

MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE
KYIV NATIONAL UNIVERSITY OF TECHNOLOGY AND DESIGN

EDUCATIONAL AND PROFESSIONAL PROGRAMM

FITNESS AND RECREATION

Level of higher education	<u>first (bachelor's)</u>
Degree of higher education	<u>Bachelor</u>
Field of knowledge	<u>01 Education / Pedagogy</u>
Specialty	<u>017 Physical Education and Sport</u>
Qualification	<u>Bachelor of physical culture and sports</u>

LETTER OF AGREEMENT

EDUCATIONAL AND PROFESSIONAL PROGRAMM

PREFACE

DEVELOPED: Kyiv National University of Technology and Design

DEVELOPERS :

Guarantor of the educational program

Kolumbet Oleksandr Mykolayovych , Doctor of Pedagogical Sciences, Professor, Professor of the Department of Physical Education and Health of Kyiv National University of Technology and Design.

Working group members:

Dudorova Lyudmyla Yuriyivna, Doctor of Pedagogical Sciences, Professor, Head of the Department of Physical Education and Health of Kyiv National University of Technology and Design.

Parishkura Yuliya Volodymyrivna , Candidate of Pedagogical Sciences, Associate Professor, Associate Professor of the Department of Physical Education and Health of Kyiv National University of Technology and Design.

Yeskova Darya Stanislavivna, student of the Educational and Scientific Institute of Law and Modern Teaching Technologies of the Kyiv National University of Technology and Design

REVIEWS OF EXTERNAL STAKEHOLDERS :

1. Korovaeva B.M, head of the public organization "Horizon-17";
2. Lysenko Natalia, director of the training and coordination center "ACCORD";
3. Babych V.S, Deputy Director of Research and Production Enterprise "INCOS";
4. Petrikey S.V, President of the Chernihiv Sports Club "Hand-to-Hand Fight";
5. Maksimchuk B.A, director of the sports club "Maximus";
6. Grachov S.A, director of the sports club "Grachov Sport".

1. Profile of the educational-professional program Fitness and recreation

1 - General information	
Full name of the institution of higher education and structural unit	Kyiv National University of Technology and Design. Department of Physical Education and Health.
Higher education degree and qualification in the original language	The level of higher education is the first (bachelor's). Degree of higher education - bachelor. Field of knowledge - 01 Education / Pedagogy Specialty - 017 Physical Education and Sport.
Type of diploma and scope of educational program	Bachelor's degree, single, 240 ECTS credits / 180 ECTS credits for a reduced period of study.
Availability of accreditation	-
Cycle / level	National Qualifications Framework of Ukraine - level 6.
Prerequisites	Complete general secondary education, professional higher education or junior bachelor's degree (junior specialist). In accordance with the Standard of Higher Education in the specialty based on the degree of junior bachelor (OQR of the junior specialist), the University recognizes and recalculates ECTS credits received within the previous educational program of junior bachelor (junior specialist).
Language (s) of instruction	Ukrainian
Term of the educational program	-
Internet address of the permanent placement of the description of the educational program	http://knutd.edu.ua/ekts/
2 - The purpose of the educational program	
The main goal of the program is to train a competent competitive specialist in fitness and recreation, able to independently solve complex specialized problems and practical problems in the process of professional activity in the field of physical culture and sports, with wide access to employment.	
3 - Characteristics of the educational program	
Subject area	The program is focused on the formation of applicants for competencies to acquire deep knowledge, skills and abilities in the specialty. Compulsory educational components - 75%, of which: disciplines of general training - 6.7%, vocational training - 67.3%, practical training - 13%, learning a foreign language - 13%. Disciplines of free choice of students - 25% are selected from the general university catalog in accordance with the approved procedure at the University.
Orientation of the educational program	Educational-professional program for bachelor's degree preparation.
The main focus of the educational program	Emphasis on the formation and development of professional qualities of a modern fitness trainer and a universal specialist in recreation.
Feature of the educational program	The uniqueness of the program lies in taking into account in the preparation of applicants for fitness and recreation, which forms an awareness of a wide range of opportunities for the implementation of acquired competencies in the field of physical culture and sports.
4 - Suitability of graduates for employment and further study	
Suitability for employment	Graduates can work in general secondary education institutions, fitness centers, fitness clubs, sports and health centers, sports centers for all, fitness centers. The specialist can hold the following positions: fitness trainer; leisure specialist; instructor of health and sports tourism (by types of tourism); aerobics instructor; instructor-methodologist of the gym (hall); combat and physical training instructor; instructor-methodologist in physical culture and sports; instructor-methodologist in industrial gymnastics; physical education teacher.

Further training	Opportunity to study according to the educational-scientific or educational-professional program of the second (master's) level of higher education .	
5 - Teaching and assessment		
Teaching and learning	Student-centered and problem-oriented learning, internship learning and self-study are used. The system of teaching methods is based on the principles of purposefulness, binary - active direct participation of research and teaching staff and students of higher education. Forms of organization of the educational process: lecture, seminar, practical lesson, practical training, independent work, consultations development of term papers.	
Evaluation	Oral and written exams, testing, essays, term papers, presentations, reports.	
6 - Program competencies		
Integral competence (IC)	Ability to solve complex specialized tasks and practical problems in the field of physical culture and sports or in the learning process, which involves the application of theories and methods of science in physical education and sports, and is characterized by complexity and uncertainty of conditions.	
General competencies (GC)	GC 1	Ability to learn and master modern knowledge.
	GC 2	Ability to plan and manage time.
	GC 3	Ability to communicate in the state language both orally and in writing.
	GC4	Skills in the use of information and communication technologies.
	GC5	The ability to exercise their rights and responsibilities as a member of society, to realize the values of civil (democratic) society and the need for its sustainable development, the rule of law, human and civil rights and freedoms in Ukraine.
	GC6	Ability to communicate in a foreign language.
	GC7	Ability to work in a team.
	GC8	Interpersonal skills.
	GC9	The ability to be critical and self-critical.
	GC10	Ability to preserve and multiply moral, cultural, scientific values and increase the achievements of society based on understanding the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, technology.
	GC11	Ability to act on the basis of ethical considerations (motives).
	GC12	Ability to apply knowledge in practical situations.
Professional competencies (PC)	PC1	The ability to ensure the formation of physical culture of the individual.
	PC2	Ability to train and support the participation of athletes in competitions.
	PC3	Ability to organize health and recreational physical activity of different groups.
	PC4	Ability to identify measures for physical rehabilitation and forms of adaptive sports for people who need them.
	PC5	The ability to strengthen human health through the use of physical activity, nutrition and other factors of a healthy lifestyle.
	PC6	Ability to understand the retrospective of the formation of the sphere of physical culture and sports.
	PC7	Ability to apply knowledge about the structure and functioning of the human body.

	PC8	Ability to carry out training, education and socialization of a person in the field of physical culture and sports, using various pedagogical methods and techniques.
	PC9	Ability to perform biomechanical analysis of human motor actions.
	PC10	Ability to provide pre-medical care during emergencies.
	PC11	The ability to analyze the manifestations of the human psyche during physical education and sports.
	PC12	Ability to use sports facilities, special equipment and inventory.
	PC13	Ability to apply modern management technologies to the subjects of physical culture and sports.
	PC14	Ability for continuous professional development.
7 - Program learning outcomes		
Knowledge and understanding:		
PLO 1	Know the methods of research on the problems of physical culture and sports, preparation and design of scientific work.	
PLO2	Know and understand the essence, principles, methods, forms and organization of the process of learning and education.	
PLO3	Have basic knowledge of research on physical culture and sports, preparation and design of scientific work	
PLO 4	Know the regulations and legal acts governing professional activities.	
Application of knowledge and understanding (skills):		
PLO5	To analyze social processes in the field of physical culture and sports, to demonstrate their own vision of ways to solve existing problems.	
PLO 6	Communicate in Ukrainian and foreign languages in a professional environment, have professional terminology and professional discourse, adhere to the ethics of business communication.	
PLO 7	Be able to process data using modern information and communication technologies.	
PLO8	Demonstrate skills of independent work, demonstrate critical and self-critical thinking.	
PLO 9	Assimilate new professional information, evaluate and present their own experience, analyze and apply the experience of colleagues.	
PLO 10	To carry out training of motor actions and development of motor qualities of the person in the conditions of various forms of the organization of employment by physical exercises.	
PLO 11	Assess a person's physical activity and physical condition, compile and implement fitness training programs, organize and conduct physical culture and health activities.	
PLO 12	To substantiate the choice of measures for physical culture and sports rehabilitation and adaptive sports.	
PLO 13	Use the acquired skills and abilities of popular types of motor activity of health-improving orientation.	
PLO14	Apply in professional activities knowledge of anatomical, physiological, biochemical, biomechanical and hygienic aspects of physical culture and sports.	
PLO 15	To determine the functional state of the human body and justify the choice of means of prevention of overstrain of the body systems of persons engaged in physical culture and sports.	
PLO 16	Analyze mental processes, states and properties of a person during physical culture and sports.	
PLO 17	Provide pre-medical care for emergencies and pathological processes in the human body.	
PLO 18	Argue management decisions to solve problems that arise in the work of subjects of physical culture and sports; have leadership skills.	
PLO 19	Use regulations and legal acts governing professional activities.	
PLO 20	Apply the acquired theoretical knowledge to solve practical problems and meaningfully interpret the results.	
PLO 21	Take measures to train athletes, organize and hold sports competitions.	
Formation of judgments:		

PLO 22	Analyze the processes of formation and development of various sports, the Olympic movement and Olympic education at the international and national levels .
PLO 23	Demonstrate readiness to strengthen personal and public health through the use of physical activity and other factors of a healthy lifestyle, outreach among various groups
PLO24	Demonstrate knowledge of the problems of using pharmacological agents (doping) in sports and the specifics of their impact on the human body during exercise.
8 - Resource support for program implementation	
Staffing	All scientific and pedagogical workers who provide the educational program on qualification, correspond to a profile and a direction of the educational components which are taught; have the necessary experience of pedagogical work and experience of practical work. In the process of organizing training, professionals with experience in the specialty are involved .
Logistics	Logistics allows to fully ensure the educational process throughout the training cycle of the educational program. The condition of the premises is certified by sanitary and technical passports that comply with current regulations.
Information and educational and methodical support	The program is fully equipped with an educational and methodological complex of all components of the educational program, the availability of which is presented in the modular environment of the educational process of the University.
9 - Academic mobility	
National mobility	credit Provides for the possibility of academic mobility in some educational components that provide the acquisition of general or professional competencies.
International mobility	credit The program develops prospects for participation and internships in research projects and academic mobility programs abroad. Performed in an active research environment, is a mobile program "Double Diploma" with Polish universities (University of Warsaw, University of Dabrowa Gornica).
Training of foreign applicants for higher education	Training of foreign applicants for higher education is carried out according to accredited educational programs.

2. The list of components of the educational-professional program and their logical sequence

2.1 List of components of the educational-professional program of the first (bachelor's) level of higher education

Code	Components of the educational program (academic disciplines, term papers (projects), practices, qualification work)	Number of credits	Form of final control
Mandatory components of the educational program			
General training cycle			
MC 1	Ukrainian and foreign culture	3	test
MC 2	Foreign language (English , German , French)	12	examination
MC 3	Business Ukrainian language	3	test
MC 4	Philosophy, political science and sociology	6	examination
MC 5	Foreign language of professional orientation (English)	12	examination
Total from the cycle		36	
Training cycle			
MC 6	Human anatomy and physiology	9	examination
MC 7	Medical and biological bases of physical culture and sports	18	examination
MC 8	Pedagogical and legal bases of physical culture-sports and recreational activity	3	examination
MC 9	Psychological bases of physical culture and sports and recreational activity	3	test
MC 10	Theory and methods of physical culture	12	examination
MC 11	Biomechanics of physical exercises with basics of sports metrology	9	examination
MC 12	Theory and methods of sport	6	examination
MC 13	Methods of teaching sports	15	examination
MC 14	Recreational technologies	20	examination
MC 15	Course work on the subject "Recreational Technologies"	1	examination
MC 16	Fitness technology	20	examination
MC 17	Course work on the subject "Fitness Technology"	1	examination
MC 18	Psychophysiology of motor activity	3	test
MC 19	Educational practice	6	test
MC 20	Internship	18	test
Total from the cycle		144	
The total amount of mandatory components		180	
Selective components of the educational program			
DFCF	Disciplines of free choice of the student	60	test
The total amount of sample components		60	
TOTAL VOLUME OF THE EDUCATIONAL PROGRAM		240	

3. Form of certification of applicants for higher education

Form of certification of applicants for higher education	Attestation of a graduate an educational program is carried out of the form of an attestation exam
Document of higher education	Bachelor's degree with educational qualification: Bachelor of Physical Education and Sport/.

4. Matrix of correspondence of program competences to components of the educational-professional program

	GC1	GC2	GC3	GC4	GC5	GC6	GC7	GC8	GC9	GC10	GC11	GC12	PC1	PC2	PC3	PC4	PC5	PC6	PC7	PC8	PC9	PC10	PC11	PC12	PC13	PC14
MC1	x	x	x		x					x																x
MC 2	x	x			x	x																				x
MC 3	x	x	x		x			x		x																x
MC 4	x	x	x		x				x	x	x		x													x
MC 5	x	x			x	x																				x
MC 6	x	x		x	x														x							x
MC 7	x	x		x	x								x						x			x				x
MC 8	x	x			x			x	x				x							x			x			x
MC 9	x	x			x			x	x				x							x			x		x	x
MC 10	x	x			x								x													x
MC 11	x	x			x																x					x
MC 12	x	x		x	x			x										x							x	x
MC 13	x	x		x	x		x	x	x		x	x	x	x	x					x					x	x
MC 14	x	x			x		x	x				x			x	x	x								x	x
MC 15	x	x			x													x							x	x
MC 16	x	x			x		x	x				x					x	x							x	x
MC 17	x	x			x													x							x	x
MC 18	x	x		x	x					x	x											x			x	x
MC 19	x	x	x		x		x	x	x		x	x	x	x	x	x	x		x					x	x	x
MC 20														x				x						x		

5. Matrix for providing program learning outcomes with relevant components of the educational-professional program

	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	PLO 11	PLO 12	PLO 13	PLO 14	PLO 15	PLO 16	PLO 17	PLO 18	PLO 19	PLO 20	PLO 21	PLO 22	PLO 23	PLO 24
MC1						x		x																
MC 2						x		x																
MC 3						x		x															x	
MC 4					x			x																
MC 5						x		x																
MC 6			x					x						x						x				
MC 7			x					x				x		x	x					x				x
MC 8				x				x												x				
MC 9								x							x	x				x			x	
MC 10		x		x				x												x				
MC 11			x				x	x			x									x				
MC 12		x						x										x		x	x		x	x
MC 13		x						x		x	x		x		x		x			x		x		
MC 14								x		x	x	x			x		x			x		x		
MC 15	x							x	x											x				
MC 16		x						x		x	x		x							x		x		
MC 17	x							x	x											x			x	
MC 18								x			x				x	x				x				
MC 19				x	x		x	x	x	x	x	x	x	x	x		x	x	x	x		x		
MC 20																					x		x	