**1. Module: Physical culture**

**2. Module code:** ТМФВ\_6\_1.06\_9,0

**3. Module type:** selective

**4. Семестр:** 1,2,3,4

**5. Module volume:** general lessons quantity – 270 (ECTS credits – 9), auditorium lessons – 248 (practical lessons- 248)

**6. Lecturer:** Karanska Lyudmyla Petrivna - teacher

**7. Training results:**

During module studying students **should:**

**know:** athletic-sporting practice for the creative values of physical culture and sport mastering with the purpose of harmonious development and strengthening of physical and spiritual health, preparation, to the future profession;

**To be able:** to form strengthening of health necessities, physical perfection, various facilities and forms of physical education, healthy life culture, skills of individual physical exercises, during all life, domestic physical education bases

**8. Training way:** auditorium lessons

**9. Compulsory previous and simultaneous modules:** valeology, man anatomy , safety of vital functions

**10. Module content:** Track-and-field (run 100m, 60m, 500m- girls., 1000m - boys., length jumps from running, shuttle run 4\*9); ZFP (squat, acrobatics, bending and unbending of hands, in support lying – girls, hauling up – boys). Volley-ball (juggling a ball above itself, transmission of ball from above by two hands in pair – secs.). Basket-ball (penalty throws in a basket, ball conduct, transmission of ball, with a double step).

**11. Recommended literature:**

* 1. Закон України „Про фізичну культуру і спорт”// Куроченко І. Фізична культура і спорт. Довідник. – К., 2004. – С. 5.
  2. Степко М.Ф. та ін. Вища освіта України і Болонський процес. Навчальна програма. – Київ – Тернопіль: Вид. ТДПУ ім. В. Гнатюка, 2004. – 18 с.
  3. Шиян Б.М. Теорія і методика фізичного виховання школярів. Частина 1, 2. – Тернопіль: Навчальна книга – Богдан, 2002. – 248 с.

**12. Training forms and methods:** lectures, laboratory classes, individual training research work, individual work

***13.* Evaluative methods and criteria:**

* Current control (90 %): completion standards: Track-and-field, Volley-ball, Basket-ball;
* Total control (10%, credit)

**14. Language:** Ukrainian