

**ADDITIONAL EDUCATIONAL PROGRAM (MINOR)**  
«Therapeutic and adaptive physical education instructor education»

**For whom it is intended:** Extra curriculum MINOR «Instructor Therapeutic and Adaptive Physical education » is designated for all Major Training program students.

**Justification:** Development of the recreational systems and adaptive physical culture and sports requires new content and coordinated actions in the field of science, culture, education, which are focused on the student-centered attitude towards the individuals of different age having various developmental disabilities, specifically related to vision, sense of hearing, locomotor apparatus, mental capacity, or physical disability. One of the modern society's central tasks related to the physically disabled (PD) and handicapped individuals is their maximum adaptation to the responsible life by development and inclusion into the diversified publicly significant activity. Therapeutic and adaptive physical culture has a multifunctional focus on solving physical fitness, correctional and compensatory tasks for the purpose of physical development of motor skills, psychological qualities engaged in adaptive physical culture, ensuring their adaptation to the effects of the environment, society and various types of practical activities

**Rationale:** The program regulates list, volume (labor intensity) of academic disciplines and is aimed at training specialists with knowledge on the formation and use of physical culture tools for the interpretation of professional skills in the field of therapeutic and adaptive physical culture and non-traditional health systems. The planned results of the training are aimed at improving the professional competencies of a specialist in therapeutic and adaptive physical culture. The main task of of the additional education program «Instructor Therapeutic and Adaptive Physical education » is aimed at developing the ability to apply knowledge and practical skills to solve relevant tasks as an instructor of therapeutic and adaptive physical culture.

**Purpose:** To Extend the professional competency of students in the field of therapeutic and adapted physical culture, to facilitate molding of highly educated personality with lateral thinking, who can address training and mentoring tasks in educational and corrective institutions and use healthy lifestyle, techniques and technologies taking into account the different contingent of students.

Providing students with high-end knowledge, competency, and skills to arrange and manage the pedagogical process focused on the physically disabled individuals. Unlock modern ways of using the pedagogical, rehabilitation and correctional technologies to establish favorable conditions for adaptation and socialization of the physically disabled individuals. During the training of Therapeutic and adapted physical culture trainer to address the professional tasks, the students will have to master organizational and managerial, informational, and analytical, psychological and pedagogical skills. Professional competency of the trainer under this extra curriculum is aimed at development and use of modern efficient tools and methods of learning and mastering the rehabilitation system, correction of the physical disabled individuals considering the objective patterns and modern environment.

**Program Description:**

1. The program (Minor) consists of 3 disciplines, each discipline has 5 credits, in total the student must master 15 credits.
2. The program (Minor) «Therapeutic and adaptive physical education instructor education» does not require pre-requisites.
3. The number of credits for obtaining a bachelor's degree remains unchanged at least 240 credits.

**Program content:**

Name of the discipline	Description of the discipline	Teaching outcomes
Therapeutic and Adaptive Physical education	The course is aimed at building students' the hands-on experience of using general and private therapeutic and adapted physical exercises. Upon the completion of course the student shall be able	LO 1- understands the healing and rehabilitation impact of physical exercise to human organs and systems with various health problems.

	<p>to understand compensatory capacities and patterns of recovery of human's impaired or temporarily disabled body functions. Demonstrate knowledge of healing and rehabilitation principles of the physical culture in the ability to classify the means of (MPC and APC) tools during the development of medical gymnastics complex, kinetic regimen considering the clinical specifics and associated defects. Students will be able to effectively implement modern training strategies, run rehabilitation procedures for different age groups and physically disabled individuals, including those with learning disabilities (LEN).</p>	<p>LO 2 – details general biomedical fundamentals of therapeutic physical exercises, specifics of using the adapted physical training methods and tools to recover the performance capability and maintaining active longevity.  LO 3 – interprets biomedical and psychological and pedagogical patterns of recover of human's impaired or temporarily disabled body functions.  LO 4 – implements sports and recreational, therapeutic and rehabilitation, professional and action-oriented, health-saving tasks during the education process.  LO 5 – programs and evaluates the physical and functional state of students with aim of design and implementation of individual rehabilitation and development projects.</p>
<p>Massage Technology</p>	<p>The course is designated to master theoretical knowledge and hands-on experience and skills, use of general and special massage techniques in the sports and recreational, and rehabilitation fields. In the training course students will build the knowledge on healing and rehabilitation principles and impact of principal and auxiliary massage techniques to the human body, will master general massage techniques and methods. They will be able to do in practice the main and auxiliary classic massage techniques, demonstrate the ability to dose massage scope and make up the massage program, use massage techniques and types based on the prescriptions and counterindications of massaging individual anatomic areas, as well as patterns of massages for kids, females, and older persons.</p>	<p>LO 1 – demonstrates understanding of healing and rehabilitation principles and impact of massage techniques to the human body organs and systems with various diseases.  LO 2 – can use massage types based on medical indications for health promotion and saving, and disease control.  LO 3 – able to master massage techniques, select massaging treatment doses, plan number, intensity and time of procedures.  LO 4 – demonstrates the sequence and specifics of doing main therapeutic and recreational massage techniques on different parts of body.  LO 5 – runs massage sessions with the patients as a treatment of PV individuals to recover their impaired or temporarily disabled body functions.</p>
<p>Sports Medicine</p>	<p>The purpose of the course is to form knowledge, skills and abilities of using means and methods of physical culture to determine the state of health and fitness of those engaged in physical culture with the help of diagnostic equipment and medical and pedagogical tests. Students will be able to demonstrate knowledge of sports medicine, analyze methods of diagnosing the functional readiness of students. Apply in practice the skills to conduct medical and pedagogical observations, master the skills of diagnosis and evaluation aimed at determining the process of restoring efficiency after performing physical exertion and make adjustments.</p>	<p>LO 1 – demonstrates current knowledge and understanding of the principles of testing and evaluating the functional state of body systems, fitness and efficiency of individuals doing the physical training and sports.  LO 2 – able to use skills, apply diagnostics instrumentations and evaluate the physical development level indicators and trends to implement individual programs based on various locomotor exercises.  LO 3 – masters current methods of Diagnostic of functional state, respiratory, cardiovascular, nervous systems of body and has the proper physical training level to correct the individual's health condition.  LO 4 – able to identify the body's reaction to the physical load and post-training recovery rate depending on the physical and functional state of the individual.  LO 5- able to analyze the outcomes of various methods of the medical-educational observations and timely amend the training process.</p>