Degree of higher education	Bachelor

Full name of the
academic staff member who
teaches this discipline,

Nataliya Symonenko
academic degree and academic title, senior lecturer
position of the physical education sector

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Class schedule	http://schedule.puet.edu.ua/
Consultations in person	www.Sport.puet@gmail.com online: by e-mail, Mon-Fri from 10.00-17.00
Distance learning course page	https://el.puet.edu.ua/

Description of the discipline

The purpose of studying the discipline	Formation of an understanding of the role of physical culture in the development of the individual and preparation for professional activity, the need for physical improvement and self-education, the need for regular exercise and sports.
Duration.	2 ECTS credits/60 hours (practical classes 24 hours, independent work 36 hours).
Forms and methods of training	Practical classes, independent work outside the schedule
System of current and final control	Current control: attendance at classes; discussion of class material; completion of learning tasks; reports with abstracts and their discussion; testing. Final control: credit (PMK)
Basic knowledge	Knowledge of the basics of organization and methodology of the most effective types and forms of rational motor activity and the ability to apply them in practice in one's physical activity.
Language of instruction	Ukrainian, English

List of competencies provided by this discipline, program learning outcomes

Program learning outcomes	Competencies to be acquired by the applicant to be mastered by the applicant
PLO1. To apply knowledge of the basic forms and laws of abstract and logical thinking, the basics of the methodology of scientific knowledge, forms and methods of extracting, analyzing, processing and synthesizing information in the subject area of computer science.	GC 9. Ability to work in a team
	GC10. Ability to be critical and self-critical
	GC 11. Ability to make informed decisions
	GC14. Ability to exercise one's rights and responsibilities as a member of society, to realize the values of civil (free democratic) society and the need for its sustainable development, the rule of law, human and civil rights and freedoms in Ukraine.
	GC15. The ability to preserve and enhance moral, cultural, scientific values and achievements of society based on an understanding of the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology and technology, to use various types and forms of physical activity for active recreation and healthy lifestyle.

Thematic plan of the discipline

Topic title	Types of work	Tasks for independent work by topic
<i>Module 1: Physical education</i>		
Topic 1: Athletics.	Attendance at classes; completion of learning tasks; independent work tasks.	Recreational walking, recreational running.
Topic 2. Basketball.	Attendance at classes; completion of learning tasks; independent work tasks.	Learning the rules of the game of basketball.
Topic 3: Artistic gymnastics.	Attendance at classes; completion of learning tasks; independent work tasks.	Performing exercises to develop muscle strength.
<i>Module 2. Physical education</i>		
Topic 4. Volleyball.	Attendance at classes; completion of learning tasks; independent work tasks.	Familiarization with the rules of the game of volleyball.
Topic 5. Circuit training.	Attendance at classes; completion of learning tasks; independent work tasks.	Performing exercises to develop strength endurance.
Topic 6. Football (men); artistic gymnastics (women).	Attendance at classes; completion of learning tasks; independent work tasks.	Familiarization with the rules of the game of football (man); Performing exercises to develop muscle strength (women).

Information sources

1. Effect of physical development parameters and conditioning abilities on the level of motor coordination in female volleyball players in the phase of specialized basic training / Roman Boichuk, Sergii Iermakov, Vasyl Kovtsun, Viktoria Pasichnyk, Valeryi Melnyk, Mykola Lazarenko, Mariya Troyanovska, Vitalii Kovtsun // Journal of Physical Education and Sport. – 2018. – Vol. 18, suppl. is. 4. – P. 1950–1957.
2. Doroshenko, E, Sushko, R, Koryahin, V, Pityn, M, Tkalich, I, & Blavt, O. (2019). The competitive activity structure of highly skilled basketball players on the basis of factor analysis methods. Human Movement, 20 (4), 33–40.
3. Sushko, R, & Doroshenko, E. (2017). Professionalization issues of concern as a factor of sports games globalization (basing on basketball). In: Proceedings of the VII International Academic Congress "Fundamental and Applied Studies in EU and CIS Countries"; 2017 February 26–28; United Kingdom, Cambridge, England. "Cambridge University Press", 128–132.
4. Tereshchenko V.I. Zahalnorozvyayuchi and spetsialny right (for occupying physical culture and sports): navch.posib. / V.I. Tereshchenko, D.I. Frankiv, B.M. Koropatov - K. : Milenium. 2021. - 232 p.
5. Physical education: Distance course on the discipline for students of the specialty 122 "Computer science" [Electronic resource]. - Access mode: <https://el.puet.edu.ua/>

Software of the discipline

- Microsoft Office software package.

Policy of studying the discipline and assessment

- Policy on deadlines and retakes: assignments that are submitted late without valid reasons are assessed at a lower grade (75% of the possible maximum number of points for the activity). Rescheduling of modules takes place with the permission of the lead teacher in the presence of valid reasons (for example, sick leave).
- Attendance Policy: Attendance is a mandatory component of the program. For objective reasons (e.g., illness, employment, internship), training can take place online (Moodle) with the consent of the lead teacher.
- Policy of crediting the results of non-formal education: <http://puet.edu.ua/uk/publicna-informaciya>

Assessment

The final grade for the study of the discipline is calculated through the current assessment

Types of work	The maximum number of points
Module 1 (topics 1-3): class attendance (24 points); independent work assignments (36 points); current module work (40 points)	100
Total	100
Module 2 (topics 4-6): attendance at classes (24 points); independent work assignments (36 points); current module work (40 points)	100
Total	100

Scale of evaluation of higher education students based on the results of studying the discipline

Sum of points for all types of learning activities	ECTS grade for the course	Score on the national scale
90-100	A	Excellent
82-89	B	Very good
74-81	C	Good.
64-73	D	Satisfactory
60-63	E	Satisfactory enough
35-59	FX	Unsatisfactory with the possibility of reassembly
0-34	F	Unsatisfactory with mandatory re-study of the discipline