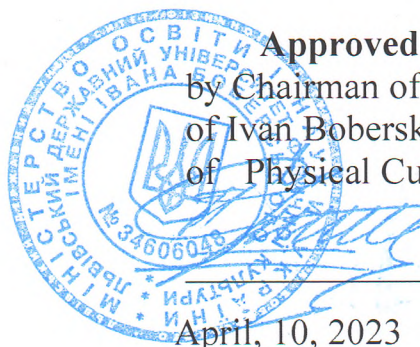


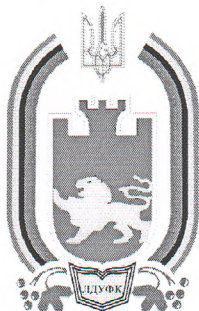
MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE
IVAN BOBERSKYI LVIV STATE UNIVERSITY OF PHYSICAL CULTURE



Approved
By Chairman of the Admissions Board
of Ivan Boberskyi Lviv State University
of Physical Culture

Yevhenii PRYSTUPA

April, 10, 2023



PROGRAMME

of professional entrance examination

in **Theories and methods of training athletes**

for obtaining the second (Master's) level of higher education

in the subject area 017 "*Physical culture and sport*"

(for persons who are entitled by terms of admission to Higher Education Establishment)

Considered and approved
at the meeting of the Admissions Board
of Ivan Boberskyi Lviv State University of
Physical Culture
record No 6, April, 10, 2023

Lviv – 2023

EXPLANATORY NOTE

The exam program consists of theoretical questions on the specialized subjects program in the specialty «Physical Culture and Sports»:

- «General athletes' training theory»;
- «Olympic sport»;
- «Professional sports».

The exam is held in the form of an oral answer to the exam ticket questions.

Levels of competence	Grades	Criteria
I. Basic	0-69	The entrant has not demonstrated knowledge of the main program material in his/her answer; does not orient in program issues; does not know the basic literature.
	70-99	There are significant deficiencies in knowledge of the main program material in the entrant's answer; the entrant is not sufficiently oriented in the program issues; has made some significant mistakes; made some mistakes in forming the basic tenets of the answer; partially mastered the program material.
II. Average	100-135	The entrant has demonstrated knowledge of the basic program material, but made some mistakes in forming the basic tenets of the answer; not fully mastered the program material.
III. Sufficient	136-149	The entrant has demonstrated knowledge of the program material; mastered the basic literature; but constructed his/her answer somewhat incorrectly, presented the material inconsistently, without emphasizing the key points.
	150-163	The entrant has demonstrated knowledge of the program material; mastered the basic literature; constructed his/her answer correctly, but presented the material inconsistently or has not emphasized the key points.
IV. High	164-179	The entrant has demonstrated knowledge of the program material in his/her answer; demonstrated the ability to analyze the generalization of key points and knowledge of the main literature, background knowledge of additional literature.
	180-200	The entrant has demonstrated comprehensive, systematic, in-depth knowledge of the program material; demonstrated the ability to creatively analyze the generalization of key points and knowledge of basic and additional literature.

Program material

Section I. GENERAL THEORY OF ATHLETES TRAINING

1. Theory of sports competitions

Regulation and methods of sports competitions. The structure and content of competitive activity in sports. Types and varieties of sports competitions. Conditions of competitions that affect the effectiveness of competitive activity.

2. Fundamentals of the theory of adaptation to training influences

Peculiarities of adaptive reactions in athletes of different qualifications. Interrelation between the adaptation processes effectiveness and the training loads-and-rest routine. Causes and consequences of maladaptation and probable failure of adaptation to training influences.

3. Principles, means and methods of training athletes

Principles of training athletes. Loading and rest as components of training methods. Methods of strictly regulated, game and competitive exercises, their classification and general characteristics.

4. Athlete training system

Parts and aspects of athlete training. Peculiarities of tactical training of athletes. Peculiarities of physical training of athletes. Peculiarities of psychological training of athletes. Peculiarities of integrated training of athletes.

5. Construction of the training process

The structure of educational training lesson. Selective and complex oriented classes. Types of microcycles and peculiarities of their construction. Types of mesocycles and peculiarities of their construction. The structure of long-term athlete training system. Athlete training planning and accounting. Control and modeling in sports. Fundamentals of selection methods in sports.

Section II. OLYMPIC SPORT

1. Olympic Games of Ancient Greece. Revival of the Olympic movement

Historical roots of Olympic sports. Organization, holding and program of the Olympic Games of Ancient Greece. The role of Pierre de Coubertin in the revival of the modern Olympic Games.

2. International Olympic system: principles, structure and activity

Modern Olympism and its basic principles. International Olympic Committee (IOC) and peculiarities of its activity. International Sports Federations (IFF) and peculiarities of their activity. National Olympic Committees (NOCs) and peculiarities of their activity.

3. Organization, holding and program of the Olympic Games

Peculiarities of preparation and holding of the Olympic Games. Changes in the programs of the Olympic Games in recent years. Participation of women in the Olympic Games.

Section III. PROFESSIONAL SPORTS

1. Professional sports as a social phenomenon

Modern professional sport as an entertainment industry and a type of entrepreneurial activity. Positive and negative features of professional sports. General functions of professional sports, realized by modern sports: health, educational, disciplinary, advertising, communicative. Specific functions inherent in professional sports: the function of the «safety valve»; behavior modeling; spirituality; hope maintenance; individualization; distraction; integration.

2. Organizational and legal principles of professional sports

The structure of the professional league and its functions. Professional club (team) as a lower level of the professional league. The structure of the contract of a professional athlete.

3. Economic principles of professional sports

The specifics of business in professional sports. Sources of income in professional sports. Expenditure items in professional sports.

RECOMMENDED LITERATURE

1. Бріскін Ю. Спорт інвалідів у міжнародному олімпійському русі : [монографія] / Юрій Бріскін. – Львів : Край, 2006. – 346 с. – ISBN 966-547-206-2.
2. Диференціація фізичної підготовки спортсменів : монографія / авт. кол.: Линець М. М., Чичкан О. А., Хіменес Х. Р. [та ін.] ; за заг. ред. М. М. Линця. – Львів : ЛДУФК, 2017. – 304 с.
3. Келлер В. С. Теоретико-методичні основи підготовки спортсменів / Келлер В. С., Платонов В. М. – Львів : Українська спортивна Асоціація, 1992. – 269 с.
4. Олимпийский спорт : в 2 т. / В. Н. Платонов, М. М. Булатова, С. Н. Бубка [и др.] ; под общ. ред. В. Н. Платонова. – Киев : Олимп. л-ра, 2009. – Т. 1. – 736 с. – ISBN 978-966-8708-15-2.
5. Платонов В. Н. Система подготовки спортсменов в олимпийском спорте. Общая теория и ее практические приложения : [учеб. для студ. высш. учеб. завед. физ. воспитания и спорта] / В. Н. Платонов. – Кие : Олимпийская литература, 2004. – 808 с. – ISBN 966-7133-64-8.
6. Профессиональный спорт : учеб. для вузов / С. И. Гуськов, В. Н. Платонов, М. М. Линец, Б. Н. Юшко. – Киев : Олимпийская литература, 2000. – 392 с.