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| National Technical University of Ukraine “Igor Sikorsky Kyiv Polytechnic Institute” |  | **Department of Health and Sports Technologies**  |
| **Fundamentals of a healthy lifestyle** **Work program of the discipline (Syllabus)** |

# Details of the discipline

|  |  |
| --- | --- |
| Level of higher education | *First (bachelor)* |
| Field of knowledge | *All* |
| Specialty  | All |
| Educational program | *All* |
| Course status | *Normative* |
| Form of study | *Full–time (daily)*  |
| Year of study, semester | *1st year (first and second semesters)* |
| Discipline | *3 ECTS credits* *classroom 72 hours: lectures - 18 hours, practical - 54 hours,* *independent work - 18 hours* |
| Semester control / control measures | *Credit, 2 modular control works, calendar control* |
| Class schedule | *According to schedules of faculties* |
| Language of instruction | *Ukrainian* |
| Information about the course leader/teachers | [*http://ktos-fbmi.kpi.ua/article/spivrobitnyky*](http://ktos-fbmi.kpi.ua/article/spivrobitnyky) |
| Course location |  |

# The curriculum of the discipline

**1. Description of the discipline, its purpose, subject of study, and learning outcomes**

The main purpose of the discipline "Fundamentals of a healthy lifestyle" is to form students' motivation to lead a healthy lifestyle and the ability to use different types and forms of physical activity for active recreation and healthy living **(LC12)**

After mastering the discipline, students must demonstrate the following learning outcomes:

**Knowledge:**

-on the basics of human health and methods of its assessment;

 -on the impact of health-improving behavior on the quality of human life;

 -on the principles of rational nutrition;

 -on the impact of physical activity on the human body;

 -on the basics of applying motor activity programs of various directions;

 -on the peculiarities of physical activity of people of different ages and health status.

**Skills:**

* apply the components of a healthy lifestyle in order to achieve personal and professional goals;
* use means of physical activity in order to form personal health;
* exercise control and self-control over the state of the body;

- analyze and plan means of physical activity in order to improve physical and mental performance, development of physical skills.

2. **Prerequisites and post-requisites of the discipline (place in the structural and logical scheme of study in the relevant educational program)**

The discipline "Fundamentals of a healthy lifestyle" belongs to the cycle of general training disciplines, it is a mandatory component of the Educational Program.

**3. Content of the discipline**

The course material consists of two sections:

Section 1. Formation of motivation for a healthy lifestyle

Topic 1.1. General principles of health

Topic 1.2. Health effects of behavior

Topic 1.3. Health and age periods of human life

Topic 1.4. Nutrition and health

Section 2. Formation of skills and abilities of a healthy lifestyle by means and methods of physical activity

Topic 2.1. Motor activity of persons of different age, gender

Topic 2.2 Individual programs of physical activity

**4. Training materials and resources**

**Basic training literature:**

**Training manuals**

Basic educational literature:

Textbooks

1. Complex coordination sports (gymnastics, acrobatics, trampoline jumping, choreography, workout). Artistic gymnastics, acrobatics [Electronic resource]: a textbook for bachelor's degree applicants / Igor Sikorsky Kyiv Polytechnic Institute; compiled by Zenina IV, Shyshatska VI, Dobrovolsky VE - Electronic text data (1 file: 1.38 MB) - Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2023. 140 p. - Title from the screen.URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/55564

2. Fundamentals of a healthy lifestyle. Practical works. For independent work of students [Electronic resource]: a textbook for students of all educational programs / Igor Sikorsky Kyiv Polytechnic Institute; compiled by I. Y. Karpiuk, T. K. Obeziuk. - Electronic text data (1 file: 6.53 MB). - Kyiv: Igor Sikorsky Kyiv Polytechnic Institute, 2022. - 419 p. - Screen name.URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/50782

3. Power sports. Athletic gymnastics [Electronic resource]: a textbook for students / Igor Sikorsky Kyiv Polytechnic Institute; compiled by Syrotynska O.K., Sabirov S.O., Syrovatko Z.V., Chekhovska A.Y. - Electronic text data (1 file: 4.31 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2022. 163 p. Title from the screen.URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/50027

4. Fundamentals of a healthy lifestyle: wellness fitness programs [Electronic resource] : a textbook for bachelor's degree applicants / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by I. V. Zenina, V. E. Dobrovolsky, V. I. Shyshatska - Electronic text data (1 file: 1.14 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2021. 78 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/42021

5. Physical education. Aerobics [Electronic resource] : a textbook / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by. S.E. Tolmachova, N.V. Kuzmenko, A.Y. Chekhovska, I.Y. Zakharova - Electronic text data (1 file: 4.04 MB). - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2019. - 151 p. URL:

https://ela.kpi.ua/handle/123456789/32204

6. Physical education. Theoretical and methodological foundations of shaping [Electronic resource] : a textbook for students attending the shaping section / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by. H. L. Boyko, S. U. Sharafutdinova, T. H. Kozlova, N. V. Ivaniuta, N. E. Havrylova - Electronic text data (1 file: 2.41 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2018. 139 p. URL:

https://ela.kpi.ua/handle/123456789/23598

**Additional literature:**

**Manual**

1. Physical education. Tennis [Electronic resource]: a study guide for bachelor's degree applicants / Burlaka I.V., Lukachyna A.V. ; Igor Sikorsky Kyiv Polytechnic Institute:

https://ela.kpi.ua/handle/123456789/48820

2. Physical education. Artistic gymnastics: Technique of performing physical exercises on gymnastic apparatus [Electronic resource] : a textbook for bachelor's degree applicants / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by I. V. Zenina, V. E. Dobrovolsky, V. I. Shyshatska - Electronic text data (1 file: 478.61 Kb). URL:

https://ela.kpi.ua/handle/123456789/27932

3. Optimization of the process of teaching swimming by means of aqua fitness [Electronic resource] : methodical recommendations for practical classes for students of the swimming department / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by N. A. Dakal, O. H. Cherevychko, O. Y. Kalishchuk - Electronic text data (1 file: 114.29 Kb) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 26 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/21002

4. Physical education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / Igor Sikorsky Kyiv Polytechnic Institute ; comp. O. F. Tverdokhlib, M. H. Masalkin, Y. O. Martynov - Electronic text data (1 file: 2.67 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 43 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/20607

5. Physical education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource] : methodical recommendations for independent work of students / Igor Sikorsky Kyiv Polytechnic Institute ; O. F. Tverdokhlib, A. I. Sobolenko, M. M. Koryukaev - Electronic text data (1 file: 1.47 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 36 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/20606

6. Individualization of the educational process of students in practical classes on shaping [Electronic resource]: methodical recommendations for practical classes for students of the educational department of shaping / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by H. L. Boyko, S. U. Sharafutdinova, T. H. Kozlova, N. V. Ivaniuta, N. E. Havrylova - Electronic text data (1 file: 737.41 Kb). - Kyiv, 2017. - 58 p. - Title from the screen. URI (Uniform Resource Identifier):

<https://ela.kpi.ua/handle/123456789/20446>

7. Methodical instructions for fulfilling the requirements of safety and prevention of injuries to students in gymnastics classes in higher education institutions [Electronic resource] / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by O.K. Syrotynska, M. Pankratov - Electronic text data (1 file: 155.5 Kb) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017 - 24 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/20060

8. Independent classes in physical education for students of the Department of Tourism [Electronic resource] : methodical recommendations for the study of discipline / Igor Sikorsky Kyiv Polytechnic Institute ; compiled by V. M. Mykhailenko, S. M. Soga - Electronic text data (1 file: 128.42 Kb) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 64 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/20033

9. Physical education. Material and technical support of the game of table tennis [Electronic resource] : methodical recommendations for the study of discipline for students of the educational department of table tennis / Igor Sikorsky Kyiv Polytechnic Institute ; comp. L.H. Hryshko, I.V. Novikova, V.K. Shcherbachenko, O.M. Chychenyova - Electronic text data (1 file: 1.45 MB) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 43 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/19854

10. Measures to prevent injuries during gymnastics [Electronic resource] : methodological recommendations for students engaged in gymnastics / Igor Sikorsky Kyiv Polytechnic Institute ; comp. I. V. Zenina ; edited by Y. I. Khimich - Electronic text data (1 file: 213.5 Kb) - Kyiv : Igor Sikorsky Kyiv Polytechnic Institute, 2017. 38 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/19344

11. Physical education [Electronic resource]: methodical recommendations for independent classes in physical education for students of the aerobics department of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI" ; comp. N. V. Ivanyuta, S. E. Tolmachova, N. V. Kuzmenko, N. V. Hradusova [and others] - Electronic text data (1 file: 32.4 Kb.) - Kyiv : NTUU "KPI", 2015. 137 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/15480

12. Features of the organization and conduct of volleyball competitions in higher education institutions under simplified rules [Electronic resource]: guidelines / NTUU "KPI" ; compiled by. Electronic text data (1 file: 874 Kb.) - Kyiv : NTUU "KPI", 2015. 29 p. - Title from the screen. URI (Uniform Resource Identifier):

<https://ela.kpi.ua/handle/123456789/15477>

13. Physical education. Methodical recommendations for the implementation of a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI" ; comp. N. V. Ivanyuta, S. E. Tolmachova - Electronic text data (1 file: 906 KB) - Kyiv : NTUU "KPI", 2015. 42 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/11742

14. Methodical recommendations on the organization and conduct of training sessions in the department of table tennis NTUU "KPI" [Electronic resource] / NTUU "KPI" ; compiled by. L. G. Hryshko, O. M. Chychenyova, V. K. Shcherbachenko - Electronic text data (1 file: 448 Kb.) - Kyiv : NTUU "KPI", 2014. 58 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/10156

15. Development of physical qualities in shaping classes [Electronic resource] : methodical recommendations for practical classes for students of the training department of shaping / NTUU "KPI" ; comp. H. L. Boyko, O. F. Tverdokhlib, T. H. Kozlova, S. U. Sharafutdinova, N. E. Havrylova - Electronic text data (1 file: 1.60 MB) - Kyiv : NTUU "KPI", 2014. 31 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/10148

16. Methodical recommendations for the implementation of a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI" ; compiled by. Electronic text data (1 file: 17.1 MB) - Kyiv : NTUU "KPI", 2014. 66 p. - Title from the screen. URI (Uniform Resource Identifier):

https://ela.kpi.ua/handle/123456789/8148

17. Initial training in swimming [Electronic resource] : methodical recommendations for practical classes for students who do not know how to swim / NTUU "KPI" ; comp. N. A. Dakal, K. M. Smirnov, E. M. Shcheglov - Electronic text data (1 file: 5.72 Kb) - Kyiv : NTUU "KPI", 2012 - Title from the screen. URI (Uniform Resource Identifier):

<https://ela.kpi.ua/handle/123456789/1787>

# Educational content

**Methods of mastering the discipline (educational component)**

**Chapter 1.** Theoretical and methodological foundations of motivation for a healthy lifestyle.

**Topic 1.1. General principles of health**

**Lecture 1: Health as a state task and personal need of a person.**

History of human cognition of the essence of health from ancient times to the present. Concepts of health and healthy lifestyle. State approaches to the formation, strengthening and preservation of human health in the world. Human health - global problems of our time.

**Practical lesson № 1.** The main components of health. Essential elements of human health, its spiritual well-being and harmonious development: mental, physical, social. Natural factors of health The relationship between pathology and health, normology. Mechanisms of health research.

Conducting an express survey.

**Practical lesson № 2.** The essence of a healthy lifestyle and conditions for its formation. Healthy lifestyle in the national traditions of different peoples. The role of motivations and attitudes in shaping the foundations of a healthy life of a modern person. Components of a healthy lifestyle of a modern person: way, level, quality, lifestyle, etc.

Conducting an express survey

**Practical session № 3.** Genetic aspects of health. Biorhythms and health. Mental and physical performance of a person. Fatigue, its essence and diagnosis. Overwork, measures to prevent it. Control and self-control over the state of the body. The daily routine.

Conducting an express survey

**Topic 1.2. Health effects of behavior.**

**Lecture 2.** Hierarchy of needs and values in human existence. Heredity, habits, preferences.

Social determination of human health: hierarchy of needs and values in human existence. Heredity, habits, preferences. Formation of behavioral safety skills. Moral principles and principles of life harmonization. Self-discipline, respect, moderation, spirituality, control of desires and emotions.

**Practical training № 4.** Human health and behavioral features that contribute to its preservation and strengthening. The impact of behavior on human reserves and resources. Deviant behavior (alcohol, drug use, tobacco smoking, substance abuse, etc.) and its prevention. Social conditions of health.

Conducting a quick survey.

**Practical training № 5**. Physical health, its essence. Adaptive potential. Modern approaches to determining the quantitative characteristics of physical health. Comprehensive assessment of physical performance: testing of physical qualities, functional diagnostics of body systems, anthropometry, assessment of the musculoskeletal system. Methods of self-assessment of physical conditions.

Conducting an express survey

**Practical lesson № 6.** Health and environmental factors. Health properties of color, sound, smell, etc. Psycho-emotional and mental means of regulation and self-regulation of the psychosomatic state of a person. Sound-verbal, light, color means of regulation. Fundamentals of herbal medicine. Theory of color perception by M. Luscher. Types of temperament, definition of temperament types. Temperament and behavior.

Conducting an express survey

**Topic 1.3. Health and age periods of human life**

**Lecture 3: Age-related changes in personal potential.**

Determination of human biological age. The concept of "psychosomatic state of a person". Psychosomatic disorders, their characteristics. Means of regulating the psychosomatic state. Mental health. Psychosomatic overload and factors of its occurrence. Stress, its concept. Stress resistance in different periods of life, prevention of disorders.

**Practical lesson 7.** Age periodization of human life. Crises of age periods in human life. Emotional discomfort as a factor in psychosomatic disorders. Prevention of psychosomatic disorders. Persons at risk. Stress factors.

Conducting an express survey

**Topic 1.4: Nutrition and health**

**Lecture 4. Influence of qualitative and quantitative parameters of nutrition on human health.**

Regulation and self-regulation of the psychosomatic state of a person by means of nutrition. Nutrition and health. Modern theories of nutrition. Characteristics of the main food groups. Balanced rational nutrition regimen: norm, frequency, daily distribution of nutrient intake, caloric content.

Practical lesson № 8. Modern problems of nutrition. Harmful effects of modern nutrition. Principles of proper nutrition. The influence of food on human behavior. Formation of human food motivation. Factors influencing the specifics of nutrition.

Conducting an express survey.

**Practical lesson №9.** Food quality and diseases. Food contamination and risk of disease. Components of food and their importance for the body. Rules for the use of food products.

Conducting an express survey.

**Practical lesson №10.** Modern theories of nutrition. The role of water in the life support of the body. Health and medical nutrition. The impact of food additives on human health.

Conducting an express survey**.**

**Lecture 5. Environmental aspects of nutrition**

Factors of environmental pollution. Environmental pollution and migration of chemical compounds. Environmental pollution in the conditions of hostilities. Soil and microorganisms. Chemical elements in the soil that cause disease. Food purification technologies.

**Practical training № 11:** Determination of body weight components and methods of its correction. Features of nutrition in representatives of different somatotypes. Features of dietary nutrition. The effect of nutrition on the microbiota. Features of sports nutrition.

Conducting an express survey.

**Practical training №12.** Problems of hidden starvation: the impact of vitamin and mineral deficiency on health. Influence of diet on metabolic processes in the body. The pyramid of healthy eating. Features of nutrition in the presence of psychosomatic disorders. Antidepressant foods.

Conducting an express survey.

**Practical training № 13**. Performing modular control work №1

**Section 2. Formation of skills and abilities of a healthy lifestyle by means and methods of physical activity.**

**Topic.2.1. Motor activity of persons of different age, sex**

**Lecture 1: Physical activity as a biological need of the body**

The essence of physical activity. The influence of physical activity on the human body. Healthy spine as a guarantee of effective functioning of internal organs and systems. Age-specific features of physical activity.

**Practical lesson № 1.** Physical activity and its effect on the human body. Hypodynamia and hypokinesia and their impact on the human body. Norms of physical activity. Influence of motor activity on the state of the musculoskeletal system.

Conducting an express survey.

**Practical lesson № 2.** Physical exercises as a means of nonspecific prevention of functional disorders and diseases. Types of physical exercises. Principles of physical activity. The relationship of physical activity with physical, mental and social aspects of health. The influence of various factors on physical activity and the body's need for it.

Conducting an express survey

**Practical session №3**. Age-related dynamics of human performance decline. Factors of decrease in human performance. Manifestation of physical qualities in different age periods of a person.

Conducting an express survey

**Lecture 2. Health improvement systems.**

Health improvement systems at the present stage of development of physical culture. Health systems and their components. Classification of the main natural systems of health improvement. Scientifically grounded, folk and traditional health systems.

**Practical lesson № 4.** Systems of psycho-emotional recovery: M. Norbekov's system, yoga, qigong, wushu, martial arts.

Conducting an express survey.

**Practical lesson № 5.** Breathing systems of health improvement: breathing by K. Buteyko; breathing by O. Strelnikova; breathing by P. Bragg, Wimm Hof system. The system "Bodyflex".

Conducting an express survey.

**Practical lesson № 6.** The system of wellness nutrition: M. Montignac's nutrition system. H. Moll's nutrition system. G. Shelton's system (separate meals). Veganism and vegetarianism. Intermittent fasting system.

Conducting an express survey.

**Practical lesson № 7.** Systems of body cleansing: Liver cleansing system. Kidney cleansing systems. Lymphatic cleansing system;

Conducting an express survey

**Practical training №8.** Systems of hardening the body: O. Zalmanov's hardening system; S. Kneipp's hardening system; Porfiry Ivanov's natural healing system "Detka"; Wimm Hof's system.

Conducting an express survey.

**Practical training №9**. Systems of physical development: Lydiard's system "Running from a heart attack". M. Amosov's system "Mode of restrictions and loads". Katsuzo Nishi's health system. The system of J. Pilates. The system of Moshe Feldenkrais. Water aerobics.

Conducting an express survey

**Topic 2.1 Individual programs of physical activity.**

**Lecture 3. Substantiation and application of programs of motor activity of different directions. The purpose and tasks of training programs of health and sports orientation. Principles of health training.** Taking into account individual features of a person during the preparation of training programs of health-improving orientation. Directness of training programs.

**Practical lesson № 10**. Characteristics of loads used in training programs. Structure of a training session. Features of application of physical loads of different orientation.

Conducting an express survey

**Lecture 4. Methods of mastering programs on motor activity of different orientation.**

Methods of development of physical qualities of a person. Methods of restoring physical performance.

**Practical lesson № 11.** Methods of flexibility development. Methods of development of coordination abilities and agility. Methods of endurance development.

Conducting an express survey

**Practical lesson № 12.** Methods of strength training. Methods of developing speed and speed-power abilities.

Conducting an express survey

**Practical lesson № 13.** Performing a modular control work №2.

**Practical lesson №14.** Conducting a credit test

**6. Independent work of the student**

Preparation for practical classes, completion of module tests.

Independent work of a higher education applicant (18 hours) involves preparation for classroom classes and control activities.

Distribution of SRS hours: preparation for practical classes - 9 hours; preparation for the ICR - 6 hours; preparation for the test - 3 hours.

# Policy and control

**7. Policy of the discipline (educational component)**

System of requirements for students:

Rules of conduct in the classroom: compliance with safety requirements.

Rules for the protection of individual tasks: compliance with the principle

Rules for awarding incentive points: incentive points are awarded for performance of analytical work on topics agreed with the teacher up to 10 points.

• policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

• policy on academic integrity: policy, principles of academic integrity, and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: https // kpi.ua / code).

# Types of control and rating system for assessing learning outcomes (RSM)

***The first semester***

**1. Completion of test tasks in practical classes**

In practical classes № 1-12 test tasks are evaluated in 2 points.

*The maximum number of points for test tasks - 24 points.*

**2. Modular test**

Conducted in the 13th practical lesson in the form of a test containing 26 test tasks, each correct answer is evaluated in 1 point.

*Maximum score - 26 points.*

Calendar control is performed during the semester as a monitoring of the current state of compliance with the syllabus requirements. A student receives a positive result from the QC when his/ her current rating score is at least 50% of the maximum possible.

***Second semester***

**1. Completion of test tasks in practical classes**

In practical classes №1-12, test tasks are evaluated in 2 points.

*The maximum number of points for test tasks is 24.*

**2. Modular test**

Conducted in the 13th practical lesson in the form of a test containing 26 test tasks, each correct answer is evaluated in 1 point.

*Maximum score - 26 points.*

Calendar checks are performed twice a semester to monitor the current status of syllabus requirements. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

*The final student's rating cannot exceed 100 points!*

Semester control - credit.

If a student scores less than 60 points in the 1-2 semester or wants to increase his / her rating score, then in the last scheduled session in the 2nd semester (18th week), he/she is given the ability to perform a test, and its previous rating is revoked.

The test is conducted in the form of testing. The student is offered an integrated test containing 50 questions, each correct answer is evaluated in 2 points.

*The maximum number of points for the integrated test is 100 points.*

The points obtained by the student for the integrated test are translated into a grade on a university scale:

Table 1

Correspondence of rating points to grades on the university scale:

|  |  |
| --- | --- |
| **Student Score University Score** | **Student rating points University grade** |
| 95 – 100 | Excellent |
| 85 – 94 | Very Good |
| 75 – 84 | Good |
| 65 – 74 | Satisfactory |
| 60 – 64 | Sufficient |
| **< 60** | Unsatisfactory |

**9. Additional information on the discipline (educational component)**

The study of the material on the subject provides the use of modern technologies in the educational process.

**The working program of the academic discipline:**

**Compiled by:** Acting Head of Department of Health and Sports Technologies, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Health Improvement and Sports Technologies (Protocol No. 3 from 18.10.22)

Approved by the Methodological Council of the University (Protocol No. 8 from 02.06.23)