

Abstract discipline
"Physical Recreation"

The total amount of disciplines - 3 ECTS (90 hours).

The main aim of the educational subject is to bring up healthy lifestyle and sport style of the students based on the specially developed recreational activities.

The main tasks of the educational subject:

1. To eliminate the deficiency of physical activity.
2. To contribute to the development of Health Science literacy and objective estimation of its role in the healthy lifestyle of a student and society.
3. To promote self-development of a person in the system of physical education and sport.
4. To enable the formation of students' right attitude to the public needs, the problems of Health Science education and abilities to solve them by the means of physical recreation and other instruments of physical education as well.

As a result of educational subject completion a student **must know:**

- the main aspects of physical recreation;
- the main methods of the level of physical well-being and person's physical readiness assessment;
- the methods of self-control of the functional state during recreational activities;
- physical exercises are the main tool of physical recreation;
- the level of influence of the natural and hygienic factors on the physical exercises efficiency;
- the methods of physical recreation;
- the indices of a healthy lifestyle and means of influence on its formation;
- the foundations of nutritional counseling;
- the structure of physical readiness of a person;
- the content and capacity of a rational physical activity;

Must be able to:

- use the tools and procedures in the level of own health, physical readiness and constitution correction assessment in a methodologically competent way;
- apply practically the gain knowledge in professional activities and everyday life.

Study subjects offset ends

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