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FEATURES OF THE IMPLEMENTATION OF THE STUDENT'S RIGHT TO FORM AN INDIVIDUAL STUDY TRAJECTORY THROUGH THE IMPLEMENTATION OF «MINOR» PROGRAMS

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Abstract. The publication reveals the formation of professional competencies of future physical culture and sports specialists through the implementation of «minor» programs.

Keywords: physical culture teacher, educational and professional program, competence, «minor».

Relevance. 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 no less than 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].

The purpose of our research was: to determine the components of the educational and professional program that form the competencies of a specialist in physical education and sports through the implementation of «minor» programs.

Methods. The following research methods were used in the study: theoretical - a systematic analysis of special scientific literature on the problem was carried out; praxisymmetric - the study of statistical, educational and methodical documentation was carried out.

Research results. Bachelor programs at the Ternopil National University named after V. Hnatyuk in the specialty 01 Education/Pedagogy, specializations 014.11 Secondary Education (Physical Culture), 017 Physical Culture and Sports (by specializations) provide for the possibility for students to choose «Minor» programs, which are combined with the specialty at the interdisciplinary level and make it possible to more effectively

coordinate the acquisition relevant professional competencies and learning outcomes with 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 (Clause 15, Part 1, Article 62). For the selection of all other disciplines (for example, from another OP or those taught by another 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) [1].

The «Minor» program is a complex of interrelated academic disciplines that are studied sequentially and complement professional competencies and program learning outcomes [3].

As part of the educational program, applicants can choose to study one of the Minor profiles (fitness trainer, professional sportsman, recreation) with a volume of 36 ECTS credits. 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 [2] and can hold a corresponding primary position (in accordance with the selected Minor program):

MINOR program (Fitness trainer) -3475 – Fitness trainer; 3475 – Methodist instructor of the training complex (hall).

MINOR program - (professional sportsman) -3475 – Professional sportsman.

MINOR program (Recreation) - 3414 – Leisure organization specialist; 2213.2 – Recreation specialist.

Educational components of the programs MINOR

MINOR program (Fitness trainer)	The MINOR program- (professional sportsman)	MINOR Program (Recreation)
Theory of fitness	Theory of sports	Theory of recreation
Methods of organizing classes in various types of fitness	Method of sports training (selected sport)	Methods of organizing classes on various types of recreational activities
Psychological and pedagogical aspects of the professional activity of a fitness trainer	Psychological and pedagogical aspects of athlete training	Psychological and pedagogical aspects of the professional activity of a recreation specialist
Methodology of conditioning training	Sports medicine	Methodology of conditioning training
Technology of work in the gym	Sports pedagogy	Technology of work in health parks and recreation areas
Pedagogical practice in fitness clubs, fitness sections in ZZSO	Training practice	Pedagogical practice in recreational activities

Master's programs 014.11 Secondary education (Physical culture), 017 Physical culture and sports (by specialization) provide for the possibility for students to choose Minor programs.

As part of the educational program, applicants can choose to study one of the Minor profiles (fitness, sports club manager, sport fishing, recreation) with a volume of 16 ECTS credits. 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 [2] and can hold a 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).

MINOR program - (head of a sports club) – 24370.85 Head of a (sports) club.

MINOR program – (Sport fishing) -6152 - Sports fishing instructor.

MINOR program (Recreation) - 3414 – Leisure organization specialist; 2213.2 – Recreation specialist.

MINOR program («Be ready») - 24622 - Head of a circle, 24623 - Head of an amateur association (interest club) 24620 - Head of pre-prescription training.

Educational components of the programs MINOR

MINOR program (Fitness)	The MINOR program- (Head of the sports club)	The MINOR program- (Sport fishing)	MINOR Program (Recreation)	MINOR program («Be ready»)
Theory of fitness	Theory of sports	Theory of fishing sport	Theory of recreation	Theory of group and club activities
Psychological and pedagogical aspects of the professional activity of a fitness trainer	Psychological and pedagogical aspects of athlete training	Basics of ichthyology and ecology	Psychological and pedagogical aspects of the professional activity of a recreation specialist	Survival medicine (first aid, tactical medicine)
Technology of work in the gym	Economy of sports	Organization and holding of fishing competitions in recreational areas	Technology of work in health parks and recreation areas	Military training
Practice in fitness clubs, fitness sections in ZZSO	Management practice	Sports fishing practice	Practice in recreational activities	The basics of volunteering (volunteer practice)

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COURSE "THEORY AND METHODOLOGY OF TEACHING STRENGTHS AND MARTIAL ARTS" IN THE TRAINING OF BACHELORS IN PHYSICAL EDUCATION AND SPORTS

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Abstract. The article discloses the structure and content of the educational discipline "Theory and methodology of teaching strengths and martial arts" for the bachelor's level of training in the specialty 017 Physical culture and sports at the Ternopil Volodymyr Hnatiuk National Pedagogical University. The prospects for the implementation of this discipline are outlined.

Keywords: bachelor's degree, strength sports, martial arts, physical culture and sports, educational discipline, meaningful module.

Анотація. В статті розкрито структуру та зміст навчальної дисципліни «Теорія і методика навчання силових видів і єдиноборств» для бакалаврського рівня підготовки з спеціальності 017 Фізична культура і спорт в Тернопільському національному педагогічному університеті імені В. Гнатюка. Окреслено перспективи впровадження даної дисципліни.

Ключові слова: бакалавр, силові види спорту, види єдиноборств, фізична культура і спорт, навчальна дисципліна, змістовний модуль.

Topicality. Ensuring the proper level of professional training of specialists in the specialty of physical culture and sports is an important factor in the formation of awareness and the ability of the average individual to maintain the proper level of physical training to ensure full-fledged social activity, the growth of the socio-economic level of Ukrainian society, overcoming the demographic crisis, the formation of traditions and motivation regarding physical education and mass sports as an important factor of physical and social well-being, improving health, leading a healthy lifestyle and increasing its duration [2, 4].

Currently, in domestic science there are a number of studies related to the study of the experience of professional training of