

## REVIEW

of the Educational and Professional Programme "Physical Education"  
for the first (Bachelor's) level of higher education speciality A4 Secondary Education  
(Physical Education) implemented at Ivan Boberskyi Lviv State University of  
Physical Culture

The aim of the programme is to train a physical education teacher capable of effectively organising the educational process at school, implementing physical education of pupils taking into account their age, individual, and medical characteristics, and ensuring a health-preserving orientation of teaching. The programme forms a specialist who is able to plan and conduct physical education lessons, skilfully apply a differentiated approach to the learning process, carry out pedagogical monitoring of physical fitness, organise extracurricular physical activity, and work in an inclusive educational environment.

The educational programme is based on modern pedagogy, psychology, and the theory of physical education and предусматриває the use of observation, testing, measurement methods, as well as information and communication technologies.

The uniqueness of this programme lies in the integration of education and practical activity, the formation of an individual educational trajectory, and the combination of educational and research activities. Particularly important is the inclusion of the course "Physical Culture in the New Ukrainian School", which is oriented towards the real needs of modern schools. Graduates acquire skills in adapting physical load and working with pupils with special educational needs. The training includes elements of fitness, recreation, corrective gymnastics, and variable modules of physical culture, which correspond to contemporary pupils' interests and foster their motivation for physical activity. Thus, the programme prepares not only a teacher of physical culture as a school subject, but also a specialist in forming a culture of health among school-aged youth.

The structure of the educational programme is logically designed and corresponds to the principle of gradual development of professional competence. Educational components include a medical and biological block, a psychological and pedagogical block, methodology of physical education, health-enhancing and fitness technologies, inclusive education, and digital literacy. It is also worth noting the presence of educational components oriented towards real school practice, such as health-preserving technologies, adaptive physical education, and physical culture in the New Ukrainian School.

A significant advantage of the programme is the substantial share of practical training. The availability of pedagogical and coaching practices ensures early professional socialisation of students, the development of methodological skills, and readiness for independent pedagogical activity. This approach corresponds to modern European models of teacher training and significantly increases graduates' competitiveness in the labour market.

The competences and learning outcomes fully correlate with the requirements of the State Standard of Basic Secondary Education and the professional standard for teachers. Graduates of the programme are able to plan and conduct physical education

lessons, implement formative assessment, organise a safe educational environment, work with pupils from different medical groups, use digital technologies, and form pupils' sustainable motivation for physical activity. Particular emphasis is placed on inclusive education and health preservation, which corresponds to contemporary European educational practices.

The material, technical, and information resources make it possible to implement practice-oriented training, combine educational and research activities of students, and create conditions for the formation of professional competence. The programme also provides opportunities for further study at the second (Master's) level, which indicates its academic continuity.

Thus, the Educational and Professional Programme "Secondary Education (Physical Education)" is modern, scientifically grounded, and practice-oriented. It corresponds to state policy in the development of physical culture and sport, is aligned with the Concept of the New Ukrainian School, ensures the training of a competitive specialist, and creates prerequisites for further academic education and professional development.

I believe that the programme fully meets the requirements of higher education standards. To further improve the educational programme, taking into account AWFIS practices and European experience, it is recommended to introduce interdisciplinary courses in educational psychology, coaching analytics, sports marketing, and methods of physical rehabilitation and inclusive education, among others. It is also advisable to create a set of specialisations within one educational and professional programme (physical education in preschool institutions, inclusive physical education, physical education for children with special educational needs, military physical training, active recreation and healthy lifestyle). In addition, the introduction of partnership programmes with EU universities and academies for student and staff exchange is recommended.

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