

BORYS GRINCHENKO KYIV UNIVERSITY

"APPROVED"

the decision of the Academic Council of
Borys Grinchenko Kyiv University
March 23, 2017, Minutes No. 3

ACADEMIC PROFESSIONAL PROGRAM

017.00.02 Coaching activity (in selected sport)
the first (bachelor's) degree of higher education

Branch of knowledge:	01 Education, Pedagogy
Specialty:	017 Physical Culture and Sports
Educational qualification:	Bachelor of Physical culture and Sports
Professional qualification:	3475 - Sports coach 2320 - Teacher of physical culture

Launched on 01. 09 2017
(order from 26. 05. 2017 p. № 348)

Introduction

The academic professional program was developed on the basis of the Law of Ukraine dated 01.07.2015 №1556-VII "On Higher Education" including the requirements of the Standard of higher education project for the first (Bachelor) level. Specialty: 017 Physical culture and sport

Developed by a working group including:

V. Biletska, Candidate of Sciences in Physical Education, Associate Professor, Head of the Department of Sport Training of the Faculty of Health, Physical Education and Sports (head of the project team);

H. Lopatenko, Candidate of Sciences in Physical Education and Sports, Dean of the Faculty of Health, Physical Education and Sports;

O.Leontieva, Head of the SMC of Standardization and education quality

Independent experts:

O. Shynkaruk, Doctor of Physical Education and Sports, Professor, Head of the Department of Innovative and Informative Technologies in Physical Culture and Sports of the National University of Physical Education and Sports of Ukraine

A. Bakum, Candidate of Sciences in Physical Education and Sports, Master of Sports in Ukraine in fencing, Fencing coach at the Ivan Piddubny Olympic College

Reviews of professional associations/ employers:

A.Antonenko , master of sports of the international class on football, team manager of the "Obolon-Brovary" U 19 of the football club "Obolon-Brovary" (Kyiv)

The Educational Programme has been introduced since 2017.

The term of the Educational Programme is reviewed every four years.

Updated:

Date of revision of AP / amendments to AP			
Signature			
AP guarantor name			

I. Profile of the Academic program 017 «Physical culture and sport»

1 – General Information	
Full name of the higher educational institution and the structural unit	Borys Grinchenko Kyiv University, Ukraine Faculty of Health, Physical Education and Sports
Level of the higher education and the qualification (in original language)	Level of the higher education (bachelor) Specialty: 017 Physical culture and sports Educational program: 017.00.02- Coaching activity in selected sport Educational qualification: Bachelor of Physical culture and Sports Professional qualification: 3475 – Sports coach, 2320 – Teacher of physical culture.
Official Program title	017.00.02 Coaching activity in selected sport
Type of diploma and volume of the Program	Bachelor`s degree, unitary, 240 credits ECTS / terms of study 3 years 10 months
Availability of Accreditation	National Agency for Quality Assurance in Higher Education Ukraine Application deadline for accreditation – 2021
Cycle / Level	National Qualifications Framework of Ukraine - 7th level ,FQ-EHEA - first cycle, EQF-LLL - 6th level
Prerequisites	Availability of full secondary education
Language (s) of Teaching	Ukrainian
Validity of the Program	by 2021
Internet address of the program	kubg.edu.ua
2 - The Program Objectives	
The aim of the Program is to train qualified and competitive specialists who works in sphere of physical culture and sports and would be capable of solving complicated specialized tasks and practical problems in the process of professional activity which is related to physical culture and sports, having wide access to future employment.	
3 - Characteristics of the Program	
Subject area (branch of knowledge, specialty, specialization)	<p>Research Objects and Activities: The aim is to provide people with physical activity, first of all with their harmonious, physical development and healthy lifestyle; a unified comparison of people achievements in physical fitness by preparation organizing sport competitions and appropriate preparation for it.</p> <p>Educational Objectives (expected application of acquired competencies) – the formation of the ability to solve complex specialized tasks and practical issues during the process of professional occupation in the field of physical culture and sports, that presuppose the appliance of relevant theories and methods and is characterized by conditions uncertainty and complexity.</p> <p>Theoretical content of the subject area (ideas, concepts, principles and their usage during explaining the facts and forecasting the results) To operate with knowledge of the social and humanitarian, fundamental and professional training the subjects that is necessary for further resolving of professional - oriented and scientific-research tasks; general theories and modern concepts of physical culture and sports; to operate the knowledge of legislative acts and normative documents; communicative awareness in the professional field, awareness about the basics of business communication, the basics of business foreign</p>

	<p>language, learning skills, education and socialization of personality. Methods, techniques and technologies (that qualified student has to master for use in practice): involving different groups of people in physical education and sports; sports and fitness training, physical education and sports rehabilitation; prevention of diseases and injuries, first-aid provision, promote healthy lifestyle; organization and conducting of sports, recreational and sports events; management of subjects in the field of physical culture and sports</p> <p>Equipment (objects, devices and equipment that a student learns to apply and use): sports facilities; sports equipment and gear; scientific equipment, technical means of training.</p> <p>The correlation of general, professional components and elective components:</p> <p>Compulsory part (180 credits, 75 %): subjects aimed to forming general competencies (24 credits), a block of medical and biological subjects (28 credits), a block of psychological and pedagogical subjects (16 credits), a block of theory and technologies of recreational motor activity and sports mastery (73 credits), attestation (3 credits). The total of educational, academic, pre-diploma practice: 36 credits. Elective part (60 credits, 25%).</p>
The Program data	Educational-oriented (bachelor`s degree) oriented to provide future coaches in selected sports
The main focus of the Program and Specialization	Specialized education in the field of physical culture and sports
Important features of the Program	<p>In order to prepare students for future professional activities (in real environment) and obtain bachelor`s qualification in physical culture and sports the program provides students with:</p> <ul style="list-style-type: none"> - systemic theoretical knowledge in the field of physical culture and sports with advanced study of the general theory of athletes training, Olympic and professional sports; - modern competencies and practical skills to involve various groups of population in sports and physical education; sports training, prevention of diseases and injuries, provision of first-aid, promotion of healthy lifestyle; organization and conducting of health, recreational and sports events; management of subjects in the field of physical culture and sports; -Involving champions and professionals who work both in the field of physical education and sports (leading coaches, sports managers, heads of sports clubs, etc.) to participate in teaching activities
4 – Eligibility of graduates for employment and further education	
Employment eligibility	<p>Work-places in sports organizations, sports schools, federations of sports, nation and club teams, secondary schools, sports and health centers.</p> <p>According to the National Classification of Professions DK 003: 2010, specialists who have received education in the educational program "Coaching in the selective sport" may occupy the following primary positions:</p> <p>3475 - a sports coach (federation, nation or club team, sports school, etc.).</p> <p>3475 – coach instructor (sports school, section, etc.)</p> <p>3475 – coach Methodologist</p>

	2320 - teacher of physical culture By the decision of examination committee, based on the professional mastery in special blocks of subjects and the curriculum performance, which is confirmed by successful attestation procedures, a graduate receives professional qualification "coach of the selected sport", "teacher in physical culture".
Further Education	Possibility to gain the second (master's) level in the 017 "Physical Culture and Sport" specialty or other related (continued) specialties which relate to "Education / Pedagogy", as well as other interdisciplinary master's programs.
5 – Teaching and evaluation	
Teaching and studying	Student-driven education, which involves strengthening of practical orientation, democratic principles of teaching, with an individual, pragmatic, creative approach. Pragmatic training, contextual learning, problematic technology teaching, interactive teaching methods, using elements of distance learning, project work, education, academic and training practices, course papers, bachelor`s paper.
Assessment	An accumulative rating system, which involves assessing students in relation to all types of instructor-led and extracurricular activities in the form of current, intermediate and / or final (semester) control, as well as attestation.
6 – Program competencies	
Integrated competency	Students are able to acquire academic skills for solving complex tasks and problems in the field of physical culture and sport, which is characterized by complexity and partial distinctness of conditions.
General competencies (GC)	GC 1 Ability to understand significance of self-development in relation to historical experience and European values; preservation of spiritual traditions of Ukrainian nationality in the European cultural expanse; to have a clear comprehension about benefits of a healthy lifestyle and accepting them as their own values, understanding the essence and social significance of the future profession.
	GC 2 Ability to exercise the rights and obligations of a citizen of Ukraine; the ability to make a conscious social choice and apply democratic technologies of decision-making ; to respect Ukrainians, the state of Ukraine, its symbols, culture, language; ability to act with social responsibility and public consciousness..
	GC 3 Ability to use interpersonal communication, emotional stability, tolerance; ability to apply team - work; articulate Ukrainian, accordingly to the norms of the culture of speech, communication basics in foreign languages.
	GC 4 Ability to employ independent cognitive activity, self- organization and self-development; focus on the development of personal potential and self-realization.
	GC 5 Ability to keep to self-education in form of "self-education throughout life-time", formation of conceptual provisions onto effective professional self-presentation in the field of physical culture and sports, the ability to update the leadership qualities of the team; striving for personal and professional leadership and success.
Professional competencies (PC)	PC 1 Ability to use different methods and techniques of teaching, upbringing and socialization of personality, to determine the patterns, development and forms of mental manifestations in sporting activities, as well as to form motivational-value orientations of the individual, to use basic knowledge about theory and methodology of physical training during education process and implementation of job tasks.

<p>PC 2 Organize and ensure effective management of individual subjects in the field of physical culture and sports, to prosecute entrepreneurial activities in the field of physical culture and sports, ability to use sports facilities, special equipment and utensils.</p>
<p>PC 3 Conducting scientific research in the field of physical culture and sports, searching for new information through various printed and electronic sources, ability to analyze the process of formation and development of sport, using relevant research methods and systems; ability to make well – grounded calculations due to sports training usage, to determine the peculiarity of sports equipment, taking into consideration basic knowledge about metrology and biomechanics, to operate with modern methods of scientific research applied in the field of physical culture and sports, to use methods of mathematical statistics, to draw conclusions in accordance with the tasks set; to perform designing of scientific work; to organize and conduct scientific research towards physical education and sports.</p>
<p>PC 4 Ability to use basics of medical knowledge in education and professional role, to provide first aid assistance to people under emergency situation and pathological processes in the body, ability to use the knowledge about the structure of the human body and the mechanisms of vital activity of its organism, physiological and biochemical basics of adaptation to different physical activity. Ability to use basic knowledge of the theory and methodology of physical culture and sport rehabilitation (including disabled people) during education and professional activity</p>
<p>PC 5 Applying a system of knowledge based on general theory and methods of training activity, ability to explain the principles, means and methods of sports training; transmit the theory of motor activity training; to describe methods of development of athlete motor qualities; to determine the organization forms of sport activities; take into account the peculiarities of sports training for pre-adolescent</p>
<p>PC 6 Ability to use teaching methods in order to educate students with motor activity during mass sports activities, determine the forms of organization, methods and means of training physical education and sports for different groups, conduct an annual assessment towards physical preparation of Ukrainians.</p>
<p>PC 7 Ability to use basic knowledge in field of historical laws and peculiarities of physical culture and sports development during education process and professional job performing, to analyze the process of Olympic movement and Olympic education formation and development at the international and national levels.</p>

7 – Program results

<p>PR 1 Ability to determine the person mental states of in sports activities, individual psychological qualities with the help of psychological research methods, is able to determine motives and interests of pre- adolescents to study physical education and sports, student can use developmental methods which are related to thinking activity , memory, imagination, attention. Able to use the principles, means, methods and forms of teaching research methods.</p>
<p>PR 2 Conducting physical education lessons, physical activity breaks, morning hygienic gymnastics, motor games, recreational sportive entertainments with students of junior, middle and senior school age, as well as students with some disability. Able to determine the level of motor activity, to create individual health programs based on WHO</p>

<p>health indicators and proposals; to organize measures to involve different groups of people to keep a healthy lifestyle, taking into account modern methods of physical health diagnosing.</p>
<p>PR 3 Ability to communicate in Ukrainian in a professional field, to adhere to the ethics of business communication; to compile different types of documents, including a foreign language. Able to demonstrate cultural erudition. Ability to use instructions, methodical recommendations, established norms, principles, technical conditions for ensuring the qualitative realization of professional tasks; make recommendations for innovative quality requirements or existed in physical education and sports field.</p>
<p>PR 4 Ability to form training groups integration; organization of training process, competitions; to ensure the integrity of education; to provide with material and technical support. Ability to ensure the organization of students and athletes activity and management; solve educational problems; determine the means of athlete encouragement or punishment, to obtain auxiliary means and methods of information transferring.</p>
<p>PR 5 Determine the management structure peculiarities in the field of physical culture and sports; to interpret the principles, functions and methods of management; to substantiate the projects of administrative decisions for ensuring the effective activity of separate subjects in the sphere of physical culture and sports, to develop innovative programs and to draw up a plan onto implementation measures of these programs. Ability to plan, articulate goals, apply different techniques, technologies and practices of time management, which would help you to organize your time efficiently accordingly to your personal and professional needs. Ability to use sports facilities, special equipment and inventory; ability to supervise legislation changes; navigate regulatory acts in the sphere of physical culture and sports.</p>
<p>PR 6 Ability to find and analyze information from different sources; Ability to perform communication act with the help of social networks; use methods for creating, accumulation, preservation and data interpretation using modern information and communication technologies. Ability to interact with scientific information which was received from special literary sources and the Internet, to design scientific work, to define the problem, hypothesis, purpose, task, object and subject of research, to draw up a working plan of theoretical and experimental research.</p>
<p>PR 7 Performing measurements in accordance with metrological requirements, biomechanical analysis, synthesis, simulation of physical exercises and control of human movements, to determine the features of athletics techniques, taking into consideration basic knowledge of metrology and biomechanics.</p>
<p>PR 8 Demonstrating the level of informational and computer culture, the ability to deal with modern computer and informational technologies to solve various professional job-tasks in the field of physical culture and sports. Ability to use methods of literature analysis, quiz and questioning, method of expert assessments, methods for determining physical development, functional indicators of the organism, methods for assessing the level of physical preparation and physical capacity, methods for determining the level of physical health.</p>

	<p>PR 9 Identifying and demonstrate the structure of the muscular-skeletal system, cardiovascular, nervous and other human body systems on germicides, models and other material; to prognosis changes onto functional processes with emotional and physical pressures; to characterize biochemical mechanisms of energy supply in relation to muscular contraction under different magnitude and estimated physical loads</p>
	<p>PR 10 Operate with basic knowledge of the general health theory during education and job-tasks, implementation and can identify ways and conditions for a healthy lifestyle. Ability to diagnose the functional state of the human body; able to provide first-aid help under emergency; to choose the main approaches and means of life or health preservation, human protection conditions under danger and emergency situations appraisal; to apply hygienic measures in the process of physical education and sports.</p>
	<p>PR 11 Applying means, methods and forms of physical culture and sports rehabilitation in accordance to the forms of lymphoma characteristics of disabled people for successful training provision and competition organization.</p>
	<p>PR 12 Ability to analyze the process of sports formation and development, the Olympic movement and Olympic education at the international and national levels, especially the development of physical culture and sports in Ukraine and whole world through different historical periods.</p>
	<p>PR 13. Ability to demonstrate different swimming techniques, technical movements in sports games; running, jumping, gymnastics and strength exercises techniques; is able to use means and methods of motor activity teaching in swimming, sportive games, athletics, gymnastics, strengths sports.</p>
	<p>PR 14. Implementing the means and methods of athletics instructions, define the structure of the training process, conduct various training sessions which aimed to all – grouped athletes (age, sex and qualifications)in the system of Olympic, professional and adaptive sports. Student is able to perform the selection and orientation of athletes at different stages of sports training, taking into account the state of health, physical development, body build, physical training, psycho- physiological features, etc.</p>
	<p>PR 15 Ability to organize and conduct competitions in the selective sport and mass sports, to conduct judging, to fill out relevant documents (statues on competitions, applications, reports, etc.). Student is able to build models of competitive activity, readiness, morphological functional models, to perform annual training modeling, use means of athletes restoration and stimulation, to plan athletic instruction and competitive activity under extreme conditions (middle and high mountains, under high and low temperatures, at circadian dysregulation)</p>
	<p>PR 16 Ability to control the physical, technical, and tactical readiness of athletes at various stages of multi-year sports training, compile programs of training sessions, programs of micro, mesa- and macro cycles of sports training, aimed at physical qualities development and improving of technical and tactical readiness.</p>
8 – Resource support for the Programme Implementation	
Staff support	Staff assistance consists of the teaching staff of the Department of Sports and Fitness, the Department of Physical Education and Sports Pedagogy, the Department of Physical Rehabilitation and Bio

	<p>kinesiology of the Faculty of Health, Physical Education and Sports. The teaching staff of the faculty of history and the Department of Philosophy of the Faculty of History and Philosophy, the Department of English of the Faculty of Law and International Relationships, the Department of General, Age-dependent and Pedagogical Psychology of the Institute of Human Rights, Department of Theory and History Pedagogics of the Pedagogical Institute was involved to the teaching process (in accordance with their competence and experience towards some subjects).</p> <p>The practice-oriented educational program involves wide participation of specialists who are in line with the program's direction, which enhances synergy between theoretical and practical training. The head of the project team and the teaching staff, which ensures its implementation, meets the requirements specified by the Licensing Conditions for conducting educational activities of educational institutions.</p>
Resources and technical support	<p>1) Specially equipped centers of competence development, namely:</p> <p>1) swimming pool (equipment for classes: swimming boards, noodles, flippers, calabashes, water pipes, hydrolases, rubber, anti-blades, eight shaped rope</p> <p>2) gymnasium (equipment for classes: rubber blasters, gymnastic sticks, gymnastic hoops, rope racks, wall bars, care covers, tatami, football balls, 3 kg med bole balls, 5 kg med bole balls, steppe platforms ; equipment for tourism and sport orienteering: carbines with hand-made steel couplings, carbines with manual duplex couplings, insurance systems, insurance triggers ("eight-horn steel"), block rollers, static and dynamic ropes, insurance hinges, compasses, tracking sticks);</p> <p>3) gym (equipment for activities: exercise bikes, power trainers, dumbbells, bars)</p> <p>4) a sports-games room (equipment for the balls: football, volleyball, basketball, handball, football gates, basketball shields, volleyball net, tennis tables, tennis rackets and balls, badminton racquets and volleys)</p>
Information and educational support	Library electronic resources, electronic scientific editions, electronic training courses with the possibility of distance learning and independent work, video resources.
9 – Academic mobility	
National credit mobility	-
International credit mobility	The Regulations towards the procedure for materialization the academic mobility right of under educational process of the University were put into effect by order dated by September 30, 2016. Agreement provide student mobility with universities of European countries and within the framework of the Erasmus +KA1 program
Foreign students education`	-

II. List of the Program components and its Logical Sequence

2.1. List of components

Component code	Code e/d	Components of the Programme (Subjects, course projects (papers), practice, qualification paper)	Amount of credits	Form of final control
1	2	3	4	5
Compulsory components				
CC 1	CSG.1	University studies	4	credit
		<i>Student Orientation</i>		
		<i>Servant leadership</i>		
		<i>Introduction to the major</i>		
CC 2	CSG.2	Ukrainian studies	6	exam
CC 3	CSG.3	Philosophical studies	4	exam
CC 4	CSG.4	Foreign language	10	exam
CC 5	CSP.01	Anatomy and physiology	8	exam
		<i>Human anatomy</i>		
		<i>Human physiology</i>		
CC 6	CSP.02	Medical and biological basics of physical culture and sports	20	credit, exam
		<i>Medical knowledge basics</i>		
		<i>Physiology of motor activity</i>		
		<i>Biochemistry of sport and motor activity</i>		
		<i>Physical rehabilitation in sport</i>		
		<i>Sports medicine</i>		
CC 7	CSP.03	Pedagogy and psychology	12	credit, exam
		<i>General pedagogy</i>		
		<i>General psychology</i>		
		<i>Sports psychology</i>		
CC 8	CSP.04	Physical education - Theory and methodology of teaching	4	exam
CC 9	CSP.05	Olympic and professional sports	10	credit, exam
		<i>Olympic sports</i>		
		<i>Professional sports</i>		
		<i>Sports management</i>		
		<i>Adaptive sports</i>		
CC 10	CSP.06	General theory of training athletes	14	exam
		<i>Theory of training athletes in Olympic sports</i>		
		<i>Pre-adolescent sports</i>		
		<i>Adaptation in sports</i>		
CC 11	CSP.07	Modern ICT and research methods in major	4	credit
CC 12	CSP.08	Kinesiology (biomechanics with elements of dynamic anatomy)	4	credit
CC 13	CSP.09	Methodology of teaching sports	24	credit, exam
		<i>Methodology of teaching power sports</i>		
		<i>Methodology of teaching track and field athletics</i>		
		<i>Methodology of teaching gymnastics</i>		
		<i>Methodology of teaching swimming</i>		
		<i>Methodology of teaching sports games</i>		
CC 14	CSP.10	Selected sport-theory and methodology of teaching	16	exam

CC 15	CSP.11	Course paper in CSP 09-10	1	credit
CC 16	CP.1	Educational practice	3	credit
CC 17	CP.2	Academic(clinical) practice	10,5	credit
CC 18	CP.3	Academic (clinical/ full time) practice	18	credit
CC 19	CP.4	Pre-diploma practice	4,5	credit
CC 20	CA.1	Bachelor`s paper defense (recreational and fitness technologies)	1,5	
CC 21	CA.2	Complex exam (in theory and methodology of teaching sports)	1,5	
Total amount of compulsory components:			180	
Total amount of elective components			60	
TOTAL OF THE PROGRAM			240	

2.2. Structure and sequence chart

Code	Components of the Programme (Subjects, course projects (papers), practice, qualification paper)	credits	Distribution of lecture hours by years and semesters								Form of final control
			1 year		2 year		3 year		4 year		
			1	2	3	4	5	6	7	8	
I. Compulsory block											
1. Educational subjects											
<i>Formation of general competencies</i>											
CSG.1	University studies	4	4								credit
	<i>Student Orientation</i>	1	*								
	<i>Servant leadership</i>	1	*								
	<i>Introduction to the major</i>	2	*								
CSG.2	Ukrainian studies	6	2	4							exam
CSG.3	Philosophical studies	4						4			exam
CSG.4	Foreign language	10	5	5							exam
	Total	24	11	9				4			
<i>Formation of professional competences</i>											
CSP.1	Anatomy and physiology	8	4	4							exam
	<i>Human anatomy</i>		*								
	<i>Human physiology</i>			*							
CSP.2	Medical and biological basics of physical culture and sports	20	2	2	2	2	4	4	2	2	credit, exam
	<i>Medical knowledge basics</i>		*	*							
	<i>Physiology of motor activity</i>				*	*					
	<i>Biochemistry of sport and motor activity</i>						*				
	<i>Physical rehabilitation in sport</i>							*			
	<i>Sports medicine</i>								*	*	
CSP.3	Pedagogy and psychology	12	4	4	4						credit, exam
	<i>General pedagogy</i>		*								
	<i>General psychology</i>			*							
	<i>Sports psychology</i>				*						
CSP.4	Physical education - Theory and methodology of teaching	4			2	2					exam
CSP.5	Olympic and professional sport	10			2	2	2	23	2		credit, exam
	<i>Olympic sports</i>				*	*					
	<i>Professional sports</i>						*				
	<i>Sports management</i>							*			
	<i>Adaptive sports</i>								*		
CSP.6	General theory of training athletes	14	2	2	2	2	2	2	2		exam
	<i>Theory of training athletes in</i>		*	*	*						

III. Certification of graduates

The graduates' attestation in major 017.00.02 "Coaching activity in selected sport" 017 «Physical culture and sports» is conducted in a form of complex exam and bachelor's paper defense. Graduates receive standardized BA Diploma with educational qualification: Bachelor of Physical culture and Sports and professional qualification: sports coach, teacher of physical culture. Attestation of graduates is open and public.

4 Matrix of competencies according to the Program

Marks of program competencies and educational components	CC 1	CC 2	CC 3	CC 4	CC 5	CC 6	CC 7	CC 8	CC 9	CC 10	CC 11	CC 12	CC 13	CC 14	CC 15	CC 16	CC 17	CC 18	CC 19	CC 20	CC 21
GC 1	+															+		+	+		
GC 2	+	+														+		+	+		
GC 3	+	+		+												+		+	+		
GC 4	+		+	+												+		+	+		
GC 5	+		+	+											+	+		+	+		
PC 1							+	+		+						+	+	+	+	+	+
PC 2									+	+							+	+	+	+	+
PC 3											+	+		+	+		+	+	+	+	+
PC 4					+	+				+							+	+	+	+	+
PC 5										+			+	+			+	+	+	+	+
PC 6								+		+			+	+			+	+	+	+	+
PC 7								+	+								+	+	+	+	+

