

**MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE  
RIVNE STATE UNIVERSITY OF THE HUMANITIES**


**EDUCATIONAL AND PROFESSIONAL PROGRAM  
“Secondary education (physical culture)”**

LEVEL OF UNIVERSITY EDUCATION  
DEGREE OF UNIVERSITY EDUCATION  
BRANCH OF KNOWLEDGE  
SPECIALTY  
QUALIFICATION

first  
bachelor  
01 Education/Pedagogy  
014 Secondary education (Physical culture)  
Bachelor of secondary education.  
Teacher of physical education

**APPROVED BY THE ACADEMIC COUNCIL OF  
RIVNE STATE UNIVERSITY OF THE HUMANITIES**

The head of the academic council

  
/ prof. Postolovsky R.M./  
(Meeting minutes № 5 of "30" 05 2019 )

The educational program enters in force on \_\_\_\_\_ 2019 p.

Rector  / prof. Postolovsky R.M./  
(order № 10001 of "08" 06 2019 )

Rivne 2019

**CONFORMITY RELATION**  
**of the educational and professional program**

LEVEL OF UNIVERSITY EDUCATION	first
BRANCH OF KNOWLEDGE	01 Education/Pedagogy
SPECIALTY	014 Secondary education (Physical culture)
QUALIFICATION	Bachelor of secondary education. Teacher of physical culture.

**Project group leader (educational program guarantor):**

Kindrat Vadym Kyrylovich - PhD in pedagogy, Associate Professor, Head of the Department of theory and methodology of physical education

**Project group members:**

Mushketa Radoslav - doctor of pedagogical sciences, professor of the Department of theory and methodology of physical education

Chalii Ludmyla Volodymyrivna - PhD in pedagogy, Associate Professor of the Department of theory and methodology of physical education

Savliuk Svitlana Petrivna- doctor of physical education and sport, , Associate Professor of the Department of theory and methodology of physical education

**INTRODUCED**

by the Department of theory and methodology of physical education  
Meeting minutes № 8 of May 24, 2019.

The head of the department  prof. Kindrat V.K.

**ADVIZED**

by the academic council of the pedagogical faculty  
Meeting minutes № 5 of May 27, 2019.

The head of the faculty  prof. Silkov V.V.

**APPROVED**

by the academic council of Rivne State University of the Humanities  
Meeting minutes № 5 of May 30, 2019.

The head of the academic council \_\_\_\_\_ prof. Postolovsky R.M.

**HAS COME INTO EFFECT**

Order № 110-01-01 of June 06, 2019

## **INTRODUCTION**

The educational and professional program is a regulatory document regulating normative, competence, qualification, organizational, educational and methodical requirements to training of masters in the branch of knowledge 01 education/pedagogy in speciality 014 secondary education (physical culture).

Educational and professional programs based on the competence approach to training experts in the branch of knowledge 01 education/pedagogy in speciality 014 secondary education (physical culture).

The educational and professional program has been developed by the project group of the Department of theory and methodology of physical education, comprised of:

**Project group leader (educational program guarantor):**

Kindrat Vadym Kyrylovich - PhD in pedagogy, Associate Professor, Head of the Department of theory and methodology of physical education

**Project group members:**

Mushketa Radoslav - doctor of pedagogical sciences, professor of the Department of theory and methodology of physical education

Kovalsky Volodymyr Viacheslavovych - PhD in pedagogy, Associate Professor of the Department of theory and methodology of physical education

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<b>1. . Educational program profile in the specialty 014 «Secondary Education (Physical culture) »</b>	
<b>1 – General information</b>	
<b>Full name of higher educational and structural unit</b>	Rivne State University of the Humanities
<b>The degree of higher education and the name of the qualification in the language of the original</b>	Магістр фізичної культури, вчитель фізичної культури, викладач фізичної культури. Організатор спортивно-масової роботи Master of physical culture, teacher of physical education, lecturer of physical culture. Organizer of sporting and mass events
<b>Official name of the educational program</b>	Secondary Education (Physical education).
<b>Type of diploma and the educational program length</b>	Master Diploma. Unitary. 90 ECTS credits, term of study 1 year 4 months.
<b>Accreditation certificate</b>	Accreditation certificate, expiry date 01.07.2024
<b>Cycle / Level</b>	NQF Ukraine - level 8, FQ-EHEA - second cycle, EQF-LLL - level 7.
<b>Prerequisites</b>	First (bachelor) level, ECL “Specialist”
<b>Language (s) of teaching</b>	Ukrainian language
<b>The duration of the educational program</b>	For the period of education
<b>Internet address of the permanent description of the educational program</b>	<a href="http://som-rshu.rv.ua/">http://som-rshu.rv.ua/</a>
<b>2 – The purpose of the educational program</b>	
To provide training of highly qualified specialists in the branch of physical education and sports, who possess fundamental knowledge and practical skills in educational establishments of all levels, capable to carry out educational and sports-improving Activity at a high professional level, to conduct original independent scientific researches and to carry out scientific and pedagogical activity.	
<b>3 – Characteristics of the educational program</b>	
<b>Subject area (branch of knowledge, specialty, specialization ( if any))</b>	Branch of knowledge- 01 Education/Pedagogy Specialty -014 Secondary education (Physical culture) <i>The theoretical content of the subject area includes:</i> concepts, theoretical and methodological bases of the study of professional cycle disciplines in their orientation to higher school; terminology of the theory and methodology of physical education and sport; fundamentals of organizational-methodical, managerial and other types of professional activity in higher school and sport facilities, innovative approaches in solving scientific discussions and building an effective system of physical education.

	<p><i>Learning goals:</i> deep fundamental, specially professional, sport-pedagogical, mass sports, recreational and practical training of masters in physical education and sport.</p> <p><i>Methods, methodologies and technologies:</i> analysis, synthesis, abstraction, concretization, programming and comparison, modeling, historical, logic, heuristic, research methods; information technology, interactive methodologies.</p> <p><i>Tools and Equipment:</i> modern information and communication databases, software and Internet resources, versatile sports facilities, sports equipment and inventory.</p>
<b>Orientation of the educational program</b>	Educational and professional program
<b>Main focus of educational program and specialization</b>	Acquiring required Master's competencies, a lecturer of theory and methodology of physical education, for the continuation of postgraduate study and training of teaching staff of the branch 01 "Education/Pedagogy" in specialty 014 secondary education (physical culture). Keywords: education, physical education, training, professional competence, technology, teacher, lecture, organizer, sport-mass work, trainer
<b>Program features</b>	The educational and professional program is developed with consideration to the own years-long experience in training specialists in specialty 014 secondary education (physical culture) and relevant experience of leading Ukrainian universities.
<b>4 – Employment of graduates of the educational program and further education</b>	
<b>Ability for employment</b>	<p>According to the current version of the National Classifier of Ukraine: Classification of professions (DK 003: 2010):</p> <p>“Head manager in the field of culture, recreation and sports” (code – 1229.6) can perform the following professional duties:</p> <ul style="list-style-type: none"> <li>- Director of sport facility (code – 21541);</li> <li>- Director of physical education (code – 24641);</li> <li>- Director of the Sport team (national team, club team);</li> </ul> <p>"Lecturer of higher education institution" (code – 2310.2);</p> <p>“Secondary education institution teacher” (code-2320);</p> <p>“Other professionals in education” (code – 2359.2) can perform the following professional duties</p> <ul style="list-style-type: none"> <li>- Training Center Instructor;</li> <li>- Sport club manager;</li> </ul>

	<p>"Other technical specialists in management" (code-3439) can perform the following professional duties:</p> <ul style="list-style-type: none"> <li>- Instructor in the organizational-mass work (code 22801);</li> </ul> <p>"Sports trainers, instructors-methodoists and professional athletes" (code-3475) can perform the following professional duties:</p> <ul style="list-style-type: none"> <li>- Instructor of Physical Education (code - 22831) ;</li> <li>- Instructor-coordinator of industrial gymnastics (code - 22761);</li> <li>- Instructor-Methodist in Physical Culture and Sport (code - 22768);</li> <li>- Instructor-Methodist in Sports Schools (code - 22769).</li> </ul>
<b>Further education</b>	Possibility of continuation of education under the program of third (educational-scientific) level of higher education.
<b>5 – Викладання та оцінювання</b>	
<b>Teaching and education</b>	Teaching and learning is conducted in the form of lectures, multimedia lectures, interactive lectures, practical classes, laboratory classes, self-study, individual classes, consultations, writing of course papers and graduate thesis.
<b>Evaluation</b>	Oral and written examinations, pass-fail exams, practice report presentation, defence of a course paper, certification (comprehensive exam, defence of a graduate thesis).
<b>6 – Програмні компетентності</b>	
<b>Integral competences (IC)</b>	The ability to solve complex tasks and problems in the field of secondary education and physical culture and in the learning process, which provides for research and implementation of innovation and is characterized by uncertainty of conditions and requirements.
<b>General competences (GC)</b>	<ol style="list-style-type: none"> <li>1) The ability to abstract thinking, analysis and synthesis.</li> <li>2) The ability to use pedagogical and psychological methods for organization of educational process, plan and manage educational and training process.</li> <li>3) The ability to communicate effectively and represent professional and scientific information in foreign and Ukrainian languages.</li> <li>4) The ability to apply the acquired knowledge and skills in the use of information and communication technologies, to possess the skills in computer networks, the ability to create databases and use the Internet resources to improve and increase his</li> </ol>

	<p>pedagogical skills;</p> <p>5) The ability to work in a pedagogical and sport team, motivate people to move forward a common goal, realize equal opportunities and gender problems.</p> <p>6) The ability to develop and improve interpersonal skills, the ability to generate new ideas and non-standard approaches to their implementation (creativity), to show the initiative and perseverance concerning the assigned tasks and responsibilities.</p> <p>7) The ability to solve the range of problems by understanding their fundamental foundations and using methods of planning and modeling.</p> <p>8) The ability to conduct researches at appropriate levels, analyze the results.</p>
<p><b>Professional competences (PC)</b></p>	<p>1) The ability to organize work in accordance with the safety requirements of life and labor protection, to give individuals first aid in case of emergency conditions and pathological processes.</p> <p>2) The ability to apply the acquired knowledge in practice during teaching in educational institutions and during sports trainings (classes).</p> <p>3) The ability to master modern technologies and effectively use them in the process of professional activity.</p> <p>4) The ability to use during training and performing professional tasks, basic knowledge of theory and methodology of physical education, adaptive physical education, sports training, wellness technologies and tourism.</p> <p>5) The ability to organize activities and ensure effective management of individual subjects in the field of physical education and sport.</p> <p>6) The ability to exercise instructors and coaching activities in the field of physical culture and sport, tourism.</p> <p>7) The ability to carry out research activities on the problems of professional orientation, apply the methodology of scientific research at the theoretical and practical levels, use effective research methods in the field of physical education and sports.</p> <p>8) The ability to navigate modern trends of the development of mass sports, global sports innovation processes, an understanding of their prospects and possible consequences for Ukraine.</p> <p>9) The ability to independently plan and perform pedagogical activity in the field of physical education,</p>

teach professional disciplines in educational establishments.

10) The ability to choose adequate tools and methods of integrative physical education in various medical groups.

11) The ability to organize and exercise physical and health and sports-mass work in all educational institutions, at the place of residence, work and in places of mass recreation of citizens.

12) To conduct training sessions in primary training and athletic improvement groups.

13) to monitor and use the data in the management of the training process.

14) To organize, conduct and judge competitions in the chosen sport.

15) To choose and use modern methods of training, assessment, health control and physical preparedness of those who are engaged in the activities, to conduct classes using unconventional recovery systems, to choose non-traditional systems of health activities according to the individual characteristics of a person.

### **7 - Program learning outcomes**

- 1) To possess specialized conceptual knowledge acquired in the learning process at the level of the latest achievements, which are the basis for original thinking and innovation, in particular in the context of the research work.
- 2) To demonstrate critical comprehension of problems in training and/or professional activities and on the verge of subject fields.
- 3) To integrate laws of the mentality of an applicant as a subject of educational and professional activities and patterns of scientific and pedagogical activity of the teacher, as well as socio-psychological peculiarities of professional-pedagogical communication and the relationship of teachers and applicants of higher education.
- 4) To have knowledge about the structure of educational activity, pedagogical functions and components of pedagogical technics of a teacher, trainer, technology of planning of educational process, to know the method of conducting lectures, practical, seminar classes, peculiarities of control of the results of higher education applicants.
- 5) To determine the theoretical and methodological features of the organization and conduct of various classes with students of institutions of general secondary education and applicants for higher education, content and structure of professional-applied physical training of adults, non-specific means in physical education of the adult population, forms of exercises for applicants for higher education, which for health reasons are classified as different medical groups.
- 6) To possess and synthesize knowledge on the history of development and formation of the selected sport, theory and methods of education, training and fundamentals of training process in the chosen sport.
- 7) To analyze, generalize and creatively use the advanced pedagogical experience,



to apply acquired knowledge in professional activity for orientation in modern trends of development of physical culture and sport.

8) To solve complex tasks and issues that require updates and knowledge integration often under the conditions of incomplete/insufficient information and contradictory claims.

9) To introduce research and innovative activities.

10) To develop and compose work documents, make programs, lesson plans, regulations on sporting events, etc.

11) To form conceptual apparatus of scientific research, to plan and conduct an experiment using modern means and methods, to process the results of measurements, to formulate scientifically grounded conclusions of scientific research, to give recommendations.

12) To communicate effectively at professional and social levels, present and discuss the results and make a transfer of acquired knowledge.

13) To conduct and organize educational and training process.

14) To adapt to new conditions, make their own decisions and initiate original innovative complex projects.

15) To understand the need for lifelong learning to deepen the acquired and acquire new professional knowledge.

16) To work responsibly and to achieve the goal in compliance with the requirements of professional ethics.

#### **8 – Ресурсне забезпечення реалізації програми**

<b>Personnel support</b>	Scientific and pedagogical personnel engaged in the educational process have the experience of scientific and pedagogical activity for more than two years and the level of scientific and professional activity, which is confirmed by the performance of at least four types and results of professional activities of the person (paragraph 30 of the license conditions of educational activity of 30.12.2015 №1187 (as amended in accordance with the decree of the CMU of 10.05.2018 № 347)).
<b>Material and technical support</b>	Using modern software in the selected specialty.
<b>Information and educational - methodological support</b>	Virtual learning environment of Rivne State University of the Humanities and author's development of faculty and teaching staff are used
<b>9 – Academic mobility</b>	
<b>National Credit Mobility</b>	Based on the bilateral agreements between Rivne State University for the Humanities and higher education establishments and scientific institutions of Ukraine.
<b>International Credit Mobility</b>	Based on the bilateral agreements between Rivne State University for the Humanities and foreign education institutions.
<b>International applicants education</b>	Possible

## 2. List of educational and professional program components and their logical sequence

### 2.1 List of educational and professional program components

Code of academic subject	Semester	Components of educational program (academic subjects, practices, graduate thesis)	Number of credits	Form of final control
<b>Required components of the educational program</b>				
OK 01	9	Tertiary education	3	Exam
OK 02	10	Psychology of the higher school	3	Залік
OK 03	9	Methodology on research in physical education	3	Exam
OK 04	11	Ukrainian as a foreign language	3	Pass/fail test
OK 05	9	Theory and methods of teaching physical culture	4	Grading test
OK 06	10	Adaptive physical education in special education	4	Pass/fail test
OK 07	11	Methods of physical education in special medical groups	3	Pass/fail test
OK 08	10	Sports not included in the Olympic Games	6	Exam
OK 09	9	Methods of teaching sports-educational disciplines in HEI	7	Exam
OK 10	9	Wellness technologies	4	Pass/fail test
OK 11	10	Tourism in the field of physical culture	3	Exam
OK 12	10	Tourist practice	3	Grading test
OK 13	9	Internship	6	Grading test
OK 14	11	Assistant practice	9	Grading test
OK 15	11	Pre-graduate Practice	3	Grading test
OK 16	10	Course paper	1	Grading test
OK 17	11	Preparation for certification	2	
OK 18	11	Certification		
<b>The total amount of required components:</b>			<b>67</b>	
<b>Selective components of the educational program</b>				
BK 01	9	Computer information technologies in education and science (for professional purposes.)	3	Grading test.
BK 02	9	Science and innovation work of university teachers	4	Exam
BK 03	11	Innovative technologies in physical culture	3	Pass/fail test
BK 04		Professional skills of a coach		Pass/fail test
BK 05	10	Organization and management of sports-mass work	5	Pass/fail test
BK 06	11	Methods of teaching of a chosen kind of sport		Exam
BK 07	10	Organization of animation in physical culture	4	Pass/fail test
BK 08		Organization and methods of sport club activity		Pass/fail test
BK 09	10	Non-traditional systems of physical culture	4	Exam
BK 10		Theory and methods of children and youth sports		
<b>The total amount of selective components:</b>			<b>23</b>	
<b>TOTAL EDUCATIONAL PROGRAM</b>			<b>90</b>	

### **3. Form of certification for higher education applicants**

Certification of the program graduates in Specialty 014 Secondary Education (physical culture) is conducted in the form of a complex exam and defense of a graduate thesis and completes with the issuance of a document of the established sample for awarding them Master degree with the following qualification: Master of physical culture. Teacher of physical education. Lecturer of physical culture. Organizer of sporting and mass events

Certification is open and public.

The following disciplines are subject to the complex exam on the specialty: "Theory and methods of teaching physical culture", "Methods of teaching sports-educational disciplines in HEI", "Organization and management of sports-mass work". The program of the comprehensive examination on the specialty should reproduce the main functional components of the master's competence model, comply with the principles of validity, scientific saturation, informativeness, innovation, be aimed at solving applied objectives according to the generalized object of activity.

The complex exam on the specialty involves performing a complex of qualification tasks: theoretical (questions, tests of open or closed type) and practical situational complex tasks.

The forms of a comprehensive exam on the specialty may be: written, oral (using means of audio or video recording), interactive (using the means of informative technologies) or their combination.

The graduate thesis involves the analysis and theoretical development (modeling and investigation of processes and objects) of topical issues, problems in the relevant field of knowledge. The list of the graduate theses is determined by the graduation department at the beginning of the academic year. The subject of the thesis works should be directly related to the generalized object of the activity of the corresponding educational level. The list of topics approved by the order of the Rector before the pre-graduation practice. Students have the right to offer their own diploma thesis subject to consideration.

The tasks on the thesis should reflect all the functions and typical tasks of the specialist's activity and should be timely brought to the student (before the graduation practice).

The thesis supervisor can be professors, associate professors, senior lecturers of the graduating department, as well as leading specialists in the productive sphere of the respective industry.

Certification of applicants for the master's degree are carried out by the examination commission, which may include representatives of employers and their associations, in accordance with the regulations on the Examination Commission approved by the Academic Council Of Rivne State University of the Humanities.

#### 4. Compliance matrix of the program competencies component

	OK01	OK02	OK03	OK04	OK05	OK06	OK07	OK08	OK09	OK10	OK11	OK12	OK13	OK14	OK15	OK16	OK17	BK01	BK02	BK03	BK04	BK05	BK06	BK07	BK08	BK09	BK10
ЗК1	•		•												•	•	•	•	•								
ЗК2	•	•					•		•			•	•	•	•						•	•	•	•	•		•
ЗК3	•	•		•							•			•	•				•		•						
ЗК4			•						•			•	•			•	•	•	•		•						
ЗК5					•	•	•	•	•	•	•	•	•	•	•	•						•	•	•	•	•	•
ЗК6												•	•	•	•	•			•	•				•	•		
ЗК7			•		•	•			•				•	•	•	•			•	•		•			•		
ЗК8			•		•										•	•			•		•						
ФК1							•		•			•	•	•							•	•	•	•			•
ФК2								•	•	•		•	•	•				•	•	•			•	•	•	•	
ФК3						•	•			•		•	•	•				•					•				
ФК4					•	•	•		•	•	•	•	•	•				•					•				•
ФК5					•	•	•		•			•	•	•				•				•	•			•	
ФК6												•	•	•				•				•	•	•	•	•	•
ФК7			•	•											•	•		•	•								
ФК8											•					•	•						•	•			•
ФК9										•			•	•	•												
ФК10						•	•																			•	
ФК11										•	•	•								•		•		•			
ФК12								•					•									•		•		•	•
ФК13						•							•									•		•		•	•
ФК14									•			•	•									•		•		•	•
ФК15						•	•		•			•	•				•					•		•		•	•

- – competence, which is acquired;
- OK<sub>j</sub> – required educational program components;
- BK<sub>j</sub> – selective educational program components;
- ЗК<sub>i</sub> – general competence;
- ФК<sub>i</sub> – professional competence.

## 5. The matrix of the provision of program learning outcomes with relevant components of the educational program

	OK01	OK02	OK03	OK04	OK05	OK06	OK07	OK08	OK09	OK10	OK11	OK12	OK13	OK14	OK15	OK16	OK17	BK01	BK02	BK03	BK04	BK05	BK06	BK07	BK08	BK09	BK10	
ПРН1			•				•								•	•	•	•	•									
ПРН2									•				•	•	•	•	•			•	•							•
ПРН3	•	•							•						•	•					•							
ПРН4	•	•		•					•						•	•	•		•		•							
ПРН5					•	•	•		•													•						
ПРН6								•					•										•	•		•	•	
ПРН7					•					•	•		•	•	•		•	•		•								
ПРН8	•	•										•	•	•	•	•												
ПРН9			•							•		•	•	•	•	•		•	•									
ПРН10					•						•	•	•								•	•	•	•	•			
ПРН11			•	•												•			•									
ПРН12	•			•					•					•	•		•				•							
ПРН13					•		•					•	•									•	•	•	•			
ПРН14								•	•					•	•	•	•		•	•						•		
ПРН15						•					•			•	•		•		•	•	•							
ПРН16	•	•				•	•										•					•						

- – competence, which is acquired;
- OK<sub>j</sub> – required educational program components;
- BK<sub>j</sub> – selective educational program components;
- ПРН<sub>i</sub> – program learning outcomes

## **6. System of internal quality assurance of higher education**

Rivne State University of the Humanities operates a system for providing higher education institutions with quality of educational activity and quality of higher education (internal quality assurance system), which provides for the following procedures and measures:

- 1) definition of principles and procedures for ensuring the quality of higher education;
- 2) monitoring and periodic review of educational programs;
- 3) the annual assessment of higher education graduates, scientific and pedagogical and pedagogical staff of a higher educational institution, and regular publication of the results of such assessment on the official website of the higher educational institution, on information stands and in any other way;
- 4) ensure the professional development of pedagogical, scientific and scientific and pedagogical workers;
- 5) ensure the availability of the necessary resources for the organization of the educational process, including the independent work of students for each educational program;
- 6) ensure the availability of information systems for the effective management of the educational process;
- 7) ensure publicity of information about educational programs, degrees of higher education and qualifications;
- 8) ensure an effective system for preventing and detecting academic plagiarism in scientific works of higher education and higher education graduates;
- 9) and other procedures and activities.
- 10) The system of providing the quality of educational activity and higher education (the system of internal quality assurance) may, upon submission by Rivne State University of the Humanities, be assessed by the National Agency for Quality Assurance of Higher Education, or by accredited independent institutions of evaluation and quality assurance of higher education for its compliance with the requirements of higher education quality assurance system approved by the National Agency for Quality Assurance of Higher Education, and international standards and guidelines for higher education quality assurance.

Educational program guarantor,  
project group leader

prof. Kindrat V.K.

**2.2 Structurally-logical scheme of Master's program in the branch of knowledge 01 «Education/Pedagogy» in specialty 014 «Secondary Education (Physical culture)»**

