

MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE

**Ternopil Volodymyr Hnatiuk
National Pedagogical University**

**EDUCATIONAL AND PROFESSIONAL PROGRAM
017 “Physical Culture and Sport”**

**The first (Bachelor) level of higher education
in specialty 017 PHYSICAL CULTURE AND SPORT
the field of knowledge 01 EDUCATION/ PEDAGOGY
Qualification: Bachelor of Physical Culture and Sport, Sports Couch,
Teacher of Physical culture**

APPROVED BY THE ACADEMIC COUNCIL

Head of the Academic Council

_____/Kravets V. P. /

Protocol № 13, June of the 27th 2017

Education Program is induced in September the 1st 2017

(Order № 171, June the 29th 2017)

Ternopil 2017

1. Profile of the educational and professional program in specialty 017 Physical Culture and Sport

1 - General information	
Full name of higher educational institution and structural unit	Ternopil Volodymyr Hnatiuk National Pedagogical University
The degree of higher education and the name of the qualification in the language of the original	Bachelor, Bachelor of Physical Culture and Sport, Sports Couch, Teacher of Physical culture
The official name of the educational program	Educational and Professional Program “Physical Culture and Sport” of the first (Bachelor) level of higher education
Type of diploma and the volume of the educational program	The bachelor's degree, unitary, 240 credits ECTS, the term of study – 4 years
Availability of accreditation	The educational and professional program is recognized accredited on the basis of the valid certificate of accreditation of specialty №2096682, 04.12.2017
Cycle/Level	(NQF - national qualifications framework) Ukraine - level 6, FQ-EHEA - first cycle, EQF-LLL - level 6
Prerequisites	Availability of full secondary education
Teaching languages	Ukrainian
The duration of the educational program	2020
Internet address of the permanent description of the educational program	http://www.tnpu.edu.ua/EKTS/Inf_pak.php
2 - The purpose of the educational program	
To provide for the Higher Education Seeker (HES) the acquisition of knowledge, skills and abilities from the branches of physical culture and sport and the methods of sports training at the appropriate level, which will provide the HES with the possibility of free access to employment, further training and scientific activity	
3 - Characteristics of the educational program	
Subject area (branch of knowledge, specialty,	01 Education/Pedagogy 017 Physical culture and sport

specialization)	
Orientation of the educational program	Educational-professional program, applied. The educational-professional program is aimed at attracting various groups of population to physical education and sport; sports and fitness training and physical education and sports rehabilitation; prevention of diseases and injuries, provision of pre-care, healthy lifestyle; organization and conducting of physical-education and health-improvement and sports events; management of subjects of the sphere of physical culture and sports. The emphasis is on the implementation of the training process in the conditions of specialized children's and youth sports, sports and educational, recreational and fitness facilities.
The main focus of the educational program and specialization	Training of specialists of the higher education "Bachelor", capable of pedagogical and professional activity in the field of physical culture and sport. Key words: physical culture, sport, sports training.
Peculiarities of the program	The educational-professional program involves the integration of professional training in the field of physical culture and sports. The program is based on modern scientific knowledge about the theory and method of sports training, ways and problems of organization and provision of training and competitive activities of athletes, traditional and innovative approaches to their solution. Features include conducting workshops on specialized disciplines aimed at getting acquainted with the latest methods and technologies of research in the fields of physical culture and sports.
4 - Eligibility of graduates for employment and further training	
Eligibility for employment	After graduation from the educational-professional program "Physical Culture and Sport", the graduate is able to perform the professional work specified in State Classifier 003:2010 and can take the corresponding primary position: 3475 – Spots Couch (of federation, team or club team, sports school, etc.); 3475 – Trainer-teacher of sports (sports school, section); 3475 – Instructor-methodologist of a sports school; 3475 – Aerobics instructor; 3475 – Instructor-Methodist of the training complex (hall); 3475 – Fitness trainer; 3414 – Specialist in leisure activities; 3414 – Instructor of health and sports tourism (by types of

	<p>tourism);</p> <p>3475 – Instructor of field and physical training;</p> <p>3475 – Methodologist in Physical Culture and Sports;</p> <p>3475 – Instructor-methodologist in industrial gymnastics;</p> <p>3475 – Athlete-instructor;</p> <p>3475 – Professional athletes of the sport.</p>
Further training	(NQF - national qualifications framework) Ukraine - 7 level; 2 cycle FQ-EHEA, 7 level EQF-LLL
5 - Teaching and evaluation	
Teaching and studying	<p>Student-centred learning, technology of problem and differentiated learning, technologies of intensification and individualization of education, technology of programmed learning, information technology, technology of developmental education, credit transfer system of training organization, self-study, research-based learning, e-learning in Moodle system, etc.</p> <p>Forms and teaching methods:</p> <p>traditional lectures, multimedia lectures, interactive lectures, seminars, practical and laboratory classes, self-study, distance learning, individual lessons, practical training, consultations with faculty.</p>
Assessment	<p>Assessment of the academic achievements of graduate students is carried out according to the ECTS system and the national assessment scale.</p> <p><i>Current assessment</i> – (individual and frontal oral interviews, written interviews, test-control, essays, presentations, abstracts, revisions of practical classroom and creative work, round-table discussion, etc.).</p> <p><i>Final assessment</i> – exams and credits based on the accumulated points in the process of current control, protection of course work.</p> <p><i>State certification</i> is a state exam in the form of testing and creative tasks.</p>
6 - Program competencies	
Integral competency	The ability to solve complex specialized tasks and practical problems in the field of physical culture and sports or in the process of learning that involves the application of theories and methods of the corresponding sciences, and is characterized by complexity and uncertainty of the conditions.
General competencies	<p>GC1 Skills of use of information and communication technologies.</p> <p>GC2 Ability to team work.</p> <p>GC3 Ability to communicate in Ukrainian both verbally</p>

	<p>and in writing.</p> <p>GC4 Ability to apply knowledge in practical activity.</p> <p>GC5 Ability to improve and develop someone's intellectual and general-cultural level.</p> <p>GC6 Ability to use a foreign language in professional activity.</p> <p>GC7 The ability to plan and use your time rationally.</p> <p>GC8 Ability to form the worldview and analysis of the development of human being, society and nature; to the interpretation of the historical development of Ukrainian society.</p> <p>GC9 Skills of realization of safety activity.</p> <p>GC10 The desire for preservation of the environment and observance of hygienic norms.</p> <p>GC11 Ability to act on the basis of ethical motives.</p> <p>GC12 Skills of interpersonal interaction.</p> <p>GC13 Ability to independently acquire new knowledge with the help of the newest technologies.</p> <p>GC14 Ability and willingness to take the initiative, assume full responsibility.</p>
Professional competencies of the specialty	<p>PC1 To apply a system of knowledge on the general theory and method of sports training.</p> <p>PC2 To use basic knowledge of the theory and methodology of physical education during training and fulfilment of professional tasks.</p> <p>PC3 Understanding the structure, content, nature and specificity of future professional activities.</p> <p>PC4 Use during training and fulfilment of professional tasks knowledge about the structure of the human body and the mechanisms of vital activity of someone's body, physiological and biochemical bases of adaptation to physical activity of different orientations.</p> <p>PC5 Ability to organize and conduct training sessions with athletes of different qualifications.</p> <p>PC6 To use basic knowledge of the history of physical culture, sports and mankind as a whole while studying and performing professional tasks.</p> <p>PC7 Use different methods and techniques of teaching, upbringing and socialization of the individual.</p> <p>PC8 Determine the patterns, development and forms of human manifestations, as well as form motivational and value orientations of the individual.</p> <p>PC9 Use professional-profile knowledge, skills and abilities from various sports and pedagogical disciplines to optimize the training process in various sports.</p>

	<p>PC10 To organize activity and ensure effective management of separate subjects of the sphere of physical culture and sports.</p> <p>PC11 To carry out entrepreneurial activity in the field of physical culture and sports.</p> <p>PC12 To use sports facilities, special equipment and inventory.</p> <p>PC13 To solve practical problems under uncertain conditions in certain areas of physical culture and sports.</p> <p>PC14 To carry out measurements, biomechanical analysis, synthesis, modelling of physical exercises and control of human movements.</p> <p>PC15 To use in practice professional-profile knowledge on the peculiarities of constructing a training-training process in the chosen sport.</p> <p>PC16 To carry out search-research activity in the field of physical culture and sports</p> <p>PC17 To organize activity with the use of different types and forms of motor activity for active rest and healthy lifestyle.</p>
7 - Program outcomes of studying	
Program outcomes of studying	<p>POS1 <i>Knows</i> approaches to ensuring the qualitative performance of the tasks of professional activity on the basis of instructions, methodological recommendations, established norms, norms of technical specifications;</p> <p>POS2 <i>Develops algorithm</i> of competitive activity and to ensure its realization; analyses the effectiveness of competitive activities.</p> <p>POS3 <i>Demonstrates</i> knowledge of professional discourse, terminology of their specialty, sources of replenishment of vocabulary of Ukrainian and foreign languages;</p> <p>POS4 <i>Demonstrates</i> the ability to communicate in Ukrainian in a professional environment, the ability to adhere to the ethics of business communication;</p> <p>POS5 <i>Analyses</i> foreign sources of information for obtaining data that is necessary for the fulfilment of professional tasks and the adoption of professional decisions.</p> <p>POS6 <i>Demonstrates</i> the ability to find and analyse information from different sources; accumulation and interpretation of data using modern information and communication technologies;</p> <p>POS7 <i>Uses</i> effective means of restoration and improvement of sports performance; <i>Carries out</i> sports selection at the stage of sport improvement.</p>

	<p>POS8 <i>Assesses</i> the historical processes of state-political and socio-economic development of Ukrainian society from ancient times to the present;</p> <p>POS9 <i>Applies</i> an individual approach to training and adventure activities.</p> <p>POS10 <i>Defines</i> the basics of the theory and practice of modern nature management, <i>understands</i> the need for greening of all spheres of human life, in particular the use of nature.</p> <p>POS11 <i>Adjusts</i> the training and competitive load on the basis of control of the athlete's condition.</p> <p>POS12 <i>Analyses</i> the problems of man and the world in an ideological context and applies philosophical categories and concepts; acts socially and consciously;</p> <p>POS13 <i>Knows</i> how to use modern technologies, means and methods of preparation of athletes of different qualifications and evaluate the effectiveness of their application.</p> <p>POS14 <i>Defines</i> the features of the structure of the musculoskeletal system and human functional systems; explains the meaning of the basic concepts and definitions that characterize the course of physiological processes in the human body.</p> <p>POS15 <i>Forecasts</i> changes of functional processes at emotional and physical loading; describes the biochemical mechanisms of energy and plastic muscle contraction.</p> <p>POS16 <i>Applies</i> hygienic measures in the process of physical education and sports.</p> <p>POS17 <i>Uses</i> modern methods of diagnosing health of athletes.</p> <p>POS18 <i>Explains</i> the principles, means and methods of physical education; interprets the theory of motor activity training; describes the technique of development of physical qualities.</p> <p>POS19 <i>Defines</i> extra-training and extra-motile means of stimulating performance and restorative processes of the body of athletes.</p> <p>POS20 <i>Explains</i> the principles, objectives, tasks, means and methods of sports training;</p> <p>POS21 <i>Discusses</i> the features of competitive activities and the organization and conduct of sports competitions, the structure of the training process, selection and orientation of athletes;</p> <p>POS22 <i>Describes</i> the peculiarities of the development of physical culture and sports in different historical periods</p>
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	<p>in the world and Ukraine;</p> <p>POS23 <i>Analyses</i> the process of formation and development of sports, the Olympic movement and Olympic education at the international and national levels.</p> <p>POS24 <i>Knows</i> how to organize and conduct training sessions with athletes of different qualifications.</p> <p>POS25 <i>Justifies</i> projects of administrative decisions for maintenance of effective activity of separate subjects of physical culture and sports;</p> <p>POS26 <i>Uses</i> wisely sports facilities, special equipment and inventory;</p> <p>POS27 <i>Analyses</i> the results of the monitoring of changes in legislation, is guided by normative acts of the sphere of physical culture and sports.</p> <p>POS28 <i>Demonstrates</i> knowledge of scientific pedagogical terminology and the ability to identify ways of applying pedagogical knowledge in the practice of professional activity; <i>possesses</i> methods of organizing the learning process.</p> <p>POS29 <i>Develops</i> and <i>implements</i> programs pre-intensive, competitive preparation and after-action measures.</p> <p>POS30 <i>Applies</i> basic knowledge in metrology and biomechanics, performs the necessary measurements and calculations to justify physical means and features of sports equipment.</p> <p>POS31 <i>Searches</i> for new information contained in a variety of print and information sources, using relevant search engines and systems;</p> <p>POS32 <i>Possesses</i> modern methods of scientific research, which are applied in the field of physical culture and sports.</p> <p>POS33 <i>Applies</i> knowledge in the field of athletics, gymnastic exercises, sports and mobile games, swimming, tourism, ski training in the professional activities of the trainer;</p> <p>POS34 <i>Identifies</i> the main types and main tasks of sports training in the chosen sport and determines the features of the structure of the training process, depending on the type of training;</p> <p>POS35 <i>Displays</i> the basics of movement techniques in the chosen sport and develops an algorithm for their training and improvement; selects and generalizes means and methods of development of the leading physical qualities in the chosen sport;</p> <p>POS36 <i>Summarizes</i> and <i>argues</i> the features of the coach</p>
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	<p>in the chosen sport, establishes a relationship with the style of management during competitive and training activities.</p> <p>POS37 <i>Demonstrates</i> knowledge of psychological processes, mental states and psychological qualities</p>
8 - Resource support for the implementation of the program	
Personnel support	<p>Department of Theory and Techniques of Olympic and Professional Sports is the graduation department for the specialty 017 Physical Culture and Sport. There are 9 highly skilled specialists. Among them: 4 candidates of science in physical education and sports, 4 candidates of pedagogical sciences, 1 honoured coach of Ukraine, 1 honoured worker of physical culture and sports of Ukraine. Thus, the share of scientific and pedagogical workers with academic degrees and titles is 88.9%. The teaching process will also be carried out by teachers from other departments who work at the main place of work. Among them: 4 doctors of pedagogical sciences, 1 doctor of philological sciences, 1 doctor of philosophical sciences; 5 candidates of sciences, associate professors. Therefore, conducting lectures on educational disciplines by scientific and pedagogical (scientific) workers of the corresponding specialty at the main place of work, having a degree and / or a scientific rank is 100%, including those with a Ph. D. degree or a professor's academic rank is 55.3%.</p>
Material and technical support	<p>Information on the total area of the premises used in the educational process; provision of educational facilities and other premises; the equipment, tools and software of the specialized computer labs are indicated in № 2-6 tables.</p> <p>Teaching of sports and pedagogical professional disciplines is carried out in specialized sports halls and cabinets, among them: a gaming hall, a gymnastic gym, a sports hall for conducting sports exercises, a hall of eurhythmics, a track and field athletics riding, a stadium, which includes: a football field; racetrack tracks; sectors for jumping and throwing; sports grounds; a field for throwing a hammer and pushing the nucleus, a tourist room, a massage room, a cabinet for physical therapy on the basis of a sanatorium-preventorium, a ski base, classrooms (№. 25, 52, 168, 171, 174) (tables 4, 5).</p>
Information and studying and methodological support	<p>Information on the complex of educational, methodological and informational provision of educational disciplines is contained in № 7-12 tables.</p>

9 - Academic mobility	
National Credit Mobility	National Credit Mobility involves the possibility of studying a credit transfer system with a volume of 1 credit ECTS for 30 hours, as well as the possibility of training and internships in HES-partners.
International Credit Mobility	<p>An agreement was signed on the academic exchange between Ternopil Volodymyr Hnatiuk National Pedagogical University and Akademia Pomorska (Poland) (agreement dated 02/03/2014, valid until 2020).</p> <p>An agreement was signed on the cooperation in obtaining a dual diploma with the Higher Linguistic School in Czestochowa (Poland) (agreement dated 19/06/2013, valid until 2022).</p> <p>The University participates in the Erasmus + program with Alexandru Ioan Cuza University of Iași, in Romania.</p>
Studying of foreign applicants for higher education	Possible through English or after learning Ukrainian.

2. List of components of the educational and professional program "Tourism" and their logical consistency

2.1. List of components of educational and professional program

№	Components of the educational program (educational disciplines, course projects (work), practice, qualification work)	Credits	Assessment
1	2	3	4
OBJECTIVE COMPONENTS OF EDUCATIONAL PROGRAM			
OC1	History of Ukrainian statehood and national culture	3	Exam
OC2	Philosophy	3	Exam
OC3	Ukrainian language (professional orientation)	3	Exam
OC4	Foreign language	7	Exam
OC5	Political science	3	Credit
OC6	Economics	3	Credit
OC7	Basis of the Law	3	Credit
OC8	Social science	3	Credit
OC9	Human anatomy with the basis of sport	7	Exam
OC10	Biochemistry	4	Exam
OC11	Human psychology and sport	15	Exam

OC12	Hygiene	5	Exam
OC13	Modern information technology and metrology control in Physical education of students	7	Credit
OC14	Gymnastics and methodology of teaching	11,5	Exam
OC15	Athletics and methodology of teaching	11,5	Exam
OC16	Phycology	6	Exam
OC17	Theory and methodology of physical education (Propaedeutic practice in secondary school)	17,5	Exam
OC18	Sports and recreational games and methodology of teaching	16	Exam
OC19	Practice by professional orientation for future work	4	Credit
OC20	Pedagogical practice in primary and secondary schools	12	Credit
OC21	Coaching practice	5	Credit
OC22	Pedagogical practice in summer recreational institutions	6	Credit
OC23	Pedagogy	8	Exam
OC24	Youth training for family life	1	Credit
OC25	Swimming and methodology of training	7	Exam
OC26	Theory and methodology of selected sport (Propaedeutic practice in sports school)	16	Exam
OC27	Complex qualification examination on the theory and methodology of sports training	1,5	
OC28	Complex qualification examination on the theory and methodology of physical education	1,5	
Total		190, 5	
SELECTIVE COMPONENTS OF THE EDUCATIONAL PROGRAM			
1 Selective cycle			
SC1	Tourism	2,5	Credit
SC2	Professional skill of coach	4	Exam
SC3	Course papers of the theory and methodology of Physical education and of selected sports	3	Exam
SC4	Sport dances	6	Exam
SC5	Biomechanics	5	Exam

SC6	History of physical culture	2	Credit
SC7	Basis of ecology	1	Credit
SC8	Olympic and professional sport	5,5	Exam
SC9	Theory and methodology of training of power species and martial arts	2,5	Credit
SC10	General theory of athlete training	5	Credit
SC11	Life safety, civil protection and labor protection	4	Credit
SC12	Winter camp gathering	6	Exam
SC13	Summer camp gathering	3	Exam
Total		49, 5	
General		240	

3. Form of certification of higher education applicants

Certification of graduates of educational program of “Physical culture and Sport” in specialty 017 Physical culture and Sport conducts in the form of complex qualification examination on the theory and methodology of sports training and complex qualification examination on the theory and methodology of physical education, and ends with the issuance of a document of a standard sample for awarding them a bachelor's degree with a qualification: a bachelor of Physical Culture and Sport, sports coach, teacher of physical culture.

The certification is carried out openly and publicly.