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

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|  | COURSE SCHEDULE OF PRACTICAL CLASSES  on Physical training  **«**Mini- football» for the first year  in specialty 226 Pharmacy for foreign students.  Ph.m.17\*(5,0)-01. 02. Ph.m.17 (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 1.General physical training. Movement techniques for footballer. | | | |
| Topic 1. The safety of instruction in the three types of football. Rules of the game. General developmental exercises (in motion, in pairs, in threes, in a group). Moving games with elements of football. | 04.09-17.09 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 2. Study technique movement. Running, jumping, stopping, turning. Mastering the basic means of dexterity development. Relays with elements of football. | 18.09-01.10 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 3. Study technique stop the ball. Stops: sole, inner side of the feet, lift, thigh, chest and abdomen. Mastering the basic means of dexterity development. | 02.10-15.10 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 4. Study technique dribbling ball. Doing catching and passing the ball in different ways and standing still. Mastering the basic means of developing strength. | 16.10-29.10 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 5. Review the contents of module 1. | 30.10-05.11 | 2 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Course Content Module 2.The study of the technique of performing exercises for the development of special physical qualities. | | | |
| Topic 6. Study technique the game of the fielder. Technique of movement and possession of the ball. Mastering the basic means of dexterity development. | 06.11-19.11 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 7. Study technique kick the ball. Studying the technique of punched punch. Mastery of the basic means of development and improvement of power qualities. | 20.11-03.12 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 8. Study technique selection of the ball. Combination of methods of movement with the technique of possession of the ball. Mastering the basic qualities of speed development. | 04.12-17.12 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 9. Study technique stop the ball. Stopping the ball with the sole, inside the foot, lifting, thigh. | 18.12-24.12 | 2 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Topic 10. Review the contents of module 2. | 25.12-07.01 | 4 | LobodaV.S.  Pavlenko E.E.  Shushpanova Yu.V.  Korolinskaya S.V. |
| Together with the content module. |  | 36 |  |

Classes takes place on Gym at No. 1, 2, 3.

Department Chairman, Loboda V.S.

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