REG « Regulations on ELM of NUPh» REG A 2.5 – 25 – 124

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|  | COURSE SCHEDULE OF Practical classeson Physical training Health fitnessfor the first yearin specialty 226 Pharmacy for foreign studentsPh.m. (5,0) – 01, 02, 03. 04 .05. 06. *Fall autumn Semester, 2017-2018 academic year* |

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| **The name of the content modules and themes** | **Volume in hours, day form** |
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| **date** | **Hours** | **Lecturer** |
| Course Content Module 1Basic Health fіtness. |
| Topic 1. The safety of instruction in the three types of aerobic classes, classic, dance and step aerobics. | 04.09-17.09 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
|  Topic 2. The studying and mastering of the basic steps of classic aerobics. The movement of hands and the formation of complex exercises. | 18.09-01.10 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 3. The basic steps of dance aerobics. Learning and mastering the dance combinations. The formation of complex dance exercises. | 02.10-15.10 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 4. The studying and mastering of step aerobics. Working the hand and arm motions while performing on the step platform to complete a complex exercise. | 16.10-29.10 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 5. Review the contents of module 1. | 30.10-05.11 | 2 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Course Content Module 2. Studying the technique of exercising exercises on the development of special physical qualities with the help of fitness fitness. |
| Topic 6. Main type of health fitness. Shaping, stretching and calisthenics. Mastering the foundations by means of developing flexibility. | 06.11-19.11 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 7. Learning the basic techniques of movement in shaping. Then putting together complex exercises. Development of endurance and health fitness.  | 20.11-03.12 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 8. Study technique for performing basic movements in calisthenics Learn a complex set of exercises. For the development of endurance.  | 04.12-17.12 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 9. Study of technique for performing basic movement of stretching. Learn a complex set of exercises and build endurance.  | 18.12-24.12 | 2 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Topic 10. Review the contents of module 2. | 25.12-07.01 | 4 | Pavlenko E.E.Shushpanova Yu.V.Korolinskaya S.V. |
| Together with the content module. |  | 36 |  |

Classes takes place on Gym at No. 2, 3, 4

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Department Chairman, Loboda V.S.

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