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| **General information** |
| Name of University : Khmelnytsky National UniversityEducation :Bachelor physical therapy, occupational therapyName of the course : **Theory and methodology of physical education**ECTS :4 Language : UkrainianStudy time lessons :44 Study time students :76Place of the course in the education (year & semester) : year 2, semester 3Lector(s) Oleg Bazylchuk |
| **Compentences / learning outcomes & goals** |
| The ability to apply knowledge in practical situations.The ability to analyze the structure, normal and individual development of the human body and its motor functions.The ability to meet the personal needs of the person in the process of physical activity and to achieve individualization of learning. |
| **Learning activities** |
| **Content of the course : describe + content table**  |
| **Content of the course :**The theory of physical education as a scientific and educational discipline. Physical education system. Means of physical education. Principles of construction of the process of physical education. Methods of physical education. General characteristics of human physical qualities and methods of their improvement. Fundamentals of the technique of force development. Fundamentals of speed development. Fundamentals of endurance development. Fundamentals of the methodology of the development of flexibility. Fundamentals of the technique of agility development, etc. |
| **Study material** Book – Syllabus – Textbook – Notes - Online material – Other (+specify) |
| 1. 1. Shiyan BM Theory and methodology of physical education of students. Part 1. - Ternopil: The Educational Book - Bogdan, 2003. - 272s.2. VN Platonov, General theory of athletes training in Olympic sports: Textbook. - K.: Olympic literature, 1997. - 583s3. Korobeynikov, NK, Physical Education: A Textbook / NK Korobeynikov, AA Mikheev, IG Nikolenko.– M.: Higher School, 1989.– 384s.4. LP Sergienko, Testing the motor abilities of schoolchildren: A study guide. - K.: Olympic Literature, 2001. - 440p.5. Theory and methodology of physical education. In 2 volumes: Textbook.T.2: Methods of Physical Education of Different Populations / Ed. Krutsevich T.Yu. - K.: Olympic Literature, 2003.– 392s6.Modular modular learning environment. Access to the resource: https://msn.khnu.km.ua.7. Electronic University Library. Access to the resource: http://library.khnu.km.ua. |
| **Educational methods** Lecture – Excursion – group work – Other (+specify) |
| verbal (story, conversation, explanation); practical (discussions), visual (illustrating training material, showing slides). |
| **Evaluation** |
| **Moment of evaluation****Evaluation form*** Written exam, Oral exam, Practical exam/demonstration
* Task, Portfolio, Permanent evaluation
* Other

**Second chance?** |
| Written exam |