

Fundamentals of a healthy lifestyle

Work program of the discipline (Syllabus)

Details of the discipline

Level of higher education	<i>First (bachelor)</i>
Field of knowledge	<i>All</i>
Specialty	<i>All</i>
Educational program	<i>All</i>
Course status	<i>Normative</i>
Form of study	<i>Full – time (daily)</i>
Year of study, semester	<i>1st year (first and second semesters)</i>
Discipline	<i>3 ECTS credits classroom 72 hours: lectures - 18 hours, practical - 54 hours, independent work - 18 hours</i>
Semester control / control measures	<i>Credit, modular control work, calendar control</i>
Class schedule	<i>2 hours per week</i>
Language of instruction	<i>Ukrainian</i>
Information about the course leader / teachers	<i>fv.fbmi.kpi.ua https://sport-fbmi.kpi.ua/index.php/spivrobotniki</i>
Course location	

Curriculum of the discipline

1. Description of the discipline, its purpose, subject of study and learning outcomes

The main purpose of the discipline "Fundamentals of a healthy lifestyle" is to form students' motivation to lead a healthy lifestyle and the ability to use different types and forms of physical activity for active recreation and healthy living (**LC12**)

After mastering the discipline, students must demonstrate the following learning outcomes:

Knowledge:

- on the basics of human health and methods of assessment;
- on the impact of health effects of behavior on the quality of human life;
- on the principles of nutrition; $\{1\}$ on the impact of motor activity on the human body;
- on the basics of the application of motor activity programs of different directions;

Skills:

- apply the components of a healthy lifestyle in order to achieve personal and professional goals;
- to use means of motor activity for the purpose of formation of personal health;
- to control and self-control the state of the organism;
- to analyze and plan the means of motor activity in order to improve physical and mental performance, development of physical qualities.

2. Prerequisites and postrequisites of the discipline (place in the structural and logical scheme of education according to the relevant educational program)

The discipline "Fundamentals of a healthy lifestyle" belongs to the cycle of disciplines of general training, it is a mandatory component of the Educational Program.

3. Course content

The course material consists of two sections:

Section 1. Formation of motivation for a healthy lifestyle

Topic 1.1. General basics of health

Topic 1.2. Health effects of behavior

Topic 1.3. Nutrition and health

Topic 1.4. Health and age of human life

Section 2. Formation of skills and abilities of a healthy lifestyle by means and methods of motor activity

Topic 2.1. Physical activity of people of different ages, genders

Topic 2.2 Individual programs of physical activity

4. Training materials and resources

Basic training literature:

Training manuals

1. Physical education. Aerobics [Electronic resource]: textbook / KPI. Igor Sikorsky; structure. S. E. Tolmachova, N. V. Kuzmenko, A. Yu. Chekhovskaya, I. Yu. Zakharova. - Electronic text data (1 file: 4.04 MB). - Kyiv: KPI named after Igor Sikorsky, 2019. - 151 p. URL: <https://ela.kpi.ua/handle/123456789/32204>

2. Physical Education. Sports gymnastics: Technique of performing physical exercises on gymnastic shells [Electronic resource]: a textbook for bachelor's degree students / KPI. Igor Sikorsky; compiled by: I.V. Zenina, V.E. Dobrovolsky, V.I. Shishatskaya. - Electronic text data (1 file: 478.61 KB). - Kyiv: KPI named after Igor Sikorsky, 2019. - 64 p. URL: <https://ela.kpi.ua/handle/123456789/27932>

3. Physical Education. Theoretical and methodological foundations of shaping [Electronic resource]: a textbook for students who attend the section of shaping / KPI. Igor Sikorsky; compiled by: H.L. Boyko, S.V. Sharafutdinova, T.G. Kozlova, N.V. Ivanyuta, N.E. Gavrilova. - Electronic text data (1 file: 2.41 MB). - Kyiv: KPI named after Igor Sikorsky, 2018. - 139 p. URL: <https://ela.kpi.ua/handle/123456789/23598>

4. Physical Education. Fitness: textbook. way. / V.B. Zinchenko, Y.O. Usachov, VV Biletskaya, VP Semenenko and others. - Kyiv.: NAU, 2014. - 220 p. Contains general information about the organization and conduct of educational and independent classes of selective orientation with the use of practical material on various sports and physical activity (football, basketball, volleyball, table tennis, health fitness, tourism) and recommendations on the content of physical rehabilitation classes. For students of all specialties of higher educational institutions. URL: <http://er.nau.edu.ua/handle/NAU/21156>

Additional literature:

Manuals

1. Optimization of the process of teaching swimming by means of aquafitness [Electronic resource]: methodical recommendations for practical classes for students of the educational department of swimming / KPI. Igor Sikorsky; compiled by: N.A. Dakal, O.G. Cherevichko, O. Y. Kalischuk. - Electronic text data (1 file: 114.29 KB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 26 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/21002>

2. Physical Education. Athletic gymnastics for beginners (back muscles) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; structure. O.F. Tverdokhlib, M.G. Masalkin, Yu. O. Martinov. - Electronic text data (1 file: 2.67 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen. URI: Unified Resource Identifier: <https://ela.kpi.ua/handle/123456789/20607>

3. Physical Education. Athletic gymnastics for beginners (muscles of the upper extremities) [Electronic resource]: methodical recommendations for independent work of students / KPI. Igor Sikorsky; OF Tverdokhlib, AI Sobolenko, MM Koryukaev. - Electronic text data (1 file: 1.47 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 36 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20606>

4. Individualization of the educational process of students in practical classes in shaping [Electronic resource]: methodical recommendations for practical classes for students of the educational department of shaping / KPI. Igor Sikorsky; уклад .: H.L. Boyko, S. V. Sharafutdinova, T.G. Kozlova, N. V. Ivanyuta, N.E. Gavrilova. - Electronic text data (1 file: 737.41 Kbytes). - Kyiv, 2017. - 58 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20446>
5. Methodical instructions for the implementation of safety requirements and injury prevention of students in classes in athletic gymnastics in higher educational institutions [Electronic resource] / KPI. Igor Sikorsky; compiled by: O.K. Sirotynskaya, M.S. Pankratov. - Electronic text data (1 file: 155.5 KB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 24 p. - Name from the screen. URI (Unified Resource ID): <https://ela.kpi.ua/handle/123456789/20060>
6. Independent classes in physical education for students of tourism [Electronic resource]: methodological recommendations for studying the discipline / KPI. Igor Sikorsky; compiled by: V.M. Mikhailenko, S. M. Soga. - Electronic text data (1 file: 128.42 KB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 64 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/20033>
7. Physical Education. Material and technical support of the game of table tennis [Electronic resource]: methodical recommendations for studying the discipline for students of the educational department of table tennis / KPI. Igor Sikorsky; structure. L.G. Grishko, I.V. Novikova, V.K. Shcherbachenko, O.M. Chichenova. - Electronic text data (1 file: 1.45 MB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 43 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/19854>
8. Measures to prevent injuries during sports gymnastics [Electronic resource]: methodical recommendations for students who are engaged in sports gymnastics / KPI. Igor Sikorsky; structure. I.V. Zenina; resp. ed. I.Y. Khimich. - Electronic text data (1 file: 213.5 KB). - Kyiv: KPI named after Igor Sikorsky, 2017. - 38 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/19344>
9. Physical education [Electronic resource]: methodical recommendations for independent physical education classes for students of the educational department of aerobics NTUU "KPI". Methodical recommendations for students engaged in aerobics / NTUU "KPI"; structure. N. V. Ivanyuta, S. E. Tolmachova, N.V. Kuzmenko, N.V. Gradusova [etc.]. - Electronic text data (1 file: 32.4 KB). - Kyiv: NTUU "KPI", 2015. - 137 p. - Name from the screen. URI (Unified Resource ID): <https://ela.kpi.ua/handle/123456789/15480>
10. Peculiarities of organization and holding of volleyball competitions in higher educational institutions according to simplified rules [Electronic resource]: methodical recommendations / NTUU "KPI"; structure. D.M. Mishchuk. - Electronic text data (1 file: 874 Kbytes). - Kyiv: NTUU "KPI", 2015. - 29 p. - Name from the screen. URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/15477>
11. Physical Education. Methodical recommendations for performing a set of exercises with fitball for students of the aerobics department of NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. NV Ivanyuta, SE Tolmachev. - Electronic text data (1 file: 906 KB). - Kyiv: NTUU "KPI", 2015. - 42 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/11742>
12. Methodical recommendations for the organization and conduct of training sessions in the department of table tennis NTUU "KPI" [Electronic resource] / NTUU "KPI"; structure. L.G. Grishko, O.M. Chichenova, V.K. Shcherbachenko. - Electronic text data (1 file: 448 KB). - Kyiv: NTUU "KPI", 2014. - 58 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/10156> {{ 1}}
13. Development of physical qualities in shaping classes [Electronic resource]: methodical recommendations for practical classes for students of the educational department of shaping / NTUU "KPI"; structure. H.L. Boyko, O.F. Tverdokhlib, T.G. Kozlova, S.V. Sharafutdinova, N.E. Gavrilova. - Electronic text data (1 file: 1.60 MB). - Kyiv: NTUU "KPI", 2014. - 31 p. - Name from the screen.

Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/10148>

14. Methodical recommendations for performing a set of exercises on the Pilates system [Electronic resource] / NTUU "KPI"; structure. S.E. Tolmacheva, N.V. Ivanyuta. - Electronic text data (1 file: 17.1 MB). - Kyiv: NTUU "KPI", 2014. - 66 p. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/8148> {{ 1}}

15. Initial swimming training [Electronic resource]: methodical recommendations for practical classes for students who do not know how to swim / NTUU "KPI"; structure. N.A. Dakal, K.M. Smirnov, E.M. Shcheglov. - Electronic text data (1 file: 5.72 KB). - Kyiv: NTUU "KPI", 2012. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1787>

16. Methodical recommendations for practical independent classes for the development of physical qualities of students of the educational department of volleyball [Electronic resource] / NTUU "KPI"; structure. D.M. Mishchuk. - Electronic text data (1 file: 364 KB). - Kyiv: NTUU "KPI", 2009. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1783>

17. Basics of health-improving running [Electronic resource]: methodical recommendations for independent work of students at the discipline "Physical Education" / NTUU "KPI"; structure. N.M. Prus, S.M. Uskova, B.A. Feinberg, N.M. GavriloVA. - Electronic text data (1 file: 177 KB). - Kyiv: NTUU "KPI", 2012. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1781>

18. Basic aerobics in the structure of health fitness [Electronic resource]: methodical recommendations for practical classes in the discipline "Physical Education" for students of all specialties / NTUU "KPI"; structure. N.V. Gradusova, N.V. Kuzmenko. - Electronic text data (1 file: 187 KB). - Kyiv: NTUU "KPI", 2011. - Name from the screen. Description: The full text of the document is available only in the local network of the university URI (Unified Resource Identifier): <https://ela.kpi.ua/handle/123456789/1780>

Educational content

Methods of mastering the discipline (educational component)

Section 1. Theoretical and methodological principles of forming motivation for a healthy lifestyle.

Topic 1.1. General basics of health

Lecture 1. Health - as a state task and personal need of man.

The history of human knowledge of the essence of health from ancient times to the present. Concepts of health and healthy lifestyle. State approaches to the formation, strengthening and preservation of human health in the world. Human health is a global problem of today.

Practical lesson № 1. The main components of health. Essential elements of human health, spiritual well-being and harmonious development: mental, physical, social. Natural health factors. Relationship between pathology and health, normology. Mechanisms of health research.

Conducting an express survey.

Practical lesson № 2. The essence of a healthy lifestyle and the conditions of its formation. Healthy lifestyle in the national traditions of different peoples. The role of motivations and attitudes in the formation of the foundations of a healthy life of modern man. Components of HLS of modern man: way, level, quality, lifestyle, etc.

Conducting an express survey

Practical lesson № 3. Genetic aspects of health. Biorhythms and health. Mental and physical capacity of a person. Fatigue, its essence and diagnosis. Fatigue, measures to prevent it. Control and self-control over the state of the organism. Day mode.

Conducting an express survey

Topic 1.2. Health effects of behavior.

Lecture 2. Hierarchy of needs and values in human existence. Heredity, habits, preferences.

Social conditioning of human health: a hierarchy of needs and values in human existence. Heredity, habits, preferences. Formation of behavioral safety skills. Moral principles and principles of harmonization of life. Self-discipline, respect, moderation, spirituality, control of desires and emotions.

Practical lesson № 4. Human health and behaviors that contribute to the preservation and strengthening. Influence of behavior on human reserves and resources. Deviant behavior (alcohol, drug use, smoking, drug addiction, etc.) and its prevention. Social health conditions.

Conducting an express survey

Practical lesson № 5. Physical health, its essence. Adaptation potential. Modern approaches to quantifying physical health. Comprehensive assessment of physical performance: testing of physical qualities, functional diagnostics of body systems, anthropometry, assessment of the musculoskeletal system. Methods of self-assessment of human physical condition.

Conducting an express survey

Practical lesson № 6. Health and environmental factors. Health properties, color, sound, smell, etc. Psycho-emotional and mental means of regulation and self-regulation of the psychosomatic state of man. Sound-verbal, thermal, light, color, mineral and vibration means of regulation. Basics of phytotherapy. Luscher's theory of color perception. Types of temperament, definition of types of temperament. Temperament and behavior.

Conducting an express survey

Topic 1.3. Nutrition and health

Lecture 3. The impact of qualitative and quantitative parameters of nutrition on human health.

Regulation and self-regulation of the psychosomatic state of man by food. Nutrition and health. Modern theories of nutrition. Characteristics of the main food groups. The mode of a balanced rational diet: norm, periodicity, daily distribution of consumption of substances, their caloric content.

Practical lesson № 7. Modern problems of food. Harmful effects of modern food. Principles of proper nutrition. The influence of food on human behavior. Formation of human food motivation. Factors influencing the specifics of nutrition.

Conducting an express survey

Practical lesson №8. Food quality and disease. Food contamination and risk of disease. Ingredients of food and their importance for the body. Rules for the use of food products.

Conducting an express survey.

Practical lesson №9. Modern theories of nutrition. The role of water in the life of the organism. Separate and mixed, health and medical nutrition. Vegetarianism as a food system. Impact of food impurities on human health.

Conducting an express survey

Lecture 4. Environmental aspects of nutrition

Pollution factors. Environmental pollution and migration of chemical compounds. Soil and microorganisms. Chemical elements in the soil that cause disease. Food cleaning technologies.

Practical lesson № 10. Determination of body weight components and methods of its correction. Features of nutrition in representatives of different somatotypes. Features of dietary nutrition. The effect of nutrition on biota. Features of sports nutrition. Antidepressant products.

Conducting an express survey

Practical lesson №11. Problems of hidden starvation: the impact of vitamin and micronutrient deficiencies on health. The influence of diet on metabolic processes in the body. Pyramid of healthy eating. Features of nutrition in case of psychosomatic disorders.

Conducting an express survey

Topic 1.4. Health and age of human life

Lecture 5 Age-related changes in personal potential.

Determination of the human biological age. The concept of "psychosomatic state of a man". Psychosomatic disorders, their characteristics. Means of regulating the psychosomatic state. Mental

health. Psychosomatic overload and factors of its occurrence. Stress, its concept. Stress resistance in different periods of life, prevention of disorders.

Practical lesson 12. Age periodization of human life. Crises of age in human life. Emotional discomfort as a factor in psychosomatic disorders. Prevention of psychosomatic disorders. Individuals at risk at different ages. Stress factors.

Practical lesson № 13. Execution of modular control work (part 1)

Section 2. Formation of skills and abilities of a healthy way of life by means and methods of motor activity.

Topic.2.1. Motor activity of people of different ages, genders

Lecture 1. The essence of the motor activity. The effect of motor activity on the human body. A healthy spine as a guarantee of effective functioning of internal organs and systems. Age features of the physical activity application.

Practical lesson № 1. Motor activity as a biological need of the organism. Hypodynamia and hypokinesia and their effect on the human body. Norms of a motor activity. Influence of motor activity on the state of the musculoskeletal system.

Conducting an express survey

Practical lesson № 2. Exercise as a means of non-specific prevention of functional disorders and diseases. Types of exercise. Principles of motor activity. Relationship between physical activity and physical, mental and social aspects of health. The influence of various factors on motor activity and the body's need for it.

Conducting an express survey

Practical lesson № 3. Age dynamics of reduced human performance. Factors reducing human performance. Manifestation of physical qualities at different ages. Disease prevention at different ages.

Conducting an express survey

Lecture 2. Rehabilitation systems.

Health systems at the present stage of development of physical culture. Wellness systems and their components. Classification of basic natural health systems. Scientifically based, folk and traditional health systems.

Practical lesson № 4. Systems of psychical-emotional recovery: Norbekov's system, yoga, qigong, wushu, oriental martial arts with a system of ethical rules and physical exercises. Conducting an express survey.

Practical lesson № 5. Respiratory health systems: Buteyko breathing; breathing on Strelnikova; Bragg breathing, Wim Hoff system. Bodyflex system.

Conducting an express survey.

Practical lesson № 6. Health nutrition system: Mouton nutrition system. Power system H. Please. Garbert Shelton system (separate power supply). Veganism and vegetarianism. Interval fasting system.

Practical lesson № 7. Body cleansing systems: Malakhov purification system (kidney cleansing); Peter Kurinny's system (liver cleansing); Norbert Walker lymph cleansing system with citrus juices

Conducting an express survey

Practical lesson №8. Hardening systems of the organism: Zalmanov's hardening system; Kneipp hardening system; natural healing system Porphyry Ivanov "Baby"; Wim Hoff system.

Conducting an express survey.

Practical lesson №9. Physical development systems: Lidyard system "Running from a heart attack"; Amosov System "Limit and Load Mode", "Thousand Movements",

Jane Fonda Aerobics - a combination of gymnastics and dance with music; J. Pilates system; Moshe Fendelkrais's method - awareness through movement; Athletic gymnastics "Bodybuilding" - a system of exercises with weights to improve the "body structure", Aqua aerobics (hydroaerobics) - an energy-producing, intense system of aerobic exercises performed in water.

Conducting an express survey

Topic 2.1 Individual programs of physical activity

Lecture 3. Rationale and application of programs of physical activity in different areas. The purpose and objectives of training programs for health and sports. Principles of health training. Taking into account the individual characteristics of a person when compiling training programs for health. Orientation of training programs.

Practical lesson № 10. Characteristics of loads applied in training programs. The structure of the training session. Features of the use of physical activity of different orientation.

Conducting an express survey

Lecture 4. Methods of mastering programs on motor activity of different orientation. Methods of development of physical qualities of the person. Methods of restoring physical fitness.

Practical lesson № 11. Techniques of stretching and increasing mobility in the joints. Methods of development of coordination abilities and dexterity. Methods of aerobic and anaerobic training.

Conducting an express survey

Practical lesson № 12. Methods of strength training. Methods of development of speed and speed-force manifestations.

Carrying out of express-survey

Practical lesson № 13. Execution of modular control work (part 2)

Practical lesson № 14. Conducting a test

6. Independent work of the student

Preparation for practical classes, calculations based on primary data obtained during and after functional tests (at the beginning of each month), performance of modular control work, keeping a diary of self-control

Independent student work (18 hours) involves preparation for classroom activities and control activities, calculations based on data obtained during the performance of functional tests.

Distribution of RSM hours: preparation for practical classes - 9 hours; preparation for MCW - 6 hours; preparation for the test - 3 hours.

Policy and control

7. Policy of the discipline (educational component)

System of requirements for students:

Rules of conduct in the classroom: compliance with safety requirements.

Rules for the protection of individual tasks: compliance with the principle

Rules for awarding incentive points: incentive points are awarded for: positive dynamics of physical condition in the diary of self-control (5... + 7 points), performance of analytical work on topics agreed with the teacher up to 10 points.

- policy of deadlines and rescheduling: classes that are missed without good reason, are completed in the allotted time at the end of the semester. Students have the possibility of two reshuffles in the presence of the commission.

- other requirements that do not contradict the legislation of Ukraine and regulations of the University: when taking the test students must follow safety rules.

- policy on academic integrity : policy, principles of academic integrity and norms of ethical behavior of students and employees of the University are defined in the code of honor of KPI named after Igor Sikorsky (see: [https // kpi.ua / code](https://kpi.ua/code)).

8. Types of control and rating system for assessing learning outcomes (RSM)

The first semester

1. Completion of test tasks in practical classes

In practical classes № 1-12 test tasks are evaluated in 2 points.

The maximum number of points for test tasks - 24 points.

2. Modular test

Conducted in the 13th practical lesson in the form of a test containing 20 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 20 points.

3. Keeping a Self-Monitoring Diary

Keeping a diary is kept monthly.

Maximum score is 6 points.

Calendar control is performed during the semester as a monitoring of the current state of compliance with the syllabus requirements. A student receives a positive result from the QC when his/her current rating score is at least 50% of the maximum possible.

Second semester

1. Completion of test tasks in practical classes

In practical classes №1-12 test tasks are evaluated in 2 points.

The maximum number of points for test tasks - 24 points.

2. Modular test

Conducted in the 13th practical lesson in the form of a test containing 20 test tasks, each correct answer is evaluated in 1 point.

Maximum score - 20 points.

3 . Keeping a Self-Monitoring Diary

Keeping a diary is kept monthly.

Maximum score is 6 points.

Calendar checks are performed twice a semester to monitor the current status of syllabus requirements. A student receives a positive result from the QC when his current rating score is at least 50% of the maximum possible at the time of the QC.

The final assessment of the student's mastery of the educational component is assessed by the result of his work for the semester with the transfer of his rating points to the university assessment scale (Table 1).

The final student's rating cannot exceed 100 points!

Semester control - credit.

If a student scores less than 60 points in the 1-2 semester or wants to increase his / her rating score, then in the last scheduled session in the 2nd semester (18th week), he / she is given the ability to perform a test, and its previous rating is revoked.

Test is conducted in the form of testing. The student is offered an integrated test containing 50 questions, each correct answer is evaluated in 2 points.

The maximum number of points for the integrated test is 100 points.

The points obtained by the student for the integrated test are translated into a grade on a university scale:

Table 1

Correspondence of rating points to grades on the university scale:

Student Score	University Score	Student rating points	University grade
	95 – 100		Excellent
	85 – 94		Very Good
	75 – 84		Good
	65 – 74		Satisfactory
	60 – 64		Sufficient
	< 60		Unsatisfactory

9. Additional information on the discipline (educational component)

During the study material on the subject provides the use of modern technologies in the educational process. During the academic period, students are expected to use tools and methods of self-

control over their health, their compliance with the requirements for the prevention of injuries and diseases, keeping diaries of self-control over the state of the body.

Compiled by: Acting Head of the Department of Physical Education, Ph.D., Associate Professor, Boyko Hanna Leonidivna

Head of the Department of Sports Improvement, Ph.D., Associate Professor, Novitsky Yuriy Volodymyrovych

Approved by the Department of Physical Education _____ (protocol № 5 from 21.01.2021 . _____)

Approved by the Department of Sports Improvement _____ (protocol № 3 from 15 01. 2021. _____)

Approved by the Methodical Council of the University (Minutes № 6 of 25.02.2021)