

A. Flanagan¹

A. Ohnistyi². <https://orcid.org/0000-0002-4748-1900>

K. Ohnista². <https://orcid.org/0000-0001-8636-6027>

A. Ohnyta³

S. Gicavhuk²

FEATURES OF THE IMPLEMENTATION OF THE MINOR PROGRAM(FITNESS) SPECIALTIES 017 PHYSICAL CULTURE AND SPORTS

¹Personal Trainer, Doctor of Philosophy, Lancing, United Kingdom

²Ternopil State Pedagogical University after V. Gnatyuk, Ukraine

³The scientific and practical medical center of pediatric cardiology and cardiac surgery of the Ministry of health of Ukraine.
Government institution (Ukrainian children's cardiac center (uccc))

Annotation. *The publication reveals the peculiarities of the formation of an individual educational trajectory for students in the field of physical education and sports through the implementation of minor fitness programs.*

Keywords: *student, physical culture, sport, fitness, minor.*

Topicality. According to the requirements of the educational legislation of Ukraine, all students of higher education have the opportunity to form an individual educational trajectory - a personal way of realizing their personal and professional potential. Elective disciplines are one of the components of such a trajectory. The Law of Ukraine "On Higher Education" establishes their volume at least 25% of ECTS credits from the total volume of OP (paragraph 15 of part one of Article 62 of the Law of Ukraine "On Higher Education") [1].

Educational programs 014.11 Secondary education (Physical culture), 017 Physical culture and sports (by specialization) [2] provide for the possibility for students to choose Minor programs, which are combined with a specialty at an interdisciplinary level and make it possible to more effectively align the acquisition of relevant professional competencies and learning outcomes with the modern needs of practice.

The applicant can choose an individual version of the educational trajectory that meets his request and gives him a competitive advantage in the labor market.

The Law of Ukraine "On Higher Education" provides that students of a certain level of higher education have the right to choose academic disciplines that are offered for other levels of higher education, in agreement with the head of the relevant faculty or unit (paragraph 15 of part one of Article 62) [1]. For the selection of all other disciplines (for example, from another OP or those taught by a different unit, but at the same level of higher education), obtaining separate approvals is not required (unless the study of the discipline involves mastering certain learning outcomes that are prerequisites).

The Minor program is a set of interrelated academic disciplines that are studied sequentially and complement professional competencies and program learning outcomes.

As part of the educational program, applicants can choose one of the Minor profiles to study. Based on the results of its completion, the applicant acquires additional professional competencies and program learning outcomes, which are recorded in the student's individual study plan.

After successful completion of the Minor program, the graduate will be able to perform the professional work specified in DK 003:2010 and can hold the corresponding primary position (in accordance with the selected Minor program):

MINOR Program (Fitness) - 3475 – Fitness trainer; 3475 – Instructor-methodologist of the training complex (hall); 1229.6 – Head (manager) of the training complex (hall).

The aim of the study. It is aimed at an in-depth study of the peculiarities of the formation of an individual trajectory of study at the university.

The following research methods were used during the solution of the specified tasks: theoretical analysis and generalization of literary sources, modeling.

Research results. The "fitness" minor program forms specific interdisciplinary competencies of practical application of theoretical knowledge in the practical implementation of the organizer of sectional work on fitness in institutions of general secondary education.

Candidates of this program will gain knowledge of the psychological and pedagogical features of the professional activity

of a fitness trainer, theoretical and methodological aspects of organization and implementation of various types of fitness, and will receive the necessary knowledge of conditioning training. These programs combine theoretical knowledge with practical training of students.

List of optional educational components of the fitness minor program for the master's level

Code n/a	Program components	Number loans	Semester	Form final control
1	2	3	4	5
OK 1	Theory of fitness	5	1	Exam
OK 2	Psychological and pedagogical aspects of the professional activity of a fitness trainer	5	2	Exam
OK 3	Technology of work in the gym	3	2	Test
OK 4	Practice in fitness clubs, fitness sections in school	3	3	Test
Total number of credits		16		

**Description of disciplines
Theory of fitness**

The educational discipline is aimed at students' mastery of theoretical knowledge of fitness, formation of future specialists in physical culture and sports, professionally important competencies necessary for conducting modern classes of various types of fitness with people of different ages, levels of fitness and health. Applicants study modern characteristics of fitness concepts, in particular, mastering theoretical knowledge of the history of fitness development, formation of terminology and classification of fitness exercises. They master the means, methods, principles of various types of fitness, acquire skills in programming fitness classes, building group and individual fitness classes.

Psychological and pedagogical aspects of the professional activity of a fitness trainer

The goal of the educational discipline is to provide students with theoretical knowledge and practical skills in psychological and pedagogical activities in the field of fitness.

Applicants study: motives and needs of activities in the field of fitness, characteristics of the concept of image, aspects that determine the image of a fitness trainer. means of forming one's own image, etiquette of a fitness trainer; personality typologies and techniques of effective communication of a fitness trainer; Hard skills and soft skills of a fitness trainer; image and personal brand of a fitness trainer.

Skills are formed: to study the individual motivations of the individual, to motivate for systematic fitness classes and the achievement of the set goal, to promote the formation of a healthy lifestyle.

Technology of work in the gym

The educational discipline is aimed at studying the history of the development of exercise devices, the methods of using exercise machines, the peculiarities of performing exercises on exercise machines, safety techniques when performing exercises on exercise machines, the development and improvement of the functional capabilities of the students' body, increasing the level of physical development, as well as acquiring practical skills in organizing and conducting training classes in the gym.

During the study of the discipline, attention is paid to the technologies of building modern training programs in the gym, to compliance with occupational safety and health requirements in the process of professional activity.

Practice in fitness clubs, fitness sections in school.

Practice is aimed at ensuring the relationship between theoretical knowledge and practical activities for the implementation of knowledge in the real educational process at modern scientific and methodical levels. This practice allows not only to consolidate the acquired knowledge, abilities and skills in fitness, but also provides an opportunity to understand the multifaceted work of a fitness trainer and learn how to perform it, ensures the acquisition of the necessary competencies for the future professional activity of a fitness trainer.

The goal of the practice is to expand the creative abilities of students to independently solve the main pedagogical tasks in the

field of fitness in combination with the formation and consolidation of professional and pedagogical abilities and skills.

The main tasks of practice: formation of motivations, interest of students in the future profession, as well as the need to acquire knowledge and develop professional and pedagogical skills and abilities in the field of fitness; familiarization with the organizational and methodological features of physical culture and health work with persons of different physical fitness, individual characteristics and functional state; deepening and enrichment of practical skills that ensure the solution of specific tasks of planning, conducting, monitoring and assessing physical condition during fitness classes.

Professional competences	Program Learning Outcomes (PLP)
<p>FC 1.The ability to develop innovative programs of group and individual classes of aerobic, functional, strength, and mental orientation, taking into account the individual characteristics of the personality.</p> <p>FC 2.Ability to organize, conduct group and individual classes on various types of fitness (strength, aerobic, functional and mental focus) for population groups of different gender, age, physical fitness, etc.) taking into account the methodical principles of building classes.</p> <p>FC 3.The ability to adhere to the principles of motivational activity and to form motivational and value orientations of the individual.</p> <p>FC 4.The ability to exercise pedagogical control during classes on various types of fitness.</p>	<p>PRN 1.Have knowledge of programming modern classes on various types of fitness, taking into account the individual characteristics of the person.</p> <p>PRN 2.Have knowledge of organizing, conducting group and individual classes on various types of fitness (strength, aerobic, functional and mental orientation) for population groups of different gender, age, physical fitness, etc.) taking into account the methodical principles of building classes.</p> <p>PRN 3.Have knowledge of theories of motivation; factors encouraging fitness, methodical methods of forming motivation for regular physical activity. The ability to determine the individual motives of a person and to promote the formation of a healthy lifestyle.</p> <p>PRN 4. The ability to organize and conduct pedagogical control of physical fitness, functional indicators and health status during classes on various types of fitness.</p>

**List of optional educational components of the program
minor fitness for bachelor's level**

Code n/a	Program components	Number loans	Semester	Form final control
1	2	3	4	5
OK 1	Theory of fitness	6	7	Exam
OK 2	Methods of organizing classes in various types of fitness	3	5	Test
OK 3	Psychological and pedagogical aspects of the professional activity of a fitness trainer	6	6	Exam
OK 4	Methodology of conditioning training	3	3	Test
OK 5	Technology of work in the gym	3	2	Test
OK 6	Pedagogical practice in fitness clubs, fitness sections in school	15	1-8	Test
Total number of credits		36		

**Description of disciplines
Theory of fitness**

The educational discipline is aimed at students' mastery of theoretical knowledge of fitness, formation of future specialists in physical culture and sports, professionally important competencies necessary for conducting modern classes of various types of fitness with people of different ages, levels of fitness and health. Applicants study modern characteristics of fitness concepts, in particular, mastering theoretical knowledge of the history of fitness development, formation of terminology and classification of fitness exercises. They master the means, methods, principles of various types of fitness, acquire skills in programming fitness classes, building group and individual fitness classes.

Methods of organizing classes in various types of fitness

The educational discipline is aimed at the formation of future specialists in physical culture and sports, professionally important competencies necessary for the organization and methodology of conducting classes on various types of fitness with people of different ages, levels of fitness and health.

It involves mastering the basic knowledge, abilities and skills of conducting and organizing classes in modern types of aerobics, strength, functional fitness and mental fitness, load regulation during classes and safety techniques.

Psychological and pedagogical aspects of the professional activity of a fitness trainer

The goal of the educational discipline is to provide students with theoretical knowledge and practical skills in psychological and pedagogical activities in the field of fitness.

Applicants study: motives and needs of activities in the field of fitness, characteristics of the concept of image, aspects that determine the image of a fitness trainer. means of forming one's own image, etiquette of a fitness trainer; personality typologies and techniques of effective communication of a fitness trainer; Hard skills and soft skills of a fitness trainer; image and personal brand of a fitness trainer.

Skills are formed: to study the individual motivations of the individual, to motivate for systematic fitness classes and the achievement of the set goal, to promote the formation of a healthy lifestyle.

Methodology of conditioning training

The goal of the educational discipline is the formation of future specialists in physical education and sports, professionally important competencies necessary for conditioning training with people of different ages, levels of fitness and health.

Applicants study: the characteristics of the concept of "conditioning training", its purpose and tasks. Types of load during conditioning training. The intensity of the load of conditioning training.

Classification, types of conditioning training. Construction of conditioning training. Periods of conditioning training. Basic requirements for conditioning training. Basic methodical recommendations for conditioning training.

The ability to organize and conduct classes in accordance with the developed program is formed, taking into account the

theoretical and methodological foundations of conditioning training.

Technology of work in the gym

The educational discipline is aimed at studying the history of the development of exercise devices, the methods of using exercise machines, the peculiarities of performing exercises on exercise machines, safety techniques when performing exercises on exercise machines, the development and improvement of the functional capabilities of the students' body, increasing the level of physical development, as well as acquiring practical skills in organizing and conducting training classes in the gym.

During the study of the discipline, attention is paid to the technologies of building modern training programs in the gym, to compliance with occupational safety and health requirements in the process of professional activity.

Pedagogical practice

Pedagogical practice is aimed at ensuring the relationship between theoretical knowledge and practical activities for the implementation of knowledge in the real educational process at modern scientific and methodical levels. This practice allows not only to consolidate the acquired knowledge, abilities and skills in fitness, but also provides an opportunity to understand the multifaceted work of a fitness trainer and learn how to perform it, ensures the acquisition of the necessary competencies for the future professional activity of a fitness trainer.

The goal of the practice is to expand the creative abilities of students to independently solve the main pedagogical tasks in the field of fitness in combination with the formation and consolidation of professional and pedagogical abilities and skills.

The main tasks of practice: formation of motivations, interest of students in the future profession, as well as the need to acquire knowledge and develop professional and pedagogical skills and abilities in the field of fitness; familiarization with the organizational and methodological features of physical culture and health work with persons of different physical fitness, individual characteristics and functional state; deepening and enrichment of practical skills that ensure the solution of specific tasks of planning, conducting, monitoring and assessing physical condition during fitness classes.

Professional competences	Program Learning Outcomes (PLP)
<p>FC 1.The ability to develop innovative programs of group and individual classes of aerobic, functional, strength, and mental orientation, taking into account the individual characteristics of the personality.</p> <p>FC 2.Ability to organize, conduct group and individual classes on various types of fitness (strength, aerobic, functional and mental focus) for population groups of different gender, age, physical fitness, etc.) taking into account the methodical principles of building classes.</p> <p>FC 3.The ability to adhere to the principles of motivational activity and to form motivational and value orientations of the individual.</p> <p>FC 4.The ability to exercise pedagogical control during classes on various types of fitness.</p>	<p>PRN 1.Have knowledge of programming modern classes on various types of fitness, taking into account the individual characteristics of the person.</p> <p>PRN 2.Have knowledge of organizing, conducting group and individual classes on various types of fitness (strength, aerobic, functional and mental orientation) for population groups of different gender, age, physical fitness, etc.) taking into account the methodical principles of building classes.</p> <p>PRN 3.Have knowledge of theories of motivation; factors encouraging fitness, methodical methods of forming motivation for regular physical activity. The ability to determine the individual motives of a person and to promote the formation of a healthy lifestyle.</p> <p>PRN 4.The ability to organize and conduct pedagogical control of physical fitness, functional indicators and health status/me during classes on various types of fitness.</p>

References.

1. <https://zakon.rada.gov.ua/laws/show/1556-18#Text>
2. <https://tnpu.edu.ua/fakultet-f-zichnogo-vikhovannya.php>