

# **BORYS GRINCHENKO KYIV UNIVERSITY**

"APPROVED"

the decision of the Academic Council of  
Borys Grinchenko Kyiv University  
\_\_\_\_.\_\_\_\_\_, 2018, Minutes No. \_\_\_\_

## **ACADEMIC PROFESSIONAL PROGRAM**

Educational program: 017.00.03 Fitness and Recreation  
the first (bachelor's) degree of higher education

<b>Branch of knowledge:</b>	01 Education/Pedagogy
<b>Specialty:</b>	017 Physical Culture and Sports
<b>Educational qualification:</b>	Bachelor's degree in Physical Culture and Sports
<b>Professional qualification:</b>	3475 – fitness coach, 2320 – Physical Culture teacher

Launched on 22. 02. 2018

(order from 22.02.2018 № 104)

Kyiv – 2018

## Introduction

The Academic Professional Programme was developed on the basis of the Law of Ukraine "On Higher Education" from July 01, 2015 No. 1556-VII according to the requirements of the Standard of higher education project for the first (Bachelor) level of specialty 017 "Physical Culture and Sports".

Developed by a working group including:

V.Biletska, Candidate of Sciences in Physical Education and Sports, Associate Professor

H.Lopatenko, Candidate of Sciences in Physical Education and Sports

I. Leontieva, Head of Scientific and Methodological centre of standardization and quality of education.

### Independent experts:

- Y. Vykhliaiev, Doctor of Pedagogical Sciences, Professor, Professor of the Department of Biosafety and Health of the National Technical University of Ukraine " Igor Sikorsky Kyiv Polytechnic Institute ", Kyiv
- M. Khoroshukha, Doctor of Pedagogical Sciences, Associate Professor, Professor of the Department of Biological Foundations of Physical Education and Sport Sciences of the National Pedagogical Dragomanov University, Kyiv
- T.Kisilov, Head of Smart Fitness centre, Kyiv

### Reviews of professional associations / employers:

- T.Kisilov, Head of Smart Fitness centre, Kyiv

The educational program is introduced for the first time.

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

Updated:

Revision Date of APP / amendments to APP			
Signature			
APP guarantor name			

## I. Profile of the Academic Program

### 017 Physical Education and Sports

<b>1 – General information</b>	
<b>Full name of the higher educational institution and the structural unit</b>	Borys Grinchenko Kyiv University Faculty of Health, Physical Education and Sports
<b>Level of the higher education and the qualification</b>	Bachelor's degree, Bachelor in Physical Education and Sports, Fitness coach, Physical Culture teacher
<b>Official Program title</b>	017.00.03 Fitness and recreation
<b>Type of diploma and volume of the Program</b>	Bachelor's degree, unitary, 240 ECTS credits term of study 3 years and 10 months
<b>Availability of Accreditation</b>	-
<b>Cycle/ Level</b>	First (bachelor's) degree  National Qualifications Framework of Ukraine - 7th level, FQ-EHEA – the first cycle, EQF-LLL – 6th level
<b>Prerequisites</b>	Availability of a full secondary education
<b>Language (s) of Teaching</b>	Ukrainian
<b>Validity of the Program</b>	till 2022
<b>Internet address of the program</b>	kubg.edu.ua
<b>2 – The Academic Programme Objectives</b>	
To train a competent fitness and recreation specialist capable of solving complicated specialized tasks and practical problems in the process of professional activity in the field of physical culture and sports with a wide range of employment.	
<b>3 – Characteristics of Academic I Programme</b>	
<b>Subject area</b>	<b>Study object:</b> providing people's motor activity with the aim of their harmonious physical development and healthy lifestyle.  <b>Objectives of training (expected application of acquired competencies) -</b> the formation of the ability to solve complex specialized problems and practical problems in the process of professional activity in the field of Physical Culture and Sports, which involves the application of relevant theories and methods and characterized by complexity and uncertainty of the

	<p>conditions.</p> <p><b>Theoretical content of the subject area (concepts, principles and their use for facts explanation and results forecasting):</b> knowledge of the social and humanitarian, fundamental subjects in the amount necessary for the solution of professional-applied and research tasks; general theories and modern concepts of physical culture and sports; knowledge of legislative acts and normative documents; knowledge of communications in the professional field, knowledge of the basics of business communication, the basics of business foreign language, learning skills, education and socialization of the individual.</p> <p><b>Instruments and equipment (objects and devices that a student learns to apply and use):</b> sports venues; sports equipment; scientific equipment, technical means of training.</p> <p><b>General and professional competencies and evaluative part ratio:</b> Compulsory part (180 credits, 75%): subjects aimed at 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 health- recreational motor activity and sports skills (73 credits), attestation (3 credits). Scientific, academic and pre-diploma practice part: 36 credits. Elective part (60 credits, 25%).</p>
<b>The Program data</b>	Academic professional with a focus on training fitness trainers
<b>The main focus of the Program and Specialization</b>	Special education in the field of Physical Culture and Sports
<b>Important features of the Program</b>	<p>In order to prepare for real environment of professional activity and in order to obtain educational qualification of a Bachelor in Physical Culture and Sports the program provides students with:</p> <ul style="list-style-type: none"> <li>- systemic theoretical knowledge in the field of physical culture and sports with in-depth study of the theory and technologies of recreational motor activity;</li> <li>- modern competencies and practical skills in attracting different groups of people to physical education and sports; sports and conditioning training, disease prevention and injuries, provision of pre-care, healthy lifestyle; organization and conducting of sports, recreational and sports events; management of subjects of the sphere of physical culture and sports</li> <li>- involvement of managers and professionals working in the fitness industry (leading fitness trainers, fitness managers, Heads of fitness and wellness clubs, etc.) in teaching activities.</li> </ul>
<b>4 – Eligibility of graduates for employment and further education</b>	
<b>Employment Eligibility</b>	<p>Jobs in fitness centers, fitness clubs, sports and health centers, sports centers for everybody, secondary schools, etc.</p> <p>According to the National Classification of Professions ДК 003: 2010, specialists who have received education in the educational program "Fitness and Recreation" may hold the following primary positions:</p>

	<p>3475 - aerobics instructor;  3475 - instructor-methodologist of the training complex;  3475 - fitness trainer  3414 - specialist in leisure activities;  3475 - instructor-methodologist in physical culture and sports;  3475 - instructor-methodologist in industrial gymnastics;  2320 - Physical Culture teacher</p> <p>By the decision of examination committee, and on the professional mastery in special blocks of subjects and the curriculum performance, which is confirmed by the successful passing of attestation, a graduate receives professional qualification "fitness coach", "teacher of Physical Culture".</p>
<b>Further education</b>	Possibility of further education at the second (master's) level on the specialty 017 "Physical Culture and Sports" or other related specialties of the field of knowledge "Education / Pedagogics", as well as other interdisciplinary master's programs.
<b>5 – Teaching methods and evaluation</b>	
<b>Teaching and education</b>	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.
<b>Assessment</b>	An accumulative rating system, which includes scores from in-class and extra-curricula educational activities in the form of current, intermediate and / or final (semester) examinations, as well as attestation.
<b>6 – Program competencies</b>	
<b>Integrated competency</b>	Ability to solve complex specialized problems and practical problems in the field of Physical Culture and Sports, characterized by complexity and incomplete certainty of conditions.
<b>General Competencies (GC)</b>	<b>GC 1</b> Understanding the importance of historical experience and European values for self development; preservation of spiritual traditions of the Ukrainian people in the European cultural space; understanding the benefits of a healthy lifestyle and accepting them as your own values, understanding the essence and social significance of the future profession.
	<b>GC 2</b> The ability to realize you rights and obligations as a citizen of Ukraine; the ability to make a conscious social choice and apply democratic decision-making technologies; respect for the Ukrainian people, the state of Ukraine, its symbols, culture, language; ability to act with social responsibility and public consciousness.
	<b>GC 3</b> Providing interpersonal communication, emotional stability, tolerance; ability to work in a team; fluency Ukrainian language in accordance with the norms of the culture of speech, the basics of communication in foreign languages.
	<b>GC 4</b> The ability to self-cognitive activity, self-organization and self-development; the focus on disclosure of personal potential and self-realization.
	<b>GC 5</b> Evaluate self-education strategy of "life-long self-education", the development of conceptual provisions on 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.
<b>Professional competences</b>	<b>PC 1</b> Applying different methods and techniques of teaching, upbringing and socialization of the individual, to determine the patterns, development and forms of mental manifestations of a person in physical culture and health activities, as

<b>(PC)</b>	well as to form motivational and value orientations of the person, to use basic knowledge of physical education theory during training and solving some professional tasks.
	<b>PC 2</b> The ability to organize activities and ensure the effective management of individual subjects of fitness and recreation, to carry out entrepreneurial activities in the field of physical culture and sports, use of sports venues, special equipment and inventory.
	<b>PC 3</b> Carry out research in the field of physical culture and sports, search for new information contained in a variety of printed and electronic sources, analyze the process of formation and development of the fitness industry, use relevant research methods and systems; make calculations for the justification of the use of health-improving training, determine the features of sports equipment taking into account basic knowledge of metrology and biomechanics, to have 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 carry out designing of scientific work; to organize and carry out scientific research on physical recreation and fitness.
	<b>PC 4</b> While studying and doing some professional work student would be able to work the basics of medical knowledge, to provide pre-care assistance to people when they have urgent states and pathological processes in the body, use during training and professional tasks 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 physical activity of different orientations. Ability to use basic knowledge of the theory and method of physical rehabilitation during training and professional tasks.
	<b>PC 5</b> Applying a system of knowledge on the basis of a healthy lifestyle, the programming of training wellness fitness, explain the principles, tools and methods of fitness training; interpret the theory of motor activity training; to describe methods of development of motor qualities in different age periods; to determine the forms of organization of classes in fitness and physical education; take into account the features of fitness fitness training in different age periods.
	<b>PC 6</b> Implementing teaching methods for various kinds of motor activity during fitness and physical culture, classes to determine the forms of organization, methods and means of fitness classes and physical education for different contingents, to conduct an annual evaluation of physical preparedness of the population of Ukraine.
	<b>PC 7</b> The ability to use basic knowledge of historical laws and peculiarities of the development of physical culture and sports while studying and performing professional tasks, to analyze the process of formation and development of the fitness industry in Ukraine and abroad.
<b>7 – Program Results</b>	
	<b>PR 1</b> Ability to determine the mental states of a person during fitness classes, psychological qualities of the person with the help of methods of psychological research, able to determine the motives and interests of children and adolescents to physical education and sports. Using principles, tools, methods and forms of education, methods of pedagogical research.
	<b>PR 2</b> Ability to conduct physical education lessons, physical exercises, morning hygienic gymnastics, motor games, recreational sports entertainments with pupils of junior, middle and senior school age, as well as students with a deviation in their health. Ability to determine the level of motor activity, to create personalized health programs based on WHO health indicators and proposals; organize measures to

involve different groups of people in a healthy way of life, taking into account modern methods of diagnosing physical health.
<p><b>PR 3</b> Ability to communicate in Ukrainian in professional environment, to adhere to the ethics of business communication; to compile different types of documents, including one in a foreign language. Able to demonstrate general cultural erudition.</p> <p>Ability to use instructions, methodological recommendations, established norms, technical conditions for ensuring the qualitative performance of the tasks of professional activity; make recommendations for introducing new or changing existing quality requirements for physical education and sports.</p>
<p><b>PR 4</b> Ability to complete a group of classes for classroom fitness; organization of health-training process; ensuring the integrity of education; organization of material and technical support.</p> <p>Ensure the organization of the actions of fitness training participants and their guidance; solve educational problems; use of adjuvant means and methods of information transmission.</p>
<p><b>PR 5</b> Ability to determine the peculiarities of the management structure 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 of the sphere of physical culture and sports, to develop programs of innovations and to draw up a plan of measures for the implementation of these programs.</p> <p>Ability to plan, clearly formulate goals, apply different techniques, technologies and practices of time management, which will facilitate the organization of the time according to personal and professional needs.</p> <p>Ability to use sports venues, special equipment and inventory; to monitor changes in legislation, to orient themselves in regulations of the sphere of physical culture and sports.</p>
<p><b>PR 6</b> Ability to find and analyze information from different sources; communicate via social networks; use methods for creating, storing and interpreting data using modern information and communication technologies.</p> <p>Ability to work with scientific information 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>Ability to perform measurements in accordance with metrological requirements, biomechanical analysis, synthesis, modeling of physical exercises and control of human movements, to determine the peculiarities of techniques for the implementation of physical exercises, taking into account basic knowledge on metrology and biokinesiology.</p>
<p><b>PR 7</b> Ability to demonstrate the level of information and computer culture, the ability to work with modern computer technology and use modern information technology to solve various tasks of professional practice in the field of physical culture and sports.</p> <p>Implementation of methods of analysis literature, polls and questioning, method of expert assessments, methods for determining physical development, functional indicators of the organism, methods for assessing the level of physical preparedness and physical capacity, methods for determining the level of physical health.</p>
<p><b>PR 8</b> Ability to determine and demonstrate the structure of the cardiovascular, nervous and other systems of the human body on preparations, antules and other material; explain the course of physiological processes in the human body; to predict changes in functional processes in emotional and physical activity; to characterize biochemical mechanisms of energy supply of muscular contraction</p>

	<p>at physical loads of different magnitude and orientation.</p> <p><b>PR 9</b> Ability to use basic knowledge of the basics of health and to determine the ways and conditions for a healthy lifestyle during training and professional tasks. Ability to diagnose the functional state of the human body; to provide pre-care help at urgent conditions and pathological processes in an organism; to choose the main approaches and means of preserving life, health and protection of people in conditions of threat and emergence of dangerous and emergency situations; to apply hygienic measures in the process of physical education and sports.</p> <p><b>PR 10</b> Ability to analyze the process of formation and development of the fitness industry, especially the development of physical culture and sports in different historical periods in the world and in Ukraine in particular.</p> <p><b>PR 11</b> Ability to demonstrate the technique of different ways of swimming, different techniques in sports games, techniques of various types of running, jumping, gymnastics and strength exercises; is able to use means and methods of teaching motor activity in swimming, sports games, athletics, gymnastics. Ability to organize and conduct competitions in various types of mass sports, to conduct competitions judging, to draw up the relevant documents (provisions on competitions, applications, reports, etc.).</p> <p><b>PR 12</b> Able to use the means and methods of physical education and fitness training, to determine the structure of the health-training process, to conduct health-training sessions of various types and orientation with persons of different ages, sex, level of preparedness in the system of preventive and recreational activities and exercises of the conditional direction. Ability to perform diagnostics of the morpho-functional state, physical fitness, disability, psychophysiological features of different sections of the population.</p> <p><b>PR 13</b> Ability to use SPA and Wellness technologies in restoration and stimulation of work capacity, to draw up programs of training sessions, programs of micro, meso and macro cycles of health training, aimed at development of physical qualities, increase of physical condition of people of all ages and sex. Ability to control the effectiveness of fitness programs of different directions, to make health-improving individual and group programs of classes of different kinds of fitness, to carry out preliminary, operational and stage control of the physical condition of different sections of the population in the process of training fitness.</p>
<b>8 – Resource support for the Programme Implementation</b>	
<b>Staff support</b>	<p>The educational program staff 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 Biokinesiology of the Faculty of Health, Physical Education and Sports. Certain subjects are taught by invited specialists in accordance with their competence and experience, 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 Relations, the Department of General, Seniority and Pedagogical Psychology of the Institute of Human Rights, Department of Theory and History Pedagogics of the Pedagogical Institute</p> <p>The practice-oriented nature of the educational program involves a broad participation of specialists-practicians who meet program's orientation, which enhances synergy between theoretical and practical training.</p> <p>The head of the project team and the teaching staff, who ensures its implementation, meets the requirements specified by the Licensing Conditions</p>



	for conducting educational activities of educational institutions.
<b>Resources and technical support</b>	Specially equipped competence development centers, namely: 1) pool (equipment for classes: swimming boards, dunks, fins, colabashes, water pipes, hydroglass, rubber, anti-fogging equipment) 2) gymnastic room (equipment for classes: rubber elasters, gymnastic sticks, gymnastic hoops, rope racks, wall with a horizontal bars, caramets, tatami, fitball balls, 3 kg medbole balls, 5 kg medbole balls, steppe platforms, equipment for hiking and sporting orienteering: carbines with manual steel couplings, carbines with manual duplex couplings, insurance systems, insurance triggers, block rollers, static and dynamic ropes, insurance hinges, compasses, tracking sticks) ; 3) gym (equipment for activities: exercise bikes, weight trainers, dumbbells, bars) 4) sports-games room (equipment for the classes: balls: football, volleyball, basketball, handball, soccer gates, basketball shields, volleyball net, tennis tables, tennis rackets and balls, badminton racquets and volleys.
<b>Information and educational support</b>	Library electronic resources, electronic scientific editions, electronic training courses with the possibility of distance learning and independent work, teaching aids, video resources.
<b>9 – Academic mobility</b>	
<b>National credit mobility</b>	-
<b>International credit mobility</b>	The Regulations on the procedure of realization the right of participants of the educational process of the University academic mobility were put into effect by order dated September 30, 2016. Agreements were envisaged that stipulate student mobility with universities of European countries and within the framework of the Erasmus + CA1 program.
<b>Foreign students education</b>	-

## 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
<b>Compulsory components</b>				
CC 1	CSG.1	University studies	4	Credit
		<i>Student Orientation</i>	1	
		<i>Servant leadership</i>	1	
		<i>Introduction to the major</i>	2	
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	Credit, exam
		<i>Human Anatomy</i>		
		<i>Human Physiology</i>		

CC 6	CSP.02	Medical and Biological Basis of Physical Culture and Sports	20	Credit, exam
		<i>Bases of Medical Studies</i>		
		<i>Motor Activity Physiology</i>		
		<i>Sport and Motor Activity Biochemistry</i>		
		<i>Physical Rehab in Sports</i>		
		<i>Sports Medicine</i>		
CC 7	CSP.03	Pedagogy and Psychology	12	Credit, exam
		<i>General pedagogy</i>		
		<i>General Psychology</i>		
		<i>Sport Psychology</i>		
CC 8	CSP.04	Theory and Methodology of Physical Education teaching	4	Exam
CC 9	CSP.05	Health Studies Basics	4	Exam
CC 10	CSP.06	Recreational Technologies	8	Credit, exam
		<i>Physical Recreation Basics</i>		
		<i>Recreational Games</i>		
		<i>Spa and Wellness Technology</i>		
		<i>Sport Tourism and Orienteering</i>		
CC 11	CSP.07	Fitness Technologies	12	Credit, exam
		<i>Aerobic fitness</i>		
		<i>Power Fitness and Functional Training</i>		
		<i>Aquafitness</i>		
		<i>Mental Fitness</i>		
CC 12	CSP.08	Basics of Personal Training	4	Exam
CC 13	CSP.09	Olympic and Professional Sport	4	Credit
CC 14	CSP.10	General Theory of Training of Athletes	4	Credit
CC 15	CSP.11	Management in Physical Culture and Sports	4	Credit
CC 16	CSP.12	Modern ICT and Research Methods in Physical Culture and Sports	4	Exam
CC 17	CSP.13	Kinesiology (biomechanics with elements of dynamic anatomy)	4	Credit
CC 18	CSP.14	Course-paper	1	Credit
CC 19	CSP.15	Methodology of Sports Subjects Teaching	24	Credit, exam
		Weight Training and Methods of Teaching them		
		Track and Field Athletics and their Teaching Methodology		
		Gymnastics and Teaching Methodology		
		Swimming and Teaching Methodology		
		Sports games and Teaching Methodology		
CC 20	CP.1	Teaching (pedagogical)	3	Credit
CC 21	CP.2	Academic (pedagogical)	10,5	Credit
CC 22	CP.3	Academic (coaching)	18	Credit
CC 23	CP.4	Pre-diploma	4,5	Credit
CC 24	CA.1	Presentation of Bachelor's paper (recreation and sports)	1,5	
CC 25	CA.2	Complex Exam	1,5	
<b>Total amount of compulsory components:</b>			<b>180</b>	
<b>Total amount of elective components:</b>			<b>60</b>	
<b>TOTAL VOLUME OF EDUCATIONAL PROGRAM</b>			<b>240</b>	

## 2.2. Structure and sequence chart

Code e/d	Components of the Educational Programme (Subjects, course projects (works), practice, qualification work)	Amount of credits	Distribution of class hours by courses and semesters								Form of final control
			1 course		2 course		3 course		4 course		
			1	2	3	4	5	6	7	8	
<b>I. Compulsory part</b>											
<b>Educational Subjects</b>											
<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
	<b>In Total</b>	<b>24</b>	<b>11</b>	<b>9</b>				<b>4</b>			
<i>Formation of special (professional, subject) competencies</i>											
<i>Formation of subject competencies</i>											
CSP.01	Anatomy and Physiology	8	4	4							Credit, exam
	<i>Human Anatomy</i>		*								
	<i>Human Physiology</i>			*							
CSP.02	Medical and Biological Basis of Physical Culture and Sports	20	2	2	2	2	4	4	2	2	Credit, exam
	<i>Bases of Medical Studies</i>		*	*							
	<i>Motor Activity Physiology</i>				*	*					
	<i>Sport and Motor Activity Biochemistry</i>						*				
	<i>Physical Rehab in Sports</i>							*			
	<i>Sports Medicine</i>								*	*	
CSP.03	Pedagogy and Psychology	12	4	4	4						Credit, exam
	<i>General pedagogy</i>		*								
	<i>General Psychology</i>			*							
	<i>Sport Psychology</i>				*						
CSP.04	Theory and Methodology of Physical Education teaching	4			2	2					Exam
CSP.05	Health Studies Basics	4	2	2							Exam
CSP.06	Recreational Technologies	8	2	2	1	1	2				Credit, exam
	<i>Physical Recreation Basics</i>		*								
	<i>Recreational Games</i>			*							
	<i>Spa and Wellness Technology</i>				*	*					
	<i>Sport Tourism and Orienteering</i>						*				
CSP.07	Fitness Technologies	12			1	5	4	1	1		Credit, exam
	<i>Aerobic fitness</i>					*					
	<i>Power Fitness and Functional Training</i>					*	*				
	<i>Aquafitness</i>				*	*	*				
	<i>Mental Fitness</i>							*	*		
CSP.08	Basics of Personal Training	4						2	1	1	Exam
CSP.09	Olympic and Professional Sport	4			4						Credit



### **III. Certification form of applicants for higher education**

Educational Program graduates' attestation for educational programme 017 Physical Culture and Sports majoring in 017.00.03 Fitness and Recreation is held by an examination commission in accordance with the requirements of the programme. The examination commission may include representatives of employers and their associations, in accordance with the provisions of the Examination Commission, approved by the Academic Council of the Borys Grinchenko Kyiv University.

Students who have fulfilled all the requirements of the educational programme (curriculum) are admitted to the attestation. The attestation includes checking of all knowledge, skills and other competences acquired by a person in the process of learning. The term of the attestation is determined by the curriculum and the schedule of the educational process.

The attestation is carried out openly in the form of an examination and public defense of the Bachelor's paper.

The Attestation ends with granting of the the bachelor's degree certified by standard document-sample to those who successfully completed the educational program and graduate with the educational qualification: "Bachelor in Physical Culture and Sports".

#### IV. 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	CC 22	CC 23	CC 24	CC 25	
GC 1	+																			+		+	+			
GC 2	+	+																			+		+	+		
GC 3	+	+																			+		+	+		
GC 4	+		+	+																	+		+	+		
GC 5	+		+	+																	+		+	+		
PC 1							+	+				+								+	+	+	+	+	+	+
PC 2										+	+			+	+							+	+	+	+	+
PC 3														+		+	+	+	+			+	+	+	+	+
PC 4					+	+			+		+	+						+				+	+	+	+	+
PC 5					+	+	+	+	+	+	+	+						+	+			+	+	+	+	+
PC 6								+			+	+		+			+		+			+	+	+	+	+
PC 7										+	+		+	+								+	+	+	+	+

### V. Matrix of learning outcomes 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	CC 22	CC 23	CC 24	CC 25
PR 1	+	+	+	+			+	+		+	+			+						+	+	+	+	+	+
PR 2	+	+	+	+				+		+	+	+		+					+	+	+	+	+	+	+
PR 3	+	+	+	+									+	+	+					+	+	+	+	+	+
PR 4	+	+	+	+			+			+	+			+	+	+				+	+	+	+	+	+
PR 5	+	+	+	+						+	+	+	+	+	+					+	+	+	+	+	+
PR 6	+	+	+	+			+	+								+	+	+	+	+	+	+	+	+	+
PR 7	+	+	+	+		+	+	+	+	+	+	+				+	+	+	+	+	+	+	+	+	+
PR 8	+	+	+	+	+	+	+			+	+	+		+			+	+	+	+	+	+	+	+	+
PR 9	+	+	+	+	+	+			+	+	+	+							+	+	+	+	+	+	+
PR 10	+	+	+	+				+					+	+					+	+	+	+	+	+	+
PR 11	+	+	+	+				+					+	+					+	+	+	+	+	+	+
PR 12	+	+	+	+	+	+		+		+	+	+				+	+	+		+	+	+	+	+	+
PR 13	+	+	+	+			+	+		+	+	+	+	+					+	+	+	+	+	+	+