



PJSC "Higher Education Institution
"INTERREGIONAL ACADEMY OF PERSONNEL
MANAGEMENT"

Approved:
Name of the department
Minute No. _ dated “ _ ” _____ 2025
Head of the department

(signature)
(full name)

SYLLABUS
of the academic discipline
PHYSICAL EDUCATION

specialty: C4 Psychology
educational level: first (bachelor's) level
study program: "Psychology

2025

General information about the academic discipline

Name of the academic discipline	"Physical Education"
Code and name of the specialty	C4 Psychology
Level of higher education	first (bachelor's) level of higher education
Status of the discipline	compulsory
Number of credits and hours	3 credits / 90 hours, Lectures: 0 hours, Seminars / practical classes: 34 hours Independent work: 56
Term	2
Language of instruction	Ukrainian
Type of final control	Pass/fail (credit)

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Instructor's portfolio on the website	

Course abstract. Physical education is an integral part of the system of humanitarian education of students, the formation of the general and professional culture of the personality of the future specialist. Physical education provides general physical training, is one of the means of forming a comprehensively developed personality, preserving health, optimizing the physical and psychophysiological state of students in the process of professional training.

The goal is to train a physically developed specialist who is able to withstand great physical exertion and psychological tension and

solve tasks that arise in the process of work; preserving and strengthening the health of the individual; promoting the correct formation and comprehensive development of the body; ensuring optimal motor activity of student youth; developing physical qualities and motor abilities; increasing the level of physical fitness and working capacity; understanding the basic principles of physical culture.

The subject of the discipline: The methods, forms, and means of improving physical fitness, motor skills, health, and overall well-being through physical activity and a healthy lifestyle.

Course objective: The physical development, health, and functional abilities of an individual.

The objectives of the academic discipline: mastering certain knowledge, skills, abilities, consolidation and systematization of the acquired knowledge, their application in the performance of practical tasks and scientific work.

Prerequisites: Basic knowledge of human anatomy and physiology; understanding of health and safety rules during physical activity; ability to perform fundamental physical exercises and follow instructions in group and individual training sessions. The discipline "physical education" is directly related to the disciplines "human anatomy"; "life safety"; "fundamentals of biology, genetics and anthropology"; "medical chemistry"; "psychology"; "philosophy".

Program competencies and learning outcomes:

General Competencies (GC)	GC 11. Ability to preserve and enhance the moral, cultural, and scientific values and achievements of society based on an understanding of the history and patterns of development of the field of study, its place within the general system of knowledge about nature and society, and its role in the development of society, technology, and innovations; to use various types and forms of physical activity for active recreation and maintaining a healthy lifestyle.
Specific (Professional) Competencies (SC)	SK 11. Ability for personal and professional self-improvement, learning, and self-development.
Learning outcomes	
Program learning outcomes	PLO 14. Effectively perform various roles in a team in the process of solving professional tasks, including demonstrating leadership qualities. PLO 17. Demonstrate socially responsible and conscious behavior, follow humanistic and democratic values in professional and public activities.

Content of the course:

№	Topic name	Number of hours, including			
		Lecture rs	Se mi nar s	Indi vidu al wor k	Teaching methods/assess ment methods
	Content module 1. Development and improvement of physical qualities: strength abilities; speed of movements; endurance; flexibility; coordination abilities				Teaching methods: verbal (conversation;

Topic 1.	Means of developing strength and speed-strength abilities and their improvement.	-	4	7	educational discussion); inductive method; deductive method; synthetic; practical (practical performance of physical, technical, exercises and techniques, game and competitive method); problem-based presentation method; Assessment methods: oral control (oral survey, assessment of participation in discussions, other interactive teaching methods); written control (control, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence; method of self-control and self-assessment; case study evaluation; assessing the development of physical qualities and special physical fitness.
Topic 2.	Means of developing speed and its improvement.	-	2	5	
Topic 3.	Means of developing flexibility and its improvement.	-	2	5	
Topic 4.	Means of developing coordination abilities and their improvement.	-	2	7	
Topic 5.	Means of developing endurance and its improvement.	-	4	7	
Modular test work					
Content module 2."Means of increasing physical fitness, sports games"					

Topic 6.	Physical exercises to improve general development and special physical exercises to improve running and jumping training	-	4	5	
Topic 7.	Mastering the basic means of volleyball technique and tactics	-	4	5	
Topic 8.	Mastering the basic means of basketball technique and tactics.	-	4	5	
Topic 9.	Mastering the basic tools of the game of football.	-	4	7	
Topic 10.	Methods of monitoring the development of basic physical qualities of a person.	-	4	5	
Modular test work					
Total:		-	34	56	
Form of control: pass/fail					

Tasks for independent work (examples).

Tasks for independent work are performed in the form of:

- a) writing an abstract on a selected topic (see RNP);
- b) compiling and performing sets of physical exercises for the development of physical qualities aimed at improving sportsmanship in a selected sport or preventing diseases and recovering from illnesses and injuries.
- c) participating in sports competitions.

- d) keeping a self-control diary
- e) using physical condition assessment tests:
- f) classes in sports sections;

Each completed task is evaluated on a scale from 1 to 5 points

Technical equipment and/or software – official website of MAUP:

<http://maup.com.ua> The educational process uses classrooms, a library, a multimedia projector and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to information from the World Wide Web, which is provided by a free Wi-Fi network.

Forms and methods of control.

Forms of current control and evaluation criteria. Current control takes place during the study of the discipline in practical classes, the teacher can evaluate the quality of the applicant's performance of tasks (general physical training exercises, etc.) at each lesson with the assignment of points (4 points - "good", 3 points - "satisfactory", 2 points - "unsatisfactory"). The maximum number of points per lesson is 5 ("excellent").

To assess the level of physical fitness of students, they pass physical fitness standards.

Tests for assessing the development of physical qualities and special physical fitness.

Types of tests	Sex	Standards, score/score			
		5/10	4/7	3/5	2/0
		Strength qualities			
Test #1 Raising	M	35	30	25	20
	W	25	20	15	10

straight legs to an angle of 90° from a supine position (number of times).					
Test #2 Squatting on two legs (number of times).	M W	50 40	40 30	30 20	25 15
Test #3 Tilting and lifting the	M W	45 40	40 35	35 30	30 25

tors o fro m a posi tion lyin g on the hips on a gy mn asti c ben ch, han ds beh ind the hea d, legs fixe d (nu mb er of tim es).					
Tes t #4 Ben din g and exte ndi ng	M W	37 16	32 11	26 9	20 7

arms in a standing position while lying on the floor (number of times)					
Tes t #5 Long jump from a standing position (cm)	M W	240 190	230 170	220 170	210 160
General endurance					
Tes t #6 Transition	M W	45 37	37 33	32 27	26 24

to sitti ng posi tion fro m supi ne posi tion in 1 min (nu mb er of tim es)					
Tes t #7 Coo per test (12 min ute run) km	M W	2,5 - 2,7 2,16 -2,64	2,0 - 2,4 1,75 - 2,15	1,6 - 1,9 1,5 - 1,74	Less than 1,6 Less than 1,5
Special endurance					
Tes t #8 Exe rcis es wit h a jum p rop e (nu mb	M W	110 90	90 70	70 50	60 40

er of jum ps in 1 min)					
Tes t #9 Fro m the squ atti ng posi tion , take the lyin g posi tion (nu mb er of tim es in 1 min)	M W	30 25	25 20	20 15	15 10
Speed					
Tes t #10 Exe rcis es wit h a skip	M W	40 35	35 30	30 25	25 20

pin g rop e (nu mb er of jum ps in 15 sec ond s)					
Tes t #11 Dri vin g tim e for a bas ket ball 10 m (s).	M W	2,5 3,0	3,0 3,5	3,5 4,0	4,0 4,5
Tes t #12 Ru nni ng in pla ce, rais ing kne	M W	25 20	20 15	15 10	12 7

es to an ang le of 90° in 5 s (nu mb er of step s).					
Tes t #13 Ru nni ng 100 m (s)	M	14,0	14,6	15,2	15,7
	W	16,4	17,3	17,0	17,7
Agility					
Tes t #14 Shu ttle run 4 x 9 m (s)	M	9,7	10,2	10,7	11,2
	W	11,1	11,5	12,0	12,5
Tes t #15 Hit the ball into the bas	M	7	6	4	3
	W	6	4	3	2

ket ball hoo p wit h 10 atte mpt s (nu mb er of hits).					
Flexibility					
Tes t #16 Ben din g the arm s beh ind the bac k fro m the posi tion of one arm up, the oth er	M W	Fin ger s tou ch eac h oth er	Dis tan ce bet wee n fing ers 3 cm	Dis tan ce bet wee n fing ers 5 cm	Distance between fingers 7 cm

do wn. The exe rcis e is perf orm ed on bot h side s. Rec ord the best resu lt.					
Tes t #17 Sta ndi ng on the floo r, tors o for war d, legs stra ight (cm).	M W	Fist s tou ch the floo r	Fin ger s tou ch the floo r	Dis tan ce fro m the floo r 3 cm	Distance from the floor 5 cm
Tes t #18	M	15	10	0	-5

For war d tors o tilts whi le stan din g on a gy mn asti c ben ch (cm)	W	20	15	0	-5
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Grading system and requirements

Table of distribution of points received by students

	Ongoing knowledge control										Modul ar tests	Final assessme nt	Total points
Topics	To pi c 1	To pi c 2	To pi c 3	To pi c 4	To pi c 5	T o pi c 6	T o pi c 7	T o pi c 8	To pi c 9	Top ic 10	20	20	100
Work in a seminar session	3	3	3	3	3	3	3	3	3	3			
Independent work	3	3	3	3	3	3	3	3	3	3			

The table contains information about the maximum points for each type of academic work of a higher education applicant.

When assessing the mastery of each topic for the current educational activity, the education applicant is given marks taking into account the approved assessment criteria for the relevant discipline.

The criteria for assessing the learning outcomes of students and the distribution of points they receive are regulated by the Regulations on the assessment of academic achievements of students at PrJSC "HEI "MAUP".

Modular control.

Criteria for evaluating the modular test work in the academic discipline " Physical Education ":

When evaluating the modular test work, the volume and correctness of the completed tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
- the grade "good" (B) is given for the completion of 80% of all tasks;
- the grade "good" (C) is given for the completion of 70% of all tasks;
- the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;
- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
- the grade "unsatisfactory" (FX) is given if less than 50% of the tasks are completed.

Absence from the modular test work - 0 points.

The above grades are transformed into rating points as follows:

"A" - 18-20 points;

"B" - 16-17 points;

"C" - 14-15 points;

"D" - 12-13 points.

"E" - 10-11 points;

"FX" - less than 10 points.

The final semester control in the academic discipline " Physical Education " is a mandatory form of assessing the learning outcomes of a student. It is carried out within the time limits established by the educational process schedule and in the volume of educational material determined by the program of the academic discipline.

The final control is carried out in the form of a test. The student is admitted to the semester control provided that he performs all types of work.

Semester control in the form of a test provides that the final grade for the discipline is determined as the sum (simple or weighted) of points for content modules. The final grade is issued based on the results of the student's work throughout the semester. The rating score of the student consists of the points received by the student based on the results of ongoing control measures, incentive points.

Students who have fulfilled all the tasks and have a rating score of 60 or more points receive a grade corresponding to the rating received without additional tests.

To assess the level of physical fitness of students, they pass physical fitness standards.

With students who have fulfilled all the tasks and have a rating score of less than 60 points, as well as with those students who wish to increase their rating score, the professor conducts a final semester control in the form of a test at the last scheduled lesson in the discipline in the semester.

Assessment of additional (individual) types of educational activities. Additional (individual) types of educational activities include the participation of applicants in scientific conferences, scientific circles of applicants and problem groups, preparation of publications, etc. in excess of the tasks established by the relevant work program of the academic discipline.

By decision of the department, applicants who participated in scientific research work and performed certain types of additional (individual) types of educational activities may be awarded incentive (bonus) points for a certain educational component.

Also, incentive points may be awarded if the applicant, for example, completed and defended certain types of work, attended all lectures, seminars and practical classes, has his own handwritten lecture notes and developed additional educational material, has no missed classes without good reason, attended additional consultations with the participation of a lecturer, etc.

The amount of incentive points is taken into account when setting the final scores in the credit and examination report (but not more than 89 points in the total) and can be automatically counted when setting the final semester grade for the corresponding educational component.

Incentive points are not normative and are not included in the table of distribution of points received by students and the main scale of the assessment system.

One event can be the basis for setting incentive points only for one most relevant educational component.

The total number of points scored by students for completing tasks for independent work is one of the components of the current academic performance in the academic discipline. Independent work on each topic according to the work program of the academic discipline is evaluated in the range from 0 to 3 points using standardized generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)

The maximum possible assessment of independent work (individual tasks)	Execution level			
	Excellent	Good	Satisfactory	Unsatisfactory
3	3	2	1	0

Forms of independent control: current control based on the performance of practical work; current control of knowledge acquisition based on the assessment of oral answers to questions, messages, reports, etc. (in practical (seminar) classes); individual or collective project that requires the formation of practical skills and abilities of students (selective form); solving situational tasks; a summary made on the topic studied independently; testing, performing a written test; draft articles, speech abstracts and other publications, other forms that contribute to the full assimilation of the educational program and the consistent development of skills for effective independent professional (practical and scientific and theoretical) activity at a high level.

To assess the learning outcomes of a higher education applicant during the semester, a 100-point, national and ECTS assessment scale is used

Summary assessment scale: national and ECTS

Total points for all types of learning activities	ECTS assessment	National scale assessment for exam, course project (work), practice	
		National scale assessment for exam, course project (work), practice	for pass/fail
90 – 100	A	excellent	pass
82 – 89	B	good	
75 – 81	C		

68 – 74	D	satisfactory	
60 – 67	E		
35 – 59	FX	unsatisfactory with the possibility of retaking	unsatisfactory with the possibility of retaking
0 – 34	F	unsatisfactory with mandatory re-study of the discipline	unsatisfactory with mandatory re-study of the discipline

Course Policy.

- regularly attend lectures and practical classes;
- work systematically and actively in lectures and practical classes;
- catch-up on missed classes;
- perform the tasks required by the syllabus in full and with appropriate quality;
- perform control and other independent work;
- adhere to the norms of academic behavior and ethics;

Encouraged: keeping a self-control diary; classes in sports sections; participation in sports. competitions.

Methodological support of the academic discipline

Teaching and methodological materials that provide support for the discipline: lecture notes, methodological recommendations for conducting practical (seminar) classes and methodological recommendations for independent work of higher education students in the academic discipline "Physical education".

Recommended sources (literature)

Main (basic):

1. Gymnastic terminology: teaching aids / Yu.M. Salyamin, I.A. Tereshchenko, S.P. Prokopyuk, T.M. Levchuk. – K.: Olimp. l-ra, 2010. – 144 p.
2. Dobrovolska N.O. Optimization of the physical condition of students through independent training: Textbook. – Donetsk, 1994. – 179 p.
3. Kanishevsky S.M. Scientific-methodical and organizational foundations of physical self-improvement of students.- K.: IZMN, 1997.-270 p.

4. Columbet, O.M. Development of coordination abilities of youth: monograph / O.M. Columbet; MENU, Republican Higher School of Physical Culture. – Kyiv: Education of Ukraine, 2014.– 418 p.: ill.
5. Krutsevich T.Yu. Theory and methods of physical education: a textbook for students of higher educational institutions of physical education and sports: T1. General principles of the theory and methods of physical education / T.Yu. Krutsevich. – K., 2008. – 392 p.
6. Krutsevich T.Yu. Theory and methods of physical education / Methods of physical education of different population groups. Textbook / Under the general editorship of T.Yu. Krutsevich. – K.: Olympic literature, 2012. T.2. – 392 p.
7. Krutsevich T.Yu. Control in physical education of children, adolescents and youth: a textbook / T.Yu. Krutsevich, M.I. Vorobyov, G.V. Bezverkhnia. – K.: Olimp. l-ra, 2011. – 224 p.
8. Lynets M. M. Fundamentals of the methodology for the development of motor qualities: [textbook] / M.M. Lynets. – Lviv, 1997. – 207 p.
9. Murza V.P. Physical exercises and health / V.P. Murza. – K.: Health, 1991. – 254 p.
10. Oleshko V.G. Power sports.-K.: Olimpiyska literatura, 1999.- 288 p.
11. Solomonko V.V. , Lisenchuk G.A., Solomonko O.V. Football // Textbook for students of higher educational institutions of physical education and sports. – K.: Olimpiyska literatura. 1997. -288 p.
12. Sports games. Textbook for students of physical education faculties of pedagogical institutes./ Ed. A. V. Ivoylova. - Kh.: Osnova, 1993. - 216 p.
13. Physical education: Technique and tactics of basketball: "Teaching the technique and tactics of basketball for students": teaching aids for students / Igor Sikorsky Kyiv Polytechnic Institute; comp.: Anikeienko L. V., Efremenko V. M., Yaremenko O. M., Kuzenkov O. V., Ustimenko G. O. - Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2021. - 127 p.

Additional:

1. Gusev T. P., Dyachenko A. P., Chekmareva V. V. Peculiarities of organizing independent physical education and health classes with student youth/Physical culture

and human health: history, present, future (conference materials). – K.: B. Grinchenko University, 2012. –P.104-108.

2. Dudnik, I.O. Formation of strong-willed qualities in students in the process of physical education classes: teaching and methodological manual / I. O. Dudnik; MENU, Cherkasy National University named after B. Khmelnytsky. – Cherkasy: Cherkasy National University named after B. Khmelnytsky, 2016. – 72 p.

3. Maglyovany A.V., Dovganyk M.S. Independent classes of students in health running. - Lviv, 1996.-26 p.

4. Nazar P.S., Shevchenko O.O., Gusev T.P. Medical and biological foundations of physical culture and sports. – K.: Olimp. l-ra, 2013. – 328 p.

5. Onoprienko O.M. Organization and content of the educational process in physical education of students in universities: teaching and methodical manual /O.M. Onoprienko, O.V. Onoprienko, V.V. Zagorodniy; B. Khmelnytskyi National University of Cherkasy.– Cherkasy: B. Khmelnytskyi National University of Cherkasy, 2016.– 64 p.

6. Students' working capacity: assessment, correction, management. Maglyovany A.V., Safronova G.B., Galaitaty G.D., Belova L.A.-Lviv, “Lviv Polytechnic”, 1997.- 126 p.

7. Popov M.D., Sorokina T.R. Educational and methodological manual on the organization of independent classes of health-improving orientation (on the example of aerobics). – K.: IZYN, 2005, - 125 p.

8. Svyrydenko O.O. Algorithm of health preservation: methodological advice and recommendations: educational and methodological manual /O.O. Svyrydenko; MONMSU, Poltava NPU named after V.G. Korolenko.– Poltava: IOC Poltava NPU named after V.G. Korolenko, 2013. – 114 p.

9. Strength training of students and schoolchildren. Martyn V.D., Maglyovany A.V., Revin P.P., Portakh V.S. - Lviv, “Liga-Press”, 2005, 108 p.

10. Tuchynska T.A., Rudenko E.V. Volleyball: teaching and methodical manual – Cherkasy: Bohdan Khmelnytskyi National University of Ukraine, 2014. – 76 p.