

Abstract discipline

"Physical culture and sport"

The total amount of disciplines – 3 ECTS (90 hours)

The purpose - consecutive formation of physical training of the expert, formation of system of knowledge from physical training and the healthy way of life, necessary during ability to live, training, work, family physical training.

Physical self-improvement and increase of skill from the elected kind of sports. Techniques of construction of individual programs maintenance of professional capacity. Techniques of construction individual improving - preventive program. A quality monitoring of own condition during performance of individual programs. Versions of physical exercises and principles of their use.

Principles of selection of physical exercises, and sequence of use behind definite purposes. Author's, newest physical-improving systems and technologies, their use in individual improving - preventive programs. Techniques of psychophysical training.

The physiological characteristic of means of impellent activity. Means and techniques of development of impellent qualities: forces, endurance, speed, dexterity, flexibility, coordination. Means and techniques of development of professionally meaning psychophysical qualities: vestibular stability(resistance), stability(resistance) to gipocsi and vibrations, operative thinking, attention.

Personal hygiene. Hygienic bases of brainwork. Use of natural factors own закала with the purpose of counteraction to adverse factors of an environment. Physiological mechanisms of influence of receptions of massage and self-massage on an organism.

Physical self-improvement and increase of skill from the elected kind of sports. Corrected prevention to physical overfatigue, перетренировке, to an overstrain(overvoltage), other crisis displays. The characteristic of subjective and objective parameters of self-checking.

Functional tests for definition of reserve opportunities of systems of an organism. Tests and control specifications of a level of impellent readiness. Complex techniques conditions health.

The state tests and specifications of an estimation of physical readiness the population of Ukraine and control specifications of professional - applied physical readiness.

Physical self-improvement and increase of skill from the elected kind of sports. Factors which influence quality and duration of an individual life.

Methods of training: Practical employment(occupations) with application of traditional and nonconventional means and methods of sports formation(education) and physical improvement and the account of specific features of students.

Methodical maintenance: the Discipline is provided with individual semestrial problems(tasks) for independent work on physical training.

Study subjects offset ends

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