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| **General information** |
| **Name of University:** **Khmelnytsky National University****Education:** Bachelor occupational therapy**Name of the course: Types of recreational motor activity (physical education)****ECTS:** 8 **Language:** Ukrainian**Study time lessons:** 174 **Study time students:** 66**Place of the course in the education (year & semester):** year 1-2, semester 1,2,3,4**Lector(s)**  |
| **Compentences / learning outcomes & goals** |
| Conduct instruction and training of clients, their family members, colleagues and small groups with knowledge and understanding of subject area and understanding of professional activities. Ability to work in a team. Ability to plan and manage time. Ability to release knowledge in practical situations. The ability to preserve and multiply moral, cultural, scientific values and achievements of society based on 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 technologies, to use different types and forms of motor activity for active recreation and leading a healthy lifestyle. The ability to take into account medical, psychological-pedagogical, social aspects in the practice of occupational therapy. Ability to effectively implement an occupational therapy program. Ability to find ways to continuously improve the quality of occupational therapy services. |
| **Learning activities** |
| **Content of the course : describe + content table** |
| The main goal of this discipline is to understand the principles and methods of preserving and maintaining health through physical activity:1. Aerobic activity: Consideration of important physiological parameters such as heart rate, respiration and oxygen consumption during aerobic exercise. Aerobic Exercise Techniques: Description of different types of aerobic exercise such as running, walking, swimming, cycling, aerobics, dancing, etc. Techniques of execution, duration, intensity and regularity of training. Training methods: overview of different aerobic training methods, such as continuous training, interval training using machines. Safety and injury prevention.
2. Strength training: Types of strength training exercises. Exercises with own body weight, use of dumbbells, kettlebells, simulators. Techniques for performing basic exercises, such as squats, bench presses, deadlifts. Training principles for strength training, including load, intensity, volume, training frequency, and progression. Training programs: creation of an individual strength training program, taking into account goals, physical capabilities, training level and training schedule. Safety and injury prevention.
3. Flexibility and Stretching: Types of flexibility exercises such as static stretching, dynamic stretching, pilates, yoga, etc. Techniques for performing basic exercises for stretching different groups of muscles and joints. Training principles used in flexibility training, including stretch duration, intensity, training frequency, and progression. Training programs to create an individual flexibility training program, taking into account goals, physical capabilities, fitness level and training schedule. Safety and injury prevention: recommendations for safe stretching exercises, avoiding overexertion and prevention of possible injuries.
4. Cardio training: Types of cardio training: running, walking, cycling, aerobics, dancing, etc. Duration and intensity of exercises depending on physical fitness and training goals. Interval training. Training progression.
5. Coordination exercises: Exercises for the development of coordination. Exercises for the development of unilateral coordination. Balance development exercises. Development of spatial coordination.
6. Relaxation techniques: Breathing techniques. Yoga and meditation. Progressive muscle relaxation. Yoga and Tai Chi.
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| **Study material** Book – Syllabus – Textbook – Notes - Online material – Other (+specify) |
| 1. Tyupak T. E., Andriychuk O. Ya., Greida N. B. General strengthening exercises in physical therapy: methodical recommendations. Lutsk: SNU named after Lesi Ukrainka, 2020. 60 p.
2. Basics of practical activity in physical therapy and occupational therapy [text]: educational and methodological manual / Olga Yaroslavivna Andriychuk. Lutsk: Volyn Printing House, 2022. 264 p.
3. Fundamentals of rehabilitation, physical therapy, occupational therapy: a textbook for specialists in physical rehabilitation / L. O. Vakulenko, V. V. Klapchuk, D. V. Vakulenko, G. V. Kutakova; under the editorship L. O. Vakulenko. Ternopil: TDMU "Ukrmedknyga", 2020. 372 p
4. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 10th edition. Wolters Kluwer, 2017.
5. Therapeutic physical culture as a means of medical rehabilitation / P.F. Kolisnyk [and others]. Herald of social hygiene and health care organization of Ukraine. 2017. No. 3. P. 89.
6. Sinytsia S. V. Health aerobics. Sports and pedagogical improvement: study guide / S. V. Sinytsia, L. E. Shesterova. – Poltava: 2010. – 244 p.
7. Ivasyk N. Physical rehabilitation in case of impaired respiratory function: training. manual / Natalia Ivasyk. - 2nd ed., ed. and added – Lviv: Ukrainian bestseller, 2009; Triada plus, 2012. – 192 p.
8. 8. Mazur V. A., Vergush O. M., Lishchuk V. V. Peculiarities of influence and health-improving effect of means of physical activity on the human body. The Bulletin of the Kamianets-Podilskyi National University named after Ivan 195 Ohienko. Physical education, sports and human health. 2018. Issue 11. P. 216–224. URL: http://nbuv.gov.ua/UJRN/Vkpnui\_fv\_2018\_11\_32
9. 9. Theoretical and practical aspects of physical rehabilitation: materials of the 1st regional student scientific and practical conference (May 13-14, 2020, Kherson) / compiled by A. Gurov, Yu. Karpukhina. – Kherson: V.S. Vyshemirskyi Book Publishing House, 2020. – 76 p.
10. Modular environment for learning MODEL. Access to the resource: <https://msn.khnu.km.ua>.
11. University electronic library. Access to the resource: http://library.khnu.km.ua.
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| **Educational methods** practical classes (using visualization methods, trainings, master classes, workshops), independent work (individual tasks). |
| **Evaluation** |
| **Moment of evaluation****Evaluation form*** presentation of results of individual tasks; evaluation of complex health complexes

**Second chance?** |
| credits – 1, 2, 3, 4 semesters |