## ***Summaryof the working program of the academic discipline***

«Elective disciplines (modules) in physical culture and sports»

(name of the academic discipline)

General Educational Program of higher education (specialist's degree programs )

33.05.01 Pharmacy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 *code, name of the specialty*

Department: Physical culture and sport\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. The purpose of mastering the discipline** «Elective disciplines (modules) in physical culture and sports» is the formation of physical culture of the personality of students and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future professional activity

2. Position of the academic discipline in the structure of the General Educational Program (GEP).

**2.1.** The discipline elective courses (modules) in physical culture and sports is a discipline of the variable part of the curriculum.

**3. Deliverables of mastering the academic discipline and metrics of competence acquisition**

 Mastering the discipline aims at acquiring the following universal (UC) or/and general professional (GPC) or/and professional (PC) competencies

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| №  | Competence code | The content of the competence (or its part) | Code and name of the competence acquisition metric | As a result of mastering the discipline, the students should: |
| know | be able to | possess |
|  | UC-7 | Selects health-saving technologies to support a healthy lifestyle, takinginto account the physiological characteristics of the body | UC-7.1 | Values, functions of physical culture and sports, the role of physical culture and sports in the development of society | Plan and organize training sessions, apply various exercise systems in order to improve physical fitness to preserve and strengthen health | Principles, methods and means of organizing physical culture and sports, including recreational physical culture |
|  |  | Plans his working and free time for an optimal combination of physical and mental load and ensuring working capacity | UC 7.2 | Methods and means of physical culture and sports, the basics of the formation and improvement of physical qualities, as well as the level of physical fitness | Exercise self-control of the state of your body in the process of physical education and sports | Ways and means of organizing a healthy lifestyle |
|  |  | Observes and promotes the norms of a healthy lifestyle in various life situations and in professionalactivities | UC 7.3 | Principles and fundamentals of the methodology of conducting training sessions in order to increase the adaptive reserves of the body and strengthen health | To use the means and methods of physical culture for the formation of physical and mental qualities of a person and the organization of a healthy lifestyle | The skills of organizing independent physical education and sports, including recreational physical education |

**4. Volume of the academic discipline and types of academic work**

Total labor intensity of the discipline is \_\_\_\_ CU (\_\_\_AH)

|  |  |  |
| --- | --- | --- |
| Type of educational work | Labor intensity | Labor intensity (AH) in semesters  |
| volume in credit units (CU)  | volume in academic hours (AH) |
| I | II | III | IV | V | VI |
| Classroom work, including | - | 328 | 54 | 54 | 54 | 54 | 54 | 54 |
|  Lectures (L) | 2 | - | - | - | - | - | - | - |
|  Laboratory practicum (LP)\* | - | - | - | - | - | - | - | - |
|  Practicals (P) | - | 328 | 54 | 54 | 54 | 54 | 54 | 54 |
|  Seminars (S) |  | - | - | - | - | - | - | - |
| Student’s individual work (SIW) | - | - | - | - | - | - | - | - |
| Mid-term assessment | - | - | - | - | - | - | - | - |
|  credit/exam *(specify the type)* | 2 | - | 1 | 1 | - | - | - | - |
| TOTAL LABOR INTENSITY | - | 328 | 54 | 54 | 54 | 54 | 54 | 54 |

**5. Sections of the academic discipline and competencies that are formed**

|  |  |  |
| --- | --- | --- |
| №  | Competence code | Section name of the discipline |
| 1. | UC-7 | Variable part |