1. **Name of the module:** Physical Education
2. **Сode of the module:** СД (ф)\_6\_ОНД.05
3. **Type of the module:** compulsory
4. **Semester:** 1-4
5. **The scope of module:** total hours – 120 (ECTS credits - 4); classroom hours- 60, independent work – 60.
6. **Lecturer:** Maslyuk R.A.
7. **Results of training:**

**As result of training of the module student must**

**know:**

theoretical and methodological basis during preparation of intelligent, highly educated, healthy, harmoniously developed, competent in their chosen field specialists with high creative and social position, ready to work and protect the interests of the state;

**be able to:**

create necessity in strengthening health, improve physical facilities and diverse forms of physical education, culture, healthy lifestyle skills throughout life

1. **Method of learning:** lecture classes
2. **Necessary preliminary and related modules:**

- Physiology and basics of valueology

- Life Safety

1. **Contents of module:**

I year: Athletics (running 100 m, 60 m, 500 m-girls, 1000m - boys, jump, shuttle run 4x9). Squats, tumbling. Volleyball

II course: Athletics (100m, 500m - girls, 1000m - boys), squats, tumbling, lifting the legs, acrobatics, flexibility). Basketball (free throw in the basket, dribbling, ball transmission with double step).

1. **Recommended Literature:**
   1. Закон України „Про фізичну культуру і спорт” // Куроченко І. Фізична культура і спорт. Довідник. – К., 2004. – С. 5.
   2. Шиян Б.М. Теорія і методика фізичного виховання школярів. Частина 1, 2. – Тернопіль: Навчальна книга – Богдан, 2002. – 248 с.
2. **Forms and methods of training:** seminars, independent work
3. **Assessment methods and criteria:**

Current control (90%): athletics, volleyball, basketball

Final control (10% exam): to take part in sports and mass work

1. **Language of instruction:** Ukrainian