

Summary of the working program of the academic discipline

**«Physical culture and sports» (elective)
(name of the academic discipline)**

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

31.05.03 Dentistry

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
1.	UC-7	Selects health-saving technologies to support a healthy lifestyle, taking into 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
2.		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	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

				improvement of physical qualities, as well as the level of physical fitness		
3.		Observes and promotes the norms of a healthy lifestyle in various life situations and in professional activities	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
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 (<i>specify the type</i>)	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