

Complex coordination sports (Shaping)

Working program of the discipline (Syllabus)

Details of the discipline

The level of higher education	<i>The First(Bachelor degree)</i>
Branch of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Discipline status	<i>Selective</i>
Form of studying	<i>Full – time (daily)</i>
Year of preparation, semester	<i>2 – nd year, autumn/ spring semester</i>
The scope of the discipline	<i>2 credits (60 hours) classroom classes: lectures - 0 hours, practical - 36 hours, self- studying -24 hours</i>
Semester control / control measures	<i>Credit, modular test, calendar control</i>
Lessons schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua</i>
Course placement	<u>Shaping Educational Department</u> https://do.ipk.kpi.ua/course/view.php?id=1887

Curriculum of the discipline

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

The main purpose of the discipline "Complex coordination sports (Shaping)" is the formation of students' ability to maintain a sufficient level of physical health, physical and mental capacity; to develop the basic vital professional-applied motor skills; to form motivation to engage in physical activity and sports as a component of a healthy lifestyle;

The discipline "Complex coordination sports (Shaping)" is interdisciplinary. It integrates, according to its subject, knowledge of medical-biological, psychological-pedagogical and other sciences, which contribute to the level of physical development, functional improvement of body systems, acquisition of basic vital motor skills, skills for further professional activity. As a result of studying the discipline "Complex coordination sports (Shaping)" students will be able to:

- 1) use the means of table tennis to improve physical and mental performance, development of physical qualities, recovery and health;
- 2) to exercise control and self-control over the functional state of the organism;
- 3) to ensure the preservation and strengthening of individual health in order to maintain an appropriate level of physical condition.

The content of the discipline

- Topic 1. Information support for Shaping classes.
- Topic 2. Methods of determining the individual physical condition. Analysis and assessment of the level of individual physical fitness.
- Topic 3. Improving physical fitness by means of Shaping
- Topic 4. Improving the technique of performing Shaping exercises.
- Topic 5. Monitoring and assessing the level of the own physical fitness.
- Topic 6. Improving physical qualities by means of Shaping
- Topic 7. Testing the level of the physical fitness

4. Educational materials and resources

Basic educational literature:

Educational manuals:

1. Individualization of the educational process of students in practical classes in shaping [Electronic resource]: methodical recommendations for practical classes for students of the educational department of shaping / KPI. Igor Sikorsky; compiled by: H.L. Boyko, S.V. Sharafutdinova, T.G. Kozlova, N.V. Ivanyuta, N.E. Gavrilova. - Electronic text data (1 file: 737.41 Kbytes). - Kyiv, 2017. - 58 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20446>

2. Development of physical qualities in shaping classes [Electronic resource]: methodical recommendations for practical classes for students of the educational department of shaping / NTUU "KPI"; structure. H.L. Boyko, O.F. Tverdokhlib, T.G. Kozlova, S.V. Sharafutdinova, N.E. Gavrilova. - Electronic text data (1 file: 1.60 MB). - Kyiv: NTUU "KPI", 2014. - 31 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/10148>

3. Physical Education. Theoretical and methodological foundations of shaping [Electronic resource]: a textbook for students who attend the section of shaping / KPI. Igor Sikorsky; compiled by: H.L. Boyko, S.V. Sharafutdinova, T.G. Kozlova, N.V. Ivanyuta, N.E. Gavrilova. - Electronic text data (1 file: 2.41 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 139 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/23598>

4. Innovative technologies of physical education of students [Electronic resource]: a textbook for students studying the discipline "Physical Education" and students majoring in 227 "Physical Therapy, Occupational Therapy" / H.L. Boyko [etc.]; KPI named after Igor Sikorsky; for general ed. Yu. M. Vykhylyayev. - Electronic text data (1 file: 5.72 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 543 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/27546>

Additional literature:

1. Physical education: Course of lectures on the discipline for students of all specialties / Structure. Vykhylyayev Yu. M., Davydenko V. Yu., Boyko H. L., Karpyuk I. Yu. - K.: NTUU "KPI", 2007, p. 6 - 13.

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. O.F. Tverdokhlib, M.G. Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; O.F. Tverdokhlib, A.I. Sobolenko, M.M. Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics of NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachova, NV Kuzmenko, NV Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen.

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15480>

5. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachev. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>

6. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. SE Tolmacheva, NV Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148>

7. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. NV Gradusova, NV Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen.

Description: The full text of the document is available only in the local network of the university

URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

Educational content

5. Methods of mastering the discipline (educational component)

Practical lesson №1. Objectives: 1. To provide theoretical knowledge of the history of the origin and development of shaping.

2. Get acquainted with safety and basic rules of practical tasks in the training department of shaping.

3. Get acquainted with the list of prohibited elements in shaping.

Tools: Interactive materials.

Conducting an express survey. systems (CVS).

2. Get acquainted with the peculiarities of keeping the "Student Self-Control Diary".

3. Teach techniques for performing exercises for general development (GRE).

4. Contribute to the development of flexibility.

Tools: Interactive materials, tests to assess the individual level of functional state of the cardiovascular system (CVS), indicators from the "Student Self-Monitoring Diary", exercises for general development, exercises for the development of flexibility.

Conducting an express survey.

Practical lesson № 3. Tasks: 1. To acquaint with the technique of performing the basic steps of the aerobic complex.

2. Get acquainted with the technique of self-training exercises.

3. Promote the development of coordination skills.

Tools: Interactive materials, basic steps of the aerobic complex, self-training exercises, exercises that promote the development of coordination skills.

Conducting an express survey.

4. Tasks: 1. To acquaint with the technique of hand work and to coordinate it with the basic steps of the aerobic complex.

2. Teach the technique of performing the basic steps of the aerobic complex.

3. Promote the development of speed and strength.

Tools: Interactive materials, hand exercises, basic steps of the aerobic complex, shuttle running
Conducting an express survey.

Practical lesson №5. Tasks: 1. To teach the technique of performing exercises to form the correct posture.

2. Teach the technique of performing self-training exercises.

3. Contribute to the development of strength.

Tools: Interactive materials, exercises near the gymnastic wall, exercises to form the correct posture, exercise

Practical lesson №6. Objectives: 1. To determine the individual level of functional state of the cardiovascular system (CVS).

2. Teach techniques for performing low-intensity aerobic complex exercises.

3. Promote flexibility.

Tools: Interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS), low-intensity aerobic exercise, exercises that promote flexibility.

Practical lesson №7. Tasks: 1. To teach the technique of performing aerobic complex exercises of medium intensity.

2. Get acquainted with the technique of performing breathing exercises on the Bodi Flex system.

3. Promote the development of coordination skills.

Tools: Interactive materials, aerobic exercises of medium intensity, breathing exercises according to the Bodi Flex system, exercises that promote the development of coordination skills.

Conducting an express survey.

Practical lesson №8. Tasks: 1. To acquaint with the technique of performing exercises with fitball.

2. Teach the technique of performing breathing exercises on the Bodi Flex system.

3. Promote endurance.

Tools: Interactive materials, fitball exercises, Bodi Flex breathing exercises, aerobic exercises.

Conducting an express survey.

Practical lesson №9. Tasks: 1. To teach the technique of performing exercises with fitball.

2. Get acquainted with the technique of performing exercises with dumbbells.

3. Promote the development of speed and strength.

Tools: Interactive materials, exercises with fitball, exercises with dumbbells, shaping relays.

Conducting an express survey.

Practical lesson №10. Objectives: 1. To determine the individual level of functional state of the cardiovascular system (CVS).

2. Get acquainted with the technique of performing elements of dance aerobics.

3. Contribute to the development of strength.

Tools: Interactive materials, tests to assess the individual level of functional state of the cardiovascular system (CVS), elements of dance aerobics, strength exercises.

Practical lesson №11. Tasks: 1. To get acquainted with the technique of performing Pilates gymnastics exercises.

2. Teach the technique of performing elements of dance aerobics.

3. Promote endurance.

Tools: Interactive materials, exercises according to the system of D.Zh. Pilates elements of dance aerobics, aerobic exercise.

Conducting an express survey.

Practical lesson №12. Objectives: 1. To get acquainted with the technique of performing exercises with an isotonic ring for Pilates.

2. Teach Pilates gymnastics techniques.

3. Promote flexibility.

Tools: Interactive materials, exercises with an isotonic ring, exercises according to the system of D.Zh. Pilates largely avoids high impact, high power output, and heavy muscular and skeletal loading.

Conducting an express survey.

Practical lesson №13. Tasks: 1. To acquaint with the technique of performing exercises with a rubber expander.

2. Teach the technique of performing exercises with an isotonic ring for Pilates.

3. Promote the development of coordination skills.

Tools: Interactive materials, exercises with a rubber expander, exercises with an isotonic ring, exercises that promote the development of coordination skills.

Conducting an express survey.

Practical lesson №14. Objectives: 1. To determine the individual level of functional state of the cardiovascular system (CVS).

2. Get acquainted with the technique of performing exercises with gymnastic sticks.

3. Teach the technique of performing exercises with a rubber expander.

4. Promote the development of strength.

Tools: Interactive materials, tests to assess the individual level of functional status of the cardiovascular system (CVS), exercises with gymnastic sticks, exercises with a rubber expander, exercises that promote the development of strength.

Conducting an express survey.

Practical lesson №15. Tasks: 1. To get acquainted with the technique of jumping rope.

2. Teach the technique of performing exercises with gymnastic sticks.

3. Teach the technique of performing breathing exercises according to the Bodi Flex system.

4. Promote flexibility

Tools: Interactive materials, jumping rope, exercises with gymnastic sticks, breathing exercises on the Bodi Flex system, exercises that promote flexibility.

Conducting an express survey. {{1 }} Practical lesson №16. Objectives: 1. To promote the manifestation of basic physical qualities. pull-ups on the crossbar (people).

Conducting an express survey.

Practical lesson № 17

Performing a modular test

Practical lesson № 18.

Conduct a credit.

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work (17-th week), keeping a diary of self-control.

Policy and control

7. Discipline policy (educational component)

Class attendance rules: students who are late for classes are not allowed; students are admitted to classes if they have sportswear and sports shoes, and a certificate of their medical group for health reasons.

Rules of conduct in the classroom: turn off the phones, comply with safety requirements. Rules for the protection of individual tasks: compliance with the principle of academic integrity

Rules for awarding incentive points: incentive points are awarded for participation in competitions, sports and recreation activities according to the plan of the department, faculty, university (5... + 7 points); participation in city, national or international competitions (5... + 7 points), positive dynamics of physical condition in the diary of self-control (5... + 7 points).

The amount of incentive points may not exceed 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.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.
- 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](https://kpi.ua/code)).

Types of control and rating system for evaluation of learning outcomes (RSO)

1. Performing test tasks in practical classes

In practical classes №1-16 test tasks are evaluated in 1 point.

The maximum number of points for test tasks - 16 points.

2. Modular test

Conducted on the 17th practical lesson in the form of a test containing 30 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 30 points.

3 . Keeping a Diary of Self-Monitoring

Keeping a diary is kept monthly.

Maximum score is 4 points.

tests on physical fitness - 50 points.

Jump up from a place (cm);

Men	55	51	48	43	40	≤39
Women	45	42	38	35	30	≤29
Points	10	9	8	7	6	5

Shuttle run 4 x 9 m, (sec)

Men	9,0	9,4	9,8	10,3	10,8	11,0	>11,0
Women	10,4	10,7	11,2	11,6	12,0	12,3	>12,3
Points	10	9	8	7	6	5	0

Strength exercise: men - pull-ups on the crossbar; women - flexion-extension of the arms lying down (times);

Men	10	9	8	7	6	5	<5
Women.	20	15	12	10	8	7	<7
Points	10	9	8	7	6	5	0

Flexibility exercise (cm);

Men	13	11	9	7	5	3	<3
Women	16	14	12	10	8	6	<6
Points	10	9	8	7	6	5	0

According to a separate schedule during the semester: freestyle swimming without taking into account time (m);

Men.	100	75	50	25	<25
Women	100	75	50	25	<25
Points	10	8	6	4	0

Calendar control is carried out during the semester as a monitoring of the current state of compliance with the requirements of the syllabus. 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. Week 18), it is given the opportunity to perform an integrated test, and his previous rating is revoked

Table 1

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)

During the passage of educational material on the discipline provides for the use of modern technologies in the educational process. During the academic period, students are expected to use the means and methods of self-control over the state of health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Practical tasks are given to students depending on the current state of functional readiness of their body and the degree of their mastery of the technique of performing sports and physical exercises.

The method of realization of tasks is regulated by safety rules and realization by students of independent control over a condition of the basic functional systems.

The practical classes solve problems to increase the level of development of physical and mental qualities, use analytical approaches to the choice of methods for developing the strength of individual muscles and their groups, as well as methods and means of active recreation and recovery.

During classes, in accordance with the requirements and forms of organization of table tennis lessons, educational equipment and sports facilities are used.

The program material for groups of initial physical training includes:

- physical training, the main purpose of which is to create a base for improving the level of skill with the help of general physical means of training
- technical training, the main purpose of which is to improve individual technique, expand the range of motor skills;

Working program of the discipline (syllabus):

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Approved by the Department of Physical Education _____ (Minutes № _3_ from 26. 11 2020 _____)

Approved by the Methodical Council of the University ____ (Minutes № 5 from 14.01.2021 _____)