### MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE R1VNE 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 second

master 01 Education/Pedagogy 014 Secondary education (Physical culture) Master of physical culture, teacher of physical education, lecturer of physical culture. Organizer of sporting and mass events

# APPROVED BY THE ACADEMIC COUNCIL OF R1VNE STATE UNIVERSITY OF THE HUMANITIES

<b>The head of the academic council</b>
/ prof. Postolovsky R.M./
(Meeting minutes № <u>5</u> of " <u>10</u> " <u>05</u> 2019)
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The educational program enters in force on 2019 p.
The educational program enters in force on2019 p.
Rector prof. Postolovsky R.M./
(order № _of " <u>06</u> " <u>06</u> 2019)

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

LEVEL OF UNIVERSITY EDUCATION BRANCH OF KNOWLEDGE SPECIALTY

second 01 Education/Pedagogy 014 Secondary education (Physical culture) Master of physical culture, teacher of physical education, lecturer of physical culture. Organizer of sporting and mass events

prof. Kindrat V.K.

### 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:**

QUALIFICATION

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

#### INTRODUCED

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

The head of the department

ADVIZED

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

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

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#### 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

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#### **INTRODUCTION**

The educational and professional program of branch of knowledge 01 "Education / Pedagogy", specialty 014 "Secondary education (Physical culture)" has been developed before the implementation of the Standards of University Education according to the level of university education by the project group from Rivne State University of the Humanities, 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

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

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**1.** Educational program profile in the specialty **014** «Secondary Education (Physical culture) »

1 – General information			
Full name of higher educational and structural unit	Rivne State University of the Humanities, Pedagogical Faculty		
The degree of higher education and the name	Бакалавр середньої освіти. Вчитель фізичної культури		
of the qualification in the language of the original	Bachelor of secondary education. Teacher of physical education		
Official name of the educational program	Secondary Education (Physical education).		
Type of diploma and the educational program length	Bachelor Diploma. Unitary. 240 ECTS credits, term of study 3 years 10 months.		
Accreditation certificate	Accreditation certificate, expiry date 01.07.2028		
Cycle / Level	NQF Ukraine - level 7, FQ-EHEA - first cycle, EQF- LLL - level 6.		
Prerequisites	Complete secondary education. Associate bachelor's degrees		
Language (s) of teaching	Ukrainian language		
The duration of the educational program	For the period of education		
Internet address of the permanent description of the educational program	http://som-rshu.rv.ua/		
2 – The	purpose of the educational program		
	specialists for the organization of Physical education and		
training of personnel for ins	stitutions of general secondary education.		
3 - Char	acteristics of the educational program		
Subject area (branch of knowledge, specialty)	Branch of knowledge- 01 Education/PedagogySpecialty -014 Secondary education (Physical culture)Object of study: educational process in establishmentsof general secondary education.Learning goals:deep fundamental, speciallyprofessional, sport-pedagogical, mass sports, recreationaland practical training of bachelors in education,formation of professional competencies of futureteachers of physical culture in establishments ofsecondary education.Theoretical domain content: the concept of harmoniousphysical and spiritual development and the formation of		

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	a healthy lifestyle, the conscious attitude of a person to his health; the concept of health factors that combine physical activity, psychological satisfaction, creative self-realization; principles of mastering of efferent skills and development of motor (physical) qualities. Application and implementation of these concepts gives grounds for forecasting qualitative improvements in the physical condition and public health. <i>Methods, techniques and technologies</i> (which a higher education applicant must gain proficiency into apply in practice): <i>teaching and training methods</i> (general pedagogical, practical), analytic methods, methods of pedagogical observation; pedagogical methods of testing and determination of a functional state of an organism; <i>techniques</i> of development of physical (motor) qualities, formation of motor skills, control of the level of preparedness and functional state; <i>technologies:</i> pedagogical (harmonious (mental, physical, spiritual) development, development of creative abilities, maximum realization of natural inclinations, etc.), medico-biological (restoration of work capacity, control of functional state and level of health), information (electronic databases, scientometric databases, electronic manuals of internet technologies, etc.), interactive (without and with using of informational and multimedia means of learning). <i>Tools and Equipment:</i> modern information and communication databases, software and Internet resources, versatile sports facilities, sports equipment and inventory; modern devices for diagnostics of the functional state; modern technical devices and simulators for training and control of the functional state, biomechanical parameters of motions; devices for the determination of the level of functioning of sensory systems, modern computer programs for information processing, etc.
Orientation of the	Educational and professional program
educational program	
The main focus of the educational program and specialization	General education in the branch of knowledge 01 education/pedagogy, Specialiy 014 secondary education (physical culture). Acquiring the necessary competencies of Bachelor of secondary education, teacher of physical

	<ul> <li>culture, organizer of sport clubs and animation activities;</li> <li>fitness and tourism facilitator, to continue studying at graduate courses and training of teaching staff for physical culture in complete general secondary education establishments.</li> <li>Keywords: education, physical culture, training,</li> </ul>				
	professional competence, technology, teacher, methodologist, organizer, sport clubs and animation activities, fitness and tourism.				
Program features	The educational and professional program is developed with consideration to the own years-long experience in training specialists in the specialty 014 secondary education (physical culture) and relevant experience of leading Ukrainian universities.				
4 – Employment of gradu	ates of the educational program and further education				
Ability for employment	According to the current version of the National Classifier of Ukraine: Classification of professions (DK 003: 2010), a bachelor of secondary education (physical culture), teacher of physical education may hold the following positions: "Secondary education institution teacher" (code-2320); "Travel consultants and travel organizers" (code – 3414), they can perform the following professional duties: -Instructor of athletic-rehabilitation tourism (by types of tourism); - Leisure manager; "Other technical specialists in management" (code- 3439), they can perform the following professional duties: -Large scale organizational work instructor (code 22801); "Sports trainers, instruction coordinator and professional athletes" (code 3475), they can perform the following professional duties: -Physical education instructor (code-22831); - Instructor-methodologist in industrial gymnastics (code-22761); -Instructor-Methodologist in a work-out facility; -Fitness trainer; -Instructor – Methodologist in sports School (code- 22769).				
Futher education	Have the right to continue studies at the second (master's degree) level of higher education.				

5 – Teaching and evaluation				
Student-centered training self-study problem-oriente				
Teaching and education	study, learning through laboratory classes.			
	Oral and written examinations, pass-fail exams, tests,			
course paper	practice report presentation, essay, defence of a course			
	paper, certification.			
	6 – – Program competencies			
Integral competence (IC)	The ability to solve complex specialized problems and practical tasks in the field of general secondary education, which involves the use of theories and methods of educational sciences and pedagogy, physical education and sports, physiology, biomechanics, morphology and is characterized by comprehensiveness and uncertainty of pedagogical conditions of the educational process in institutions of general secondary education.			
General competence (GC)	<ol> <li>The ability to act ethically, socially responsibly and consciously.</li> <li>The ability to work in a team and autonomously.</li> <li>The ability to find information, its analysis and critical evaluation.</li> <li>The ability to apply acquired knowledge in practical situations.</li> <li>The ability to use information and communication technologies.</li> <li>The ability to self-perfection and self-development.</li> <li>The ability to freely communicate in the official language (orally and in writing).</li> <li>The ability to participate in international events and be able to communicate in a foreign language with specialists.</li> <li>The ability to understand the strategy for sustainable human development.</li> <li>The ability to master and improve motor skills in various types of motor activity and to maintain the overall level of physical activity and health.</li> </ol>			
Special (Professional) Competence (SC)	<ol> <li>The ability to create students' subject competence in physical education, medico-biological and psychological foundations and technologies of development of motor skills and physical qualities, sanitary-hygienic basics of activities in the field of physical culture.</li> <li>The ability to use modern methods and educational technologies in physical education.</li> </ol>			

3. The ability to carry out objective control and
evaluation of the level of educational achievements of
pupils in physical education
4. The ability to analyze peculiarities of perception and
mastering of educational information by pupils with
the purpose of prognosis of efficiency and correction
of the educational process of physical education.
5. The ability to possess pedagogical, medical
biological, information technologies for the formation
of healthy lifestyles, development of movement skills,
develop physical (motor) qualities of representatives
of different groups of population and self-
development of methods and technologies for integral
harmonious human development.
6. The ability to analyze, systematize and assess the
pedagogical experience, the ability to develop the
methodology and technologies for the development of
movement skills and physical (motor) qualities) based
on the understanding and application of the provisions
of physiology, morphology, biochemistry,
biomechanics
7. The ability to master basic and new types of physical
activity,
8. The ability to maintain documentation that provides
the process of learning of physical culture in
secondary schools
9. The ability to exercise prevention of injuries, provide
protection of health and safety of children
10. The ability to independently conduct training
sessions on physical culture with children of school
age and pupils in comprehensive institutions,
educational institutions of secondary and vocational
education, extracurricular mass sports work with
pupils.
11. The ability to conduct training sessions of school
sport clubs, to carry out injury prevention
12. The ability to develop students' social and
personal qualities: purposefulness, self-discipline,
diligence, responsibility, nationhood,
communicativeness.
13. The ability to assess the physical abilities and
functional state of pupils, to adequately choose the
means and methods of motor activity for correction of
students ' condition taking into account their
individual characteristics.
14. The ability to search, analyze and assess information,

	<ul> <li>as well using information and communication technologies, that is necessary for staging and solving professional tasks, professional and personal development</li> <li>15. The ability to organizational work in the field of sports and recreation work in educational establishments, out-of-school facilities (sport tourism and orientation), summer children's camps</li> <li>16. The ability to carry out rehabilitation measures to restore the functions of the body, achieve a normal level of health, optimal physical condition of people of all ages (in particular, students of special medical groups) with different types of nosology.</li> </ul>
	7 – Program learning outcomes
Knowledge	<ol> <li>to know and to be able to use in practice the main provisions of physiology, biomechanics, morphology, psychology, biochemistry for the development of physical (motor) qualities, the formation of motor skills of people of different age groups, to have means of integral harmonious (mental, spiritual and physical) human development;</li> <li>to realize the origins and evolution of the theory of sports training, medico-biological and psychological foundations and the technology of physical education of representatives of different age groups, sanitary and hygienic basics of activities in the field of physical culture and sports;</li> <li>to know how to apply the main doctrines in the field of physical culture;</li> <li>to possess the relevant technologies of pedagogical control and correction, means and methods of human condition management;</li> <li>to know the laws and principles of learning the movement skills, to be able to use the theory and methods of development of movement skills in the basic types of moving activity;</li> <li>to know the requirements for completion of paperwork and basic regularities of documents structure for the educational process in the field of physical education and sport;</li> <li>to know the rules for the prevention of injuries and first aid regulations; to know basic methods of protection of personnel and population from possible</li> </ol>

	<ul> <li>consequences of accidents, catastrophes, natural disasters;</li> <li>9. to know the patterns of development of physical (motor) qualities in different types of moving activities;</li> <li>10. to know biological, social, psychological and other factors of health protection;</li> <li>11. to know biological, social, psychological, spiritual factors, which specify the professional significance the field of physical education and sports;</li> <li>12. to know the basic laws of natural science disciplines in professional activities, to apply the methods of theoretical and experimental research in professional activities.</li> </ul>
Ability	<ol> <li>to be able to conduct research at the appropriate level, to search, process and analyze information from various sources, to learn and master modern knowledge for its further implementation in practice;</li> <li>to be able to develop pedagogical opinion, methods of pedagogical control and quality control of training, actual didactic technologis;</li> <li>to possess pedagogical, medical-biological, information technologies for forming healthy lifestyle, development of movement skills, developing of physical (motor) qualities of representatives of different groups of population and to be able to independently develop methods and technologies for integral harmonious human development;</li> <li>to have skills in the chosen sport at the level of a qualified athlete;</li> <li>to be able to develop teaching and methodical materials (work programs, educational and thematic plans) on the basis of educational standards and exemplary programs, taking into account the type of educational institution, peculiarities of a class/group and a individual pupil;</li> <li>to be able to develop long-term and short-term plans and programs for specific classes in the field of youth sports and with athletes mass sport titles;</li> <li>to be able to define goals and tasks, plan training sessions, complete the necessary documentation for the training in physical culture and sports;</li> </ol>

	<ul> <li>9. to be able to compose planning and reporting documentation, organize and conduct mass sports events and sporting competitions;</li> <li>10. to be able to practically apply the documents of State and public bodies in the sphere of physical culture;</li> <li>11. to be able to organize activities of people with the use of different types and forms of physical activities for active rest and maintenance of healthy lifestyle, in particular, using tourism and orientation by the aid of a map and other navigation tools.</li> </ul>
Communication	<ol> <li>to possess communication skills and to be able to use them both when working with a group and each individual;</li> <li>to know how to use means of mass media, information and publicity agencies to create public opinion on physical culture as a part of general culture and health ensuring factor;</li> <li>to be able to form a communication strategy with colleagues, social partners, pupils and their parents in compliance with ethical norms;</li> <li>to organize the cooperation of students and trainees and to work effectively s in a team (pedagogical staff of educational institutions, other professional unions);</li> <li>to be able to understand the significance of culture as a form of human existence, to appreciate the diversity and multiculturalism of the world and to be guided by modern principles of tolerance, dialogue and cooperation.</li> </ol>
Autonomy and responsibility	<ol> <li>to be able to study throughout the life and improve with a high level of autonomy the acquired during the university training qualification;</li> <li>to be able to analyze socially and personally significant worldview problems, make decisions on the basis of formed value landmarks and humanistic ideals, understand the concept of sustainable human development;</li> <li>to be able to ensure an equitable and fair climate, which promotes learning of all students, regardless of their socio-economic context.</li> </ol>
8 – - Resource s	support for the implementation of the program
Personnel support	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 $30.12.2015 \text{ N}_{2}1187$ (as amended in accordance with the decree of the CMU of $10.05.2018 \text{ N}_{2} 347$ )).	
Material and technical support	Material and technical support meets the license requirements for providing educational services in the field of higher education and is sufficient to ensure the quality of the educational process.	
Information and educational - methodological support	Information and educational- methodological support of the educational program meets the license requirements, has current semantic content. Virtual learning environment of Rivne State University of the Humanities and author's development of faculty and teaching staff are used	
	9 – Academic mobility	
National Credit Mobility	Based on the bilateral agreements between Rivne State University for the Humanities and higher education establishments and scientific institutions of Ukraine.	
International Credit Mobility	Based on the bilateral agreements between Rivne State University for the Humanities and foreign education institutions.	
International applicants education	Possible	

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

Code of academic subject	Components of educational program (academic subjects, course projects (papers), practices, qualification papers)	Number of credits	Form of final control	
1	2	3	4	
	Required components of the educational program			
ОК01	History of Ukraine	3	Exam	
ОК02	Ukrainian as a foreign language	9	Exam	
ОК03	Philosophy	3	Exam	
ОК04	History of Ukrainian culture	3	Exam	
ОК05	Theory and diagnosis of health	5	Exam	
ОК06	General and developmental human anatomy	5	Exam	
ОК07	Biochemistry and biochemical foundations of physical	3	Pass/fail test	

## 2.1. List of educational and professional program components

	education		
ОК08	Human physiology and developmental physiology	5	Exam
ОК09	Computer facilities and methods of mathematical statistics	3	Pass/fail test
ОК10	Sports hygiene	3	Pass/fail test
ОК11	Health and safety with the basics of occupational safety	3	Grading test Exam
ОК12	Medico-Biological basics of physical education and sport	3	Pass/fail test
ОК13	Theory and methodology of physical education	9,5	Exam Grading test
ОК14	Pedagogy and methodology of teaching in educational institutions	6	
ОК14.01	History of pedagogy and pedagogy of physical education	2	Pass/fail test
ОК14.02	Didactics	4	Exam
ОК15	Psychology	7,5	
ОК15.01	General Psychology; Psychology of sport and healthy lifestyle	3,5	Exam
ОК15.02	Developmental, pedagogical, social psychology	4	Pass/fail test
ОК16	Fundamentals of professional pedagogical excellence	3	Exam
ОК17	Theory and methods of teaching sport and active games	25	Pass/fail test Exam
ОК17.01	Active games and fun by land water	4,5	
ОК17.02	Basketball	8	
ОК17.03	Volleyball	5	
ОК17.04	Football	5	
ОК17.05	Ping-pong	1	
ОК17.06	Handball	1,5	
OK18	Theory and methods of teaching gymnastics	12	Exam Grading test
ОК18.01	Basic gymnastics	8	
ОК18.02	Sports gymnastics	4	
ОК19	Theory and methods of teaching swimming	3	Exam
ОК20	Regional tourism and orientation	3	Grading test.
ОК21	Introduction to the speciality	6	Exam
ОК22	History of physical culture and Olympic games	3	Pass/fail test
ОК23	Theory and methods of teaching track and field athletic	8,5	Exam Pass/fail test
ОК24	Organization and management in the field of physical culture and sports facilities	3	Pass/fail test
ОК25	Theory and methods of teaching athletic disciplines	3	Exam
ОК26	Theory and methods of teaching winter sports	4	Pass/fail test
ОК27	Methods of teaching athleticism	4	Exam
ОК28	Methods of application of computer facilitiest (for professional purposes)	3	Pass/fail test
ОК29	Fundamentals of research work	3	Exam
ОК30	Sports metrology	3	Pass/fail test
ОК31	Methods of testing and control in physical education	3	Exam
ОК32	Term papers	3,0	Grading test
ОК33	Tourist practices	3,0	Grading test.

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#### 2.2 Structural and logical scheme of the bachelor's program in the branch of knowledge 01 «Education/Pedagogics» in specialty 014 «Secondary Education (Physical culture)»

Formofcertificationforhighereducationapplicants	Certification of applicants for higher education is carried out in the form of a comprehensive qualification examination or a graduation theses defence
Requirements for a comprehensive qualification exam	The complex exam is aimed at establishing educational and professional qualifications and includes tasks for testing the results of training on the theory and practice of physical education, as well as on the methods of physical education in secondary schools and extracurricular educational institutions and physical education of the youth.

#### **3.** Form of attestation 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 or defense of thesis and completes with the issuance of a document of the established sample for awarding them Bachelor degree with the following qualification: Bachelor of Secondary Education. Teacher of physical culture. Certification is open and public.

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4. Compliance matrix of the program competencies component

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

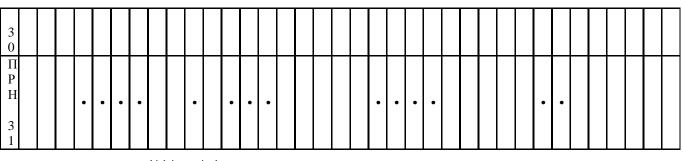
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competence, which is acquired;
 OK<sub>i</sub> – required educational program components;

 $BK_j$  – selective educational program components;

 $\Pi PH_i$  – 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.

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.