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| **General information** |
| **Name of University** **:** Khmelnytsky National University  **Education :** Bachelor physical therapy, occupational therapy  **Name of the course :** **Physiology of motor activity**  **ECTS : 4**  **Language :** Ukrainian  **Study time lessons:** 66 **Study time students :** 76  **Place of the course in the education (year & semester) :** year 2, semester 5  **Lector(s) :** Oksana Pavliukʹ |
| **Compentences / learning outcomes & goals** |
| The student who has successfully completed the study of the discipline must:  - have the basic physiological methods of studying the human body;  - to conduct basic research and analysis of the cardiovascular and respiratory systems during exercise;  - adjust physical activity according to physiological parameters;  - distinguish the degree of fatigue of young athletes;  - explain the processes occurring in the body during exercise;  - to develop and implement individual health and training programs;  - have the skills of self-control in the organization of independent health and training programs;   * monitor changes due to the training process and determine risk factors during exercise. |
| **Learning activities** |
| **Content of the course : describe + content table** |
| This discipline gives physical therapists and occupational therapists the knowledge necessary to understand the course of life processes and their regulation, as a necessary prerequisite for the adaptation of the organism to the external environment. This is knowledge about the changes in the functional state of the body that occur under the influence of muscular activity.  Content:  Physiological classification and characteristics of physical exercises. Subject and tasks of sports physiology. The importance of physiology in the training of a specialist in physical.  Dynamics of the physiological state of the organism during physical activities.  Physiological characteristics of fatigue and recovery processes. Physical performance in special environmental conditions and its indicators. Physiological bases of training.  Physiological features of the impact of physical activity on the body of children, women and the elderly. |
| **Study material** Book – Syllabus – Textbook – Notes - Online material – Other (+specify) |
| 1. Kopko IE, Phil VM Human physiology (module I). Drohobych: Editorial Department of the State Pedagogical University. 2011. 80 p.  2. Kopko IE, Phil VM Human physiology (module II). Drohobych: Editorial Department of the State Pedagogical University. 2012. 81 p.  3. G.Cotor. Physiology simulators HUMANE EDUCATION AWARD for Slovenia, Croatia, Bosnia-Herzegovina, Yugoslavia, Macedonia, Albania and Romania (session May 2002).  4. Wilmore JH, Costill DL Physiology of sport and physical activity. K: Olimpiyskaya literatura, 1997. 503 s. |
| **Educational methods** Lecture – Excursion – group work – Other (+specify) |
| Lecture.  Practical classes.  Self-employment. |
| **Evaluation** |
| **Moment of evaluation**  **Evaluation form**   * oral questioning, * written test, * credit (2 semester ), written examе 3 semester).   **Second chance?** |
| Credit (2 semester ), Written examе 3 semester)  Second chance possible |