

Annotation of compulsory educational component « Physical training»

Subjects	Physical training
Teacher	Maksymchenko Volodymyr Ivanovych, senior lecturer of the department of health and physical recreation
Course and semester in which the discipline is planned to be studied	1 st and 2 nd year, 1 st , 2 nd and 3 ^d semester
Faculties whose students are invited to study the discipline	Biological-technological
List of competencies and relevant learning outcomes provided by the discipline	<p>According to the requirements of the educational-professional program "Technology of production and processing of livestock products" applicants must acquire the ability to obtain the following competencies:</p> <p>GC 2 (general competence). The ability to preserve and multiply 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, techniques and technologies, use different types and forms motor activity for active recreation and leading a healthy lifestyle.</p> <p>GC 6. Ability to work in a team and have interpersonal skills.</p> <p>The result of studying the discipline is the acquisition by students of the following knowledge and skills:</p> <ul style="list-style-type: none"> - to perform functional duties, eliminating the influence of various factors and production situations (to be able to determine the stages of work to ensure safe and effective work: preparation for work, main content, completion; to be able to organize safe working conditions: identification of dangerous objects; optimal movements; rational actions); - to organize the joint activities of the work team (to be able to interact in team sports and group physical exercises to carry out effective work in the team; to be able to apply the skills of game team interaction in professional activities: determining the goal and structure of actions; distribution of responsibilities in the work group; management of activities); - to ensure the quality of the work performed (to use the acquired abilities and skills of activities in everyday life with selected types of motor activity to improve the quality of the work performed; to apply the acquired theoretical knowledge to solve practical tasks and meaningfully interpret the obtained results).
Description of the discipline	
Prerequisites required for the study of the discipline	The prerequisite for studying the discipline is physical training lessons in secondary school.
The maximum number of students who can study at the same time	65 students

Topics for the auditorial classes	<ol style="list-style-type: none"> 1. Basic concepts, the content of playing basketball and the use of general physical training exercises. Safety rules in classes. 2. Basics of basketball technique. General physical training. 3. Technical techniques and tactical actions of playing basketball. General physical training. 4. Theoretical foundations and practical application of strength gymnastics and stretching exercises. 5. Requirements for the organization of classes using strength gymnastics and stretching exercises. 6. Exercises for the development of speed, strength and power qualities. Dynamic stretching. 7. Exercises to develop strength in different muscle groups. Dynamic and passive stretching. 8. Static-dynamic exercises for the development of strength and flexibility. 9. Basic concepts, content regarding the use of strength gymnastics and Pilates exercises. Safety rules in classes. 10. Exercises to develop strength for hands and press. Breathing exercises. 11. Development of strength qualities. Elements of self-training when using exercises to develop flexibility. 12. Development of strength qualities. Breathing exercises. Elements of self-training. 13. Basic concepts, the content of the game of volleyball and the use of general physical training exercises. 14. Basics of volleyball technique. General physical training. 15. Technical techniques and tactical actions of playing volleyball. General physical training. 16. Types of sports games. The use of sports games as a means of developing physical and moral-willed qualities. Safety rules in classes. 17. Technical techniques and tactical actions of playing volleyball. General physical training. 18. Technical techniques and tactical actions of playing basketball. General physical training. 19. Complexes of aerobic gymnastics exercises. 20. Development of coordination qualities. 21. Development of strength qualities. Development of flexibility by means of gymnastics.
Teaching languages	Ukrainian