PJSC "Higher Educational Institution
"INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT"

SYLLABUS
of the academic discipline

PHYSICAL EDUCATION

Level of higher education:	first (bachelor's) level
Field of knowledge:	D Business, Administration and Law
Specialty:	D3 Management
Study program:	Management

IAPM 2025

General information about the academic discipline

Name of the academic discipline	Physical education
Code and name of the specialty	D3 Management
Level of higher education	First (bachelor's) level
Discipline status	Compulsory
Number of credits and hours	4 credits/120 hours Lectures: - Practical / seminar classes: 52 hours Independent work by students: 68 hours
Terms of study of the discipline	2 semester
Language of instruction	Ukrainian
Final control type	Pass/fail (credit)

General information about the instructor. Contact information.

Full name of the instructor	
Academic degree	
Position	
Areas of scientific research	
Links to the registers of identifiers for scientists	
Contact information	
E-mail:	
Department phone	
Instructor’s portfolio on the website	

Discipline’s description.

The discipline “Physical education” is aimed at developing physical qualities, forming a healthy lifestyle, increasing work capacity and preventing diseases. The course combines theoretical training with practical classes in various types of physical activity, sports games, athletics, gymnastics and fitness. The discipline covers the socio-educational process of purposeful and systematic influence on a person through physical exercises, natural factors and hygienic measures. Its objectives are to strengthen health, develop motor skills, improve the morphological and functional capabilities of the body, form and improve vital motor skills and abilities, as well as relevant knowledge. The ultimate goal is to ensure the student's

readiness to actively participate in social, productive and cultural life.

The subject of the discipline is a system of physical exercises, methods and means aimed at developing, improving and maintaining an optimal level of physical working capacity, strengthening health and harmonious physical development of the individual. The subject covers both theoretical knowledge about the impact of physical activity on the human body and practical skills for its safe and effective application in educational, professional and everyday activities.

The aim of the discipline is to develop a strong internal motivation among students to engage in regular physical education and sports, improve their general and specific physical fitness, strengthen their health and promote harmonious physical development.

The objectives of the discipline:

1. Fostering a conscious attitude towards physical activity as an integral part of a healthy lifestyle and professional performance;
2. Developing vital motor skills (strength, speed, endurance, flexibility, coordination) taking into account the individual characteristics of each student;
3. Improving the morphofunctional capabilities of the body and adaptive mechanisms to physical exertion;
4. Developing the ability to rationally organise one's own motor activity, including in production and everyday conditions;
5. Ensuring psychophysical readiness for active participation in social, professional and cultural life.

Prerequisites for the discipline.
The prerequisites for studying the academic discipline are: general education courses in Physical Education, Biology, Ethics, Cultural Studies, and Ecology.

Post-requisites for the discipline.
The knowledge and skills acquired by students in the process of studying the academic discipline “Physical education” lay the foundation for students to study life safety and develop the ability to apply knowledge of physical education in the process of further study of professional disciplines and in future professional activities.

Programme competences

General competencies	GC2. Ability to preserve and enhance moral, cultural, and scientific values and contribute to the achievements of society based on an understanding of the history and regularities of development in the field, its place within the general system of knowledge about nature and society, and its role in the development of society, technology, and innovation; ability to use various types and forms of physical activity for active

	recreation and maintaining a healthy lifestyle.
Intended learning outcomes	ILO2. Preserve moral, cultural, and scientific values and contribute to the achievements of society; use various types and forms of physical activity to maintain a healthy lifestyle.

Content of the academic discipline

№	Topic name	Number of hours, including			Teaching methods /assessment methods
		Lecturers	Seminars	Individual work	
2nd semester Content module 1. Development and improvement of physical qualities: strength abilities; speed of movements; endurance; flexibility; coordination abilities					**Teaching methods:** verbal (conversation; educational discussion); inductive method; deductive method; synthetic; practical (practical performance of physical, technical, exercises and techniques, game and competitive method); problem-based presentation method; **Assessment methods**: oral control (oral survey, assessment of participation in discussions, other interactive teaching methods); written control (control, independent work, essays); test control (closed-form tests: test-alternative, test-correspondence; method of self-control and self-assessment; case study evaluation; assessing the development of physical qualities and special physical fitness.
Topic 1.	Means of developing strength and speed-strength abilities and their improvement	-	6	6	
Topic 2.	Means of developing speed and its improvement.	-	6	6	
Topic 3.	Means of developing flexibility and its improvement.	-	6	6	
Topic 4.	Means of developing coordination abilities and their improvement.	-	6	6	
Topic 5.	Means of developing endurance and its improvement.	-	6	6	
Modular test work					
Content module 2. Means of increasing physical fitness, sports games					
Topic 6.	Physical exercises to improve general development and special physical exercises to improve running and jumping training	-	6	6	
Topic 7.	Mastering the basic means of	-	4	8	

	volleyball technique and tactics				
Topic 8.	Mastering the basic means of basketball technique and tactics.	-	4	8	
Topic 9.	Mastering the basic tools of the game of football.	-	4	8	
Topic 10.	Methods of monitoring the development of basic physical qualities of a person.	-	4	8	
Modular test work					
Total:		**-**	**52**	**68**	
Final assessment: pass/fail (credit)					

Technical equipment and/or software – official website of IAPM:

http://IAPM.com.ua The educational process involves the use of classrooms, a library, a multimedia projector, and a computer for conducting lectures and seminars with presentation elements. Studying individual topics and completing practical tasks requires access to internet resources, which is provided through a free Wi-Fi network.

Forms and methods of assessment.

Assessment of students' academic performance is divided into ongoing and final (semester) assessment.

Ongoing assessment is conducted during practical (seminar) classes and is aimed at systematically checking the understanding and assimilation of theoretical material, as well as the ability to apply theoretical knowledge when completing practical tasks. The possibilities of ongoing assessment are extensive: it can support learning motivation, stimulate educational and cognitive activity, enable a differentiated approach to teaching, and ensure individualization of the learning process.

Forms of student participation in the educational process subject to ongoing assessment include:

- oral reports;
- comments and questions to the speaker;
- consistent performance in seminar classes and active participation in discussions;
- participation in debates and interactive learning activities;
- analysis of legislation and academic literature;
- written assignments (tests, quizzes, creative tasks, essays, etc.);
- preparation of theses and summaries of academic or scientific texts;
- independent study of course topics.

Methods of ongoing assessment include: Forms of current control and evaluation criteria. Current control takes place during the study of the discipline in practical classes, the teacher can evaluate the quality of the applicant's performance of tasks (general physical training exercises, etc.) at each lesson with the assignment of points (3 points - "good", 2 points - "satisfactory", 1 points - "unsatisfactory"). The maximum number of points per lesson is 3 ("excellent").

To assess the level of physical fitness of students, they pass physical fitness standards.

Tests for assessing the development of physical qualities and special physical fitness

Types of tests	Sex	Standards, score/score			
		5/10	4/7	3/5	2/0
Strength qualities					
Test #1 Raising straight legs to an angle of 90° from a supine position (number of times).	M W	35 25	30 20	25 15	20 10
Test #2 Squatting on two legs (number of times).	M W	50 40	40 30	30 20	25 15
Test #3 Tilting and lifting the torso from a position lying on the hips on a gymnastic bench, hands behind the head, legs fixed (number of times).	M W	45 40	40 35	35 30	30 25
Test #4 Bending and extending arms in a standing position while lying on the floor (number of times)	M W	37 16	32 11	26 9	20 7
Test #5 Long jump from a standing position (cm)	M W	240 190	230 170	220 170	210 160
General endurance					
Test #6 Transition to sitting position from supine position in 1 min (number of times)	M W	45 37	37 33	32 27	26 24
Test #7 Cooper test (12 minute run) km	M W	2.5 – 2.7 2.16 -2.64	2.0 – 2.4 .75 – 2.15	1,6 - 1,9 1,5 - 1,74	Less than 1.6 Less than 1.5
Special endurance					
Test #8 Exercises with a jump rope (number of jumps in 1 min)	M W	110 90	90 70	70 50	60 40

Test #9 From the squatting position, take the lying position (number of times in 1 min)	M W	30 25	25 20	20 15	15 10
Speed					
Test #10 Exercises with a skipping rope (number of jumps in 15 seconds)	M W	40 35	35 30	30 25	25 20
Test #11 Driving time for a basketball 10 m (s).	M W	2,5 3,0	3,0 3,5	3,5 4,0	4,0 4,5
Test #12 Running in place, raising knees to an angle of 90° in 5 s (number of steps).	M W	25 20	20 15	15 10	12 7
Test #13 Running 100 m (s)	M W	14,0 16,4	14,6 17,3	15,2 17,0	15,7 17,7
Agility					
Test #14 Shuttle run 4 x 9 m (s)	M W	9,7 11,1	10,2 11,5	10,7 12,0	11,2 12,5
Test #15 Hit the ball into the basketball hoop with 10 attempts (number of hits).	M W	7 6	6 4	4 3	3 2
Flexibility					
Test #16 Bending the arms behind the back from the position of one arm up, the other down. The exercise is performed on both sides. Record the best result.	M W	Fingers touch each other	Distance between fingers 3 cm	Distance between fingers 5 cm	Distance between fingers 7 cm
Test #17 Standing on the floor, torso forward, legs straight (cm).	M W	Fists touch the floor	Fingers touch the floor	Distance from the floor 3 cm	Distance from the floor 5 cm
Test #18 Forward torso tilts while standing on a gymnastic bench (cm)	M W	15 20	10 15	0 0	-5 -5

Grading system and requirements.
Table of distribution of points received by students

	Ongoing knowledge assessment	Module assessment task	Pass /Fail	Total points

Topics	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	Topic 9	Topic 10	20	20	100
Work in a seminar	3	3	3	3	3	3	3	3	3	3			
Independent work	3	3	3	3	3	3	3	3	3	3			

The table contains information about the maximum points for each type of assignment.

When assessing the mastery of each topic within ongoing educational activities, students receive marks in accordance with the approved assessment criteria for the respective discipline.

The criteria for evaluating learning outcomes and the distribution of points are regulated by the Regulations on the Assessment of Students' Academic Achievements at PJSC "HEI IAPM".

Modular assessment. Modular assessment in the discipline "Physical education" is conducted in written form as testing using closed-type test items, including alternative and matching formats.

Criteria for evaluating the modular test in the academic discipline "Physical education":

When evaluating the modular test, the volume and correctness of the completed tasks are taken into account:

- the grade "excellent" (A) is given for the correct completion of all tasks (or more than 90% of all tasks);
- the grade "good" (B) is given for the completion of 80% of all tasks;
- the grade "good" (C) is given for the completion of 70% of all tasks;
- the grade "satisfactory" (D) is given if 60% of the proposed tasks are completed correctly;
- the grade "satisfactory" (E) is given if more than 50% of the proposed tasks are completed correctly;
- the grade "unsatisfactory" (FX) is given if less than 50% of the tasks are completed.

Absence from the modular test work - 0 points.

The above grades are transformed into rating points as follows:

"A" - 18-20 points;
"B" - 16-17 points;
"C" - 14-15 points;
"D" - 12-13 points.
"E" - 10-11 points;
"FX" - less than 10 points.

The final semester assessment in the discipline “Physical education” is a mandatory form of evaluating student learning outcomes. It is conducted within the time frame defined by the academic schedule and covers the scope of material specified in the course program.

The final assessment is administered in the form of a test. A student is admitted to the semester assessment only upon completion of all required coursework.

The final grade is assigned based on the student’s performance throughout the semester. The student’s rating score consists of the points accumulated through ongoing assessment activities and incentive points.

Students who have completed all required tasks and achieved a rating score of 60 points or higher receive a grade corresponding to the obtained rating without additional testing.

For students who have completed all required tasks but have a rating score below 60 points, as well as for those who wish to improve their score, the instructor conducts a final semester assessment in the form of a test during the last scheduled class of the discipline in the semester.

Assessment of additional (individual) types of educational activities. Additional (individual) types of educational activity include student participation in scientific conferences, research societies and problem groups, preparation of publications, and other activities beyond the tasks defined in the syllabus of the academic discipline.

By decision of the department, students who engage in research work or complete certain types of additional (individual) educational activities may receive incentive (bonus) points for a specific educational component.

Incentive points are not mandatory and are not included in the standard point distribution table or the main assessment scale.

A single event may serve as the basis for awarding incentive points for only one educational component – the one to which it is most relevant.

Assessment of independent work

The total number of points earned by a student for completing independent work is one of the components of academic performance in the discipline. Independent work for each topic, in accordance with the course program, is evaluated within the range of 0 to 3 points using standardized and generalized knowledge assessment criteria.

Scale for evaluating the performance of independent work (individual tasks)

The maximum possible assessment of independent work (individual tasks)	Execution level			
	Excellent	Good	Satisfactory	Unsatisfactory
3	3	2	1	0

Forms of assessment include: ongoing assessment of practical work; ongoing assessment of knowledge acquisition based on oral responses, reports, presentations, and other forms of participation during practical (seminar) classes; individual or group projects requiring the development of practical skills and competencies (optional format); solving situational tasks; preparation of summaries on independently studied topics; testing or written examinations; preparation of draft articles, conference abstracts, and other publications; other forms that ensure comprehensive assimilation of the study program and contribute to the gradual development of skills for effective independent professional (practical, scientific, and theoretical) activity at a high level.

To assess the learning outcomes of a student during the semester, a 100-point, national and ECTS assessment scale is used

Summary assessment scale: national and ECTS

<table>
<tr><td rowspan="2">Total points for all types of learning activities</td><td rowspan="2">ECTS assessment</td><td colspan="2">National scale assessment for exam, course project (work), internship</td></tr>
<tr><td>National scale assessment for exam, course project (work), internship</td><td>For pass/fail (credit)</td></tr>
<tr><td>90 – 100</td><td>A</td><td>excellent</td><td rowspan="5">pass</td></tr>
<tr><td>82 – 89</td><td>B</td><td rowspan="2">good</td></tr>
<tr><td>75 – 81</td><td>C</td></tr>
<tr><td>68 – 74</td><td>D</td><td rowspan="2">satisfactory</td></tr>
<tr><td>60 – 67</td><td>E</td></tr>
<tr><td>35 – 59</td><td>FX</td><td>unsatisfactory with the possibility of retaking</td><td>fail

unsatisfactory with the possibility of retaking</td></tr>
<tr><td>0 – 34</td><td>F</td><td>unsatisfactory with mandatory re-study of the discipline</td><td>fail

unsatisfactory with mandatory re-study of the discipline</td></tr>
</table>

Discipline's Policy:

- regularly attend lectures and practical classes;
- work systematically and actively in lectures and practical classes;
- catch-up on missed classes;
- perform the tasks required by the syllabus in full and with appropriate quality;
- perform control and other independent work;

- adhere to the norms of academic behaviour and ethics.

The discipline “Physical education” requires adherence to the principles of ethics and academic integrity, with particular emphasis on preventing plagiarism in all its forms. All written assignments, reports, essays, abstracts, and presentations must be original, authored by the student, and not overloaded with quotations, which must be accompanied by references to primary sources. Violations of academic integrity include academic plagiarism, self-plagiarism, fabrication, falsification, copying, deception, bribery, and biased evaluation.

Student assessment is based on participation and activity in seminar/practical classes, completion of independent work tasks, and performance of assignments aimed at developing practical skills and competencies. Additional (bonus) points may be awarded for activities such as participation in round-table discussions, scientific conferences, or student research competitions.

Methodological support of the academic discipline

Teaching and methodological support for the discipline includes lecture notes, methodological guidelines for conducting practical (seminar) classes, and methodological recommendations for students’ independent work in the academic discipline “Physical education”.

Recommended sources of information:

Basic literature:

1. Apanasenko, G. L., Popova, L. A. Medical and biological foundations of physical education. — Kyiv: Zdorovya, 2020. — 312 p.
2. Gryban, V. G., Melnyk, O. V., Kovalenko, Yu. O., et al. Physical Education: Textbook. Dnipro: Dnipropetrovsk State University of Internal Affairs, 2019. 232 p.
3. Guryeva, A. M., Stetsenko, N. V., Shevchenko, V. M. Theory and Methods of Physical Education: Textbook. Zaporizhia: Zaporizhzhia State Medical University, 2020. 78 p.
4. Zubchenko, L. V. Physical Education: Teaching Manual. Kryvyi Rih: Donetsk State University of Internal Affairs, 2019. 168 p.
5. Krutsevich, T. Yu. Theory and Methods of Physical Education. Kyiv: Olympic Literature, 2019. 456 p.
6. Levchenko, V. G. Physical Education in Higher Education Institutions: Methodological Guide. Kharkiv: Kharkiv National Pedagogical University, 2021. 210 p.
7. Myronov, Yu. O., Dyachenko, O. O., Koshevoy, V. O. Physical Exercises at Home: Teaching Manual. Kryvyi Rih: Donetsk State University of Internal Affairs, 2022. 96 p.
8. Prysyazhnyuk, S. I. Physical education: textbook. Kyiv: Centre for Educational and Publishing Literature, 2019. 504 p.
9. Tkachuk, P., Romanchuk, S., Shevchenko, O., et al. Physical education, special

physical training and sports for military personnel: textbook. Lviv: National Academy of Land Forces named after Hetman P. Sagaidachny, 2019. 291 p.
10. Khom, T. V. Pedagogy of physical education and sports: theoretical and practical support: teaching and methodological manual. Uzhhorod: UzhNU Publishing House "Hoverla", 2020. 104 p.

Additional literature:

1. Gakman, A. V. Health-improving physical culture: modern approaches. Chernivtsi: Chernivtsi National University, 2018. 198 p.
2. Plowman S. A., Smith D. L. Exercise Physiology for Health, Fitness, and Performance. — Philadelphia: Wolters Kluwer, 2022. — 648 p.
3. ACSM's Guidelines for Exercise Testing and Prescription. — 11th ed. — Philadelphia: Wolters Kluwer, 2021. — 512 p.

Internet resources:

1. Ministry of Education and Science of Ukraine. Curricula and standards for physical education. — https://mon.gov.ua
2. National Olympic Committee of Ukraine. — https://noc-ukr.org
3. World Health Organisation. Physical activity guidelines. — https://www.who.in