

**FEDERAL STATE BUDGETARY  
EDUCATIONAL INSTITUTION OF HIGHER EDUCATION  
"AMUR STATE MEDICAL ACADEMY"  
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION**

**AGREED**  
Vice-Rector for Academic Affairs

 N.V. Loskutova

April 17, 2025

Decision of the CCMC  
April 17, 2025  
Protocol No.7

**APPROVED**  
by decision of the Academic Council of  
the FSBEI HE Amur SMA of the Ministry  
of Health of the Russian Federation

April 17, 2025  
Protocol No. 15

Acting Rector of FSBEI HE Amur SMA of  
the Ministry of Health of the Russian  
Federation

 I.V. Zhukovets

April 22, 2025



**EDUCATIONAL PROGRAM**

**elective discipline in physical education and sport  
"Applied Physical Education and Sport".**

**Specialty: 31.05.01 General Medicine**

**Course: 1, 2, 3, 4, 5**

**Semester: 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Total hours: 328 hrs.**

**Control form: credit-test, 10 semester**

**Blagoveshchensk, 2025**

The educational program of the discipline is designed in accordance with the requirements of the Federal State Educational Standard of Higher Education - Specialization in the specialty 31.05.01 General Medicine, approved by the order of the Ministry of Education and Science of Russia dated 08.12.2020 № 988 (registered with the Ministry of Justice of Russia on 08.26.2020 № 59493), BPEP HE (2021).

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April 17, 2025

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## **I. EXPLANATORY NOTE**

### **1.1. Characteristics of the discipline**

Applied physical culture and mass sport has a significant impact on the development of the human body, and on society as a whole, is an integral part of the general culture. The basis of a healthy lifestyle of medical students should be a cultural habit of daily motor activity. In medical schools, students need this subject not only for their personal health improvement, but also in order to apply the acquired knowledge then in their professional practice, as a powerful means of recovery and improving performance. Only the correct dosage of physical exercises will benefit the body. A doctor should learn the correct dosage of physical exercises in medical school. It is impossible to solve the problem of mass physical education without a doctor. Taking all this into account, applied physical culture in medical schools is not only a means of health promotion, but also an integral part of teaching professional training of students to use physical culture means in preventive activities.

### **1.2. Aims and objectives of the**

#### **discipline The purpose of teaching**

##### **the discipline:**

The purpose of mastering the elective discipline in physical culture "Applied physical culture and sport" is the formation of physical culture of the individual and the ability to use the means of physical culture and sport for the preservation and strengthening of health and preparation for future professional activity.

##### **Learning Objectives of the Discipline:**

1. To strengthen the health of students, increase and maintain physical and mental performance, athletic fitness and psycho-emotional stability.
2. To form professional physical culture of a specialist in combination with general physical culture of a person.
3. To develop in medical students motivational and value attitudes for qualitative fulfilment of university programme requirements and further application of physical culture means and methods as an integral component of a healthy lifestyle, a factor of general cultural development and mastering the medical profession.
4. To impart knowledge and teach practical skills in the use of physical activity to promote and restore health.
5. To develop and improve physical qualities, maintaining them at an optimal level, throughout all years of higher education.
6. To teach various motor skills, combining them with vocational and applied physical training.
7. To teach the composition and implementation of complexes of morning hygienic and industrial gymnastics, to form compliance with the requirements of personal and public hygiene, motivation and value attitude to the daily performance of the motor regime, to instil interest in sports and the desire to abandon bad habits.
8. To teach self- and self-control in group and individual physical education classes and to keep a self-control diary.
9. To teach the ability to organise sports, mass and physical culture and health-improving work in teams.

### 1.3. Place of the discipline in the structure of the basic professional educational programme of higher education

In accordance with the FSES HE - speciality 31.05.01 Medicine (2020) Elective discipline in physical education and sport "Applied physical education and sport" belongs to Block 1. Variative part and is taught at 1-5 courses. The total capacity of the elective discipline is 328 hours, it is compulsory for mastering the programme of specialization, it is not transferred into credit units. The study of the discipline is carried out in 2, 3, 4, 5, 6, 7, 8, 9, 10 semesters.

Type of control:

credit in semester 10.

Students are trained on the basis of continuity of knowledge and skills acquired in the school course of physical education of general education institutions. To master the discipline "Applied Physical Education and Sport" requires knowledge, skills and practical skills in the volume provided by the secondary school programme.

The discipline "Applied Physical Education and Sport" is a subject necessary for the study of profile disciplines, which are taught in parallel with this subject or in subsequent courses. Mastering the discipline "Physical Culture and Sport" precedes the study of: human anatomy, human physiology, hygiene, physical therapy.

### 1.4. Requirements for students

"Applied Physical Education and Sport" is a subject necessary for the study of related disciplines that are taught concurrently with this subject or in subsequent courses.

To study the discipline requires knowledge, skills and abilities formed by previous disciplines: anatomy, social studies, history, basics of healthy lifestyle, hygiene. The initial level of knowledge and skills that a student should have when starting to study the course of physical culture and sport corresponds to the requirements for knowledge and skills in physical culture entering universities.

For the study of the discipline are required:

<b>PHYSICAL EDUCATION AND SPORT</b>
<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>- ways of monitoring and evaluating physical development and physical fitness;</li> <li>- ways of planning systems of individual physical exercise classes of different target orientation.</li> </ul>
<p><b>Skills: to apply skills</b> of general exercises, mobile games, basics of sports games, gymnastics, athletics;</p> <p>Overcome artificial and natural obstacles using a variety of methods. modes of transport;</p>
<p><b>Skills:</b> the ability to apply the knowledge and skills acquired in the main subjects studied in the practice of health improvement, morning exercises and physical self-improvement.</p>



### 1.6. Requirements to the results of mastering the discipline

The study of the discipline "Applied Physical Education and Sport" is aimed at the formation/improvement of the following competences:

№ n/a	Code and name of competence	Code and name of the competence achievement indicator	As a result of studying the academic discipline "Applied Physical Education and Sport" the student must:		
			Know	Be able to	Possess
<b>Universal competences</b>					
1.	<b>YK-7.</b> Able to maintain a proper level of physical fitness to ensure full social and professional activity	<b>ID UK-7.1</b> Observes and promotes norms of a healthy lifestyle in various life situations and in professional activities.	<ul style="list-style-type: none"> <li>- specialised terminology.</li> <li>- the main aspects of the social role of physical activity;</li> <li>- The role of physical culture in the scientific organisation of work;</li> <li>- motivational and value attitude to physical culture as an integral part of everyday life;</li> <li>- the role of physical culture in human health and development;</li> <li>- fundamentals</li> </ul>	<ul style="list-style-type: none"> <li>- to maintain their physical condition and functional capabilities at an appropriate level, to assess their physical condition;</li> <li>- use methods of development and control of basic physical qualities;</li> <li>- make up complexes of morning hygienic, corrective and industrial gymnastics;</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to observe and promote healthy lifestyle norms in various life situations and professional activities</li> </ul>

			physical education and healthy lifestyles;		
	The student plans his/her working and free time to optimise the combination of physical and mental workload and to ensure efficiency.	<ul style="list-style-type: none"> <li>- Methods and means of carrying out recreational work in the field of physical fitness.</li> <li>- basics of organising and conducting health promotion work with different population groups</li> <li>- the specifics of injuries and illnesses in athletes FKC;</li> </ul>	<ul style="list-style-type: none"> <li>- use the acquired motor skills in independent physical activities;</li> <li>- to apply non-traditional and auxiliary means and methods of physical education for their own improvement of the organism;</li> </ul>	<ul style="list-style-type: none"> <li>- the ability to plan their working and free time to optimise the combination of physical and mental workload and ensure efficiency;</li> </ul>	
	<b>ID UK-7.3</b> Select health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the organism.	<ul style="list-style-type: none"> <li>- regularities of age and gender peculiarities of development of basic physical qualities and motor skills of athletes FKC;</li> </ul>	<ul style="list-style-type: none"> <li>- use the acquired motor skills in independent physical activities;</li> <li>- Use non-traditional and</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to choose health-saving technologies to maintain a healthy lifestyle, taking into account physiological conditions. peculiarities</li> </ul>	

			<ul style="list-style-type: none"> <li>- regularities of development of separate systems of the human organism in the process of physical training;</li> <li>- Basics of medical control in the process of physical education;</li> <li>- Means and methods of recovery from strenuous mental and physical activity stresses;</li> </ul>	<p>auxiliary means and methods of physical education for the body's own health improvement;</p>	<p>of the body;</p>
<b>General professional competences</b>					
2	<p><b>OPK-2.</b> Able to carry out and control the effectiveness of prevention, healthy lifestyle and sanitary and hygiene measures. hygienic</p>	<p><b>ID OPK-2.2</b> Promote a healthy lifestyle aimed at improving sanitary culture and preventing diseases of patients (population); organise activities on sanitary and hygienic education and formation of healthy habits lifestyle.</p>	<ul style="list-style-type: none"> <li>- regularities of age and gender peculiarities of development of the main physical qualities and motor skills of sportsmen;</li> <li>- morpho-functional</li> </ul>	<ul style="list-style-type: none"> <li>- Clearly explain to patients the need for and importance of FC;</li> <li>- designate a proper movement regime for each patient;</li> <li>- properly</li> </ul>	<ul style="list-style-type: none"> <li>- ability to promote a healthy lifestyle aimed at improving health culture and preventing diseases of patients (population);</li> </ul>

	public education		<p>peculiarities of the human organism and their application in physical activity of different intensity and orientation;</p> <p>- methods and techniques of agitation and propaganda work to involve the population in physical fitness activities;</p>	<p>to recommend the use of physical training means depending on the state of health, physical fitness, profession and psycho-emotional state of the patient;</p>	<p>- ability to organise activities on sanitary and hygienic education and formation of healthy lifestyle skills;</p>
	<p><b>OPK-3.</b> Able to oppose and combat doping in sport</p>	<p><b>ID OPK-3.1</b> Predict and apply measures to prevent the adverse effects of doping on human health.</p>	<p>- regularities of development of separate systems of the human organism in the process of physical training;</p> <p>- Basics of medical control in the process of physical education;</p> <p>- means and methods of recovery from strenuous mental and</p>	<p>- use the acquired motor skills in independent physical exercise;</p> <p>- to apply non-traditional and auxiliary means and methods of physical education for their own improvement of the organism;</p>	<p>- The ability to predict and implement measures to prevent the negative impact of doping on human health;</p>

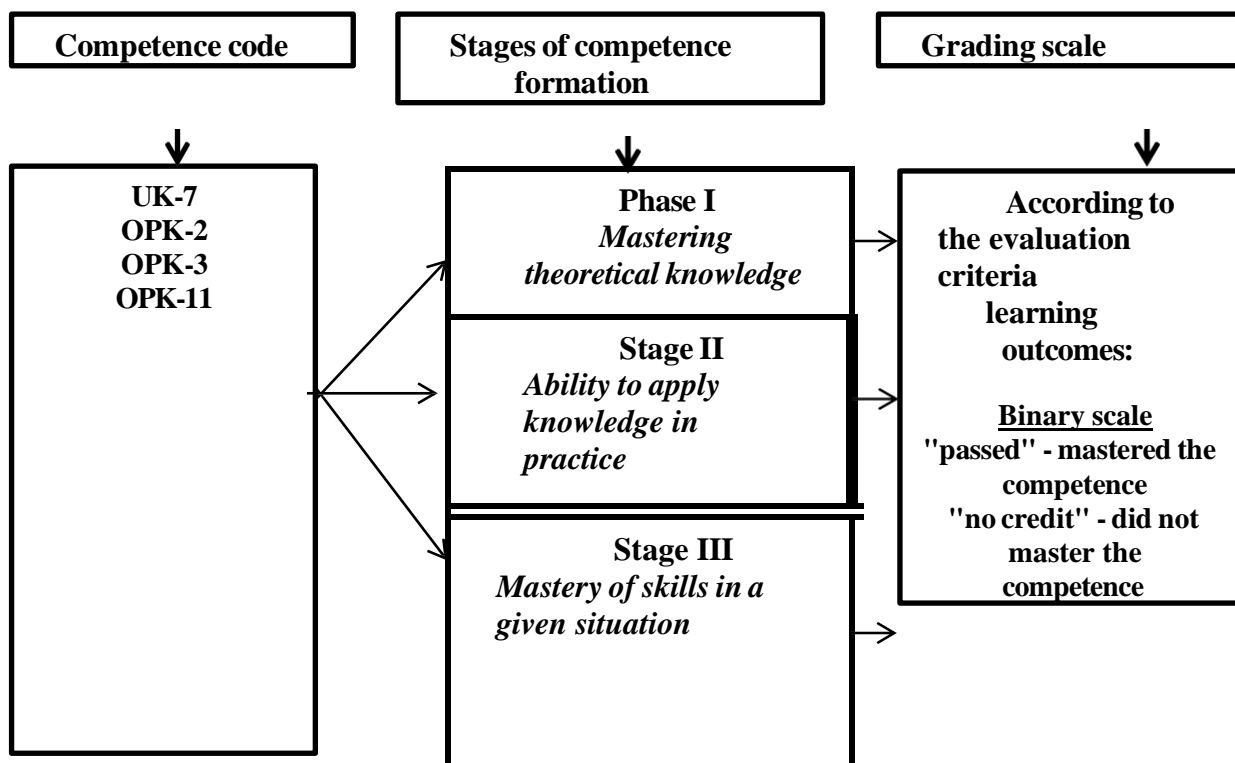
			physical exertion;		
		<b>ID OPK-3.2</b> Develop and implement ways to prevent doping in sport.	<ul style="list-style-type: none"> <li>- Medical and biological aspects of sports training;</li> <li>- methodology of using physical fitness facilities to improve mental efficiency and academic performance;</li> </ul>	<ul style="list-style-type: none"> <li>- use methods of development and control of basic physical qualities;</li> <li>- make up complexes of morning hygienic, corrective and industrial gymnastics;</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to develop and implement ways to prevent doping in sport;</li> </ul>
		<b>ID OPK-3.3</b> Analyse and interpret conflicting information on doping.	<ul style="list-style-type: none"> <li>- sanitary and hygienic bases of activity in the sphere of physical fitness;</li> </ul>	<ul style="list-style-type: none"> <li>- use methods of development and control of basic physical qualities;</li> <li>- compile complexes of morning hygiene, corrective and industrial activities gymnastics;</li> </ul>	<ul style="list-style-type: none"> <li>- The ability to analyse and interpret conflicting information on doping;</li> </ul>
3	<b>OPK-11.</b> Able to prepare and apply scientific, scientific-industrial, project, organisational and industrial managerial and	<b>ID OPK-11.4</b> Conduct scientific and practical research, analyse information using the historical method and prepare publications based on the results of research.	<ul style="list-style-type: none"> <li>- history and organisational structure of work on physical culture and sport in Russia;</li> <li>- principles and</li> </ul>	<ul style="list-style-type: none"> <li>- Use methods to develop and control basic physical qualities;</li> </ul>	<ul style="list-style-type: none"> <li>- Ability to conduct scientific and practical research;</li> <li>- analyse information using</li> </ul>

	Regulatory documentation in the health care system		methods of the domestic system of physical education with different contingents of the population; - their role and place in the overall physical education system.		of the historical method;  - prepare publications based on the results of research.
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#### Sections of the discipline and code of the formed competence

№ n/a	Name of section	Code of formed competence
1.	Athletics	UK-7; OPK-2;OPK-3; OPK-11
2.	Volleyball	UK-7; OPK-2;OPK-3; OPK-11
3.	Basketball	UK-7; OPK-2;OPK-3; OPK-11
4.	Ski training	UK-7; OPK-2;OPK-3; OPK-11
5.	Orientation	UK-7; OPK-2;OPK-3; OPK-11
6.	Mini-football	UK-7; OPK-2;OPK-3; OPK-11
7.	Athletic gymnastics, weight lifting	UK-7; OPK-2;OPK-3; OPK-11
8.	Table tennis	UK-7; OPK-2;OPK-3; OPK-11

### 1.7. Stages of competence development and description of assessment scales



### 1.8. Forms of training organisation and types of control

The main form of training is individual support of the student's development. It is aimed at overcoming problems related to the motor function of the body and its capabilities and health status. Practical classes are conducted by group and individual assignments, participation of students with disabilities in sports competitions as referees, volunteers.

#### Adaptive physical training in hearing impairment

main task is extensions tactile, muscular - joint and special perceptions to partial replacement of hearing.

Tactile and muscle and joint perceptions should be used extensively in the process:

- exercises performed with eyes closed;
- exercises that promote simultaneous expansion of the total field of vision and motor reactions.

In order to combat hypodynamia, it is necessary to intensify the movement regime by means of UGH. Persons with partial hearing loss can engage in many sports: athletics, table tennis, kettlebell lifting, strength training, game sports (replacing auditory stimuli with visual stimuli).

**Adaptive physical culture for injuries and diseases of the organs of vision** The main task of physical culture classes for injuries and diseases of the organs of vision is to teach independent movement, walking, easy running, performing exercises on exercise machines, with dumbbells, gymnastic sticks, hoops. It is necessary to orientate on the weight of dumbbells, the size of sticks; passing volleyballs from hand to hand on the spot and in motion. In the process of systematic training, complex muscular and joint, tactile and auditory skills are formed.

perceptions, allowing for relatively free independent movement. Specialised exercises should be alternated so that there is no adaptation to the same movements. The visually impaired can participate in various sports.

### **Adaptive physical training in diseases and disorders of the musculoskeletal system**

In normalising muscle tone, postures are used to develop the skill of regulating the position of body parts in relation to the head in different starting positions. Formation of balance functions, which is achieved by using exercises to maintain balance under extreme opposition, trampoline jumping. Individual sessions aimed at normalising coordination movements, balance, muscle strength. Group classes develop normalisation of motor activity, accelerate social rehabilitation, confidence in their actions.

<b>Form of organisation of student training</b>	<b>Brief characterisation</b>
Practical exercises	They are intended for analysing (consolidating) theoretical provisions and control over their assimilation with subsequent application of the acquired knowledge in the course of practical tasks.
Interactive forms of learning	<ul style="list-style-type: none"> <li>- Solution of situational tasks and exercises with subsequent discussion,</li> <li>- interactive survey;</li> <li>- creative assignments,</li> <li>- small group method,</li> <li>- discussions</li> </ul>
Participation in scientific and research work of the department, student circle and conferences	<ul style="list-style-type: none"> <li>- preparation of oral reports and poster presentations for presentation at the student circle or scientific conference;</li> <li>- writing theses and abstracts on the chosen scientific direction;</li> </ul>
<b>Types of control</b>	<b>Brief characterisation</b>
Input control	<p>Verification of practical skills formed by the physical education and sports programme.</p> <p>Entry Controls include:</p> <ul style="list-style-type: none"> <li>- testing (test tasks of the input control), Results input control control are systematised, analysed и are used pedagogical staff of the department for the development of measures to improve and update the methods of teaching the discipline.</li> </ul>
Current control	<p>Current supervision includes:</p> <ul style="list-style-type: none"> <li>- Practical tasks for current control by programme sections</li> <li>- List of practical tasks of the final control</li> </ul>
Intermediate certification	Intermediate certification is represented by a credit, which students take at the end of the 10th semester.

	<p>The credit includes the following steps:</p> <ul style="list-style-type: none"> <li>- fulfilment of test tasks for intermediate control (with answer standards).</li> <li>- Checking the mastery of practical skills and abilities in the discipline sections (performing exercises for each section of the discipline).</li> </ul>
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## II. DISCIPLINE STRUCTURE AND CONTENT

### 2.1. Scope of the discipline and types of training activities

№ n\ n	Types of training activities	Course								
		1 course	2nd year			3rd year		4th year		5th year
		2 semen.	3 semen.	4 seed	5 semen.	6 semen.	7 semen.	8 semen.	9 semen.	10 semen.
1	Practical exercises	32	36	36	24	36	60	32	36	36
2	Total labour intensity in hours	328								

### Main sections of the discipline

	Programme section	Number of hours	term								
			2	3	4	5	6	7	8	9	10
1	Athletics	114	10	10	10	6	10	36	10	8	14
2	Volleyball	32	-	8	-	8	-	8	-	8	-
3	Basketball	32	8	-	8	-	8	-	8	-	-
4	Ski training	28	2	6	2	2	4	2	2	4	4
5	Orientation	30	6	-	6	-	6	-	6	-	6
6	Mini-football	20	2	2	2	2	2	4	2	2	2
7	Athletic gymnastics	36	2	6	4	2	4	4	2	8	4
8	Table tennis	36	2	4	4	4	2	6	2	6	6
<b>Total hours:</b>		<b>328</b>	<b>32</b>	<b>36</b>	<b>36</b>	<b>24</b>	<b>36</b>	<b>60</b>	<b>32</b>	<b>36</b>	<b>36</b>

## 2.2. Thematic plan of practical classes and their content

n/a №	Name of topics of practical classes	Content of topics of practical training	Codes of competences to be formed and their indicators achievements	Types of control	Labour bone (hours)
		<b>Athletics - 114 hours</b>			
1.	Acceptance of control standards.	<p><b>Theoretical part.</b>  <b>INPUT CONTROL: Check theoretical knowledge formed by the programme on physical culture in institutions of secondary (complete) general education.</b>            1. Instruction on safety at classes in athletics. <b>Practical part: Verification of practical skills formed by the programme on physical culture in institutions of secondary (full) general education.</b>            2. Acceptance of control standards: long jump from a standing position; Running - 100 m; Running - 400m; Cross - 1000m (w) 2000m (m); 4x100m relay race.</p>	OPK-2: ID 2.2.	Visual pedagogical observations of movement execution technique	20
2.	Long jump method "bending your legs."	<p>1. Teaching elements of the long jump from a standing position, from a run-up.  <b>Theoretical part:</b> Study of the technique of performing a long jump from a place, from a run-up.  <b>Practical part:</b> Execution of a long jump from a place, from a run-up.            2. Grenade throwing technique.  <b>Theoretical part:</b> Study of</p>	OPK-11: ID 11.4.	Pedagogical observations	20

		grenade throwing techniques. <b>Practical part:</b> Execution of grenade throwing. 3. Improvement of running technique and development of speed endurance. <b>Theoretical part:</b> Study of running technique and development of speed endurance, rules of refereeing. <b>Practical part:</b> Execution of running exercises and development of speed endurance. speed endurance, refereeing.			
3.	Short distance running.	To teach the technique of low start and distance running. <b>Theoretical part:</b> Study of low start and distance running techniques. <b>Practical part:</b> Low start and running on the course.	OPK-2: ID 2.2.	Pedagogical observations	20
4.	Middle distance running.	1. Technique of running at medium distances, running on the turn. <b>Theoretical part:</b> Studying the technique of middle distance running and cornering. <b>Practical part:</b> Middle distance running and cornering. 2. Running on the sections of 300-400 m. <b>Theoretical part:</b> Studying the technique of running 300-400 metres. <b>Practical part:</b> Running on 300-400 m segments.	UK-7: ID 7.1; 7.2; 7.3.	Pedagogical control	10

5.	Uniform long run.	<p>1. Warm-up uniform running.  <b>Theoretical part:</b> Studying the technique of warm-up uniform running.  <b>Practical part:</b> Execution of warm-up uniform jogging.</p> <p>2. Running at 1000m. - women.  1000m - men.  <b>Theoretical part:</b> Studying the technique of running on 1000m.  <b>Practical part:</b> Running at 1000m.</p>	OPK-2: ID 2.2.	Pedagogical control	10
6.	Relay race. Passing the baton.	<p>1. Teaching the baton passing technique.  <b>Theoretical part:</b> Studying the technique of passing the baton. <b>Practical part:</b> Practising practical skills of passing the baton.</p> <p>2. <b>Theoretical part:</b> Studying the technique of relay running, receiving, passing the baton in a straight line and turn  <b>Theoretical part:</b> Studying the technique of relay running, receiving, passing the baton in a straight line and turn. <b>Practical part:</b> Execution of relay running, reception, passing the baton in a straight line and turn.</p>	UK-7: ID 7.1; 7.2; 7.3.	Visual pedagogical observations of movement execution technique	10
7.	Throwing a sports grenade (700 gr.).	<p>1. Running from a high start in sections. <b>Theoretical part:</b> Repetition of the technique of running from a high start on stretches.  <b>Practical part:</b> Running from a high start on stretches.</p>	OPK-2: ID 2.2.	Visual pedagogical observations of movement execution technique	4

		<p>2. Repeated middle distance running in a straight line and roundabout.</p> <p>3. Acceptance of control standards in grenade throwing.</p> <p><b>Theoretical part:</b> Repetition of grenade throwing technique. <b>Practical part:</b> Passing norms in grenade throwing.</p>			
8.	High jump, way "stepping over."	<p>1. High jumping method "stepping over."</p> <p><b>Theoretical part:</b> Studying the technique of performing high jumps by "stepping over" method.</p> <p><b>Practical part:</b> Performing high jumps with the method "stepping over."</p> <p>2. Development of speed endurance, running on 80-150m segments.</p> <p><b>Theoretical part:</b> Studying the technique of developing speed endurance, running technique for 80-150m.</p> <p><b>Practical part:</b> Running on 80-150m sections.</p> <p>3. Acceptance of control norms of long jump.</p> <p><b>Theoretical part:</b> Repetition of long jump technique.</p> <p><b>Practical part:</b> Passing the norms of long jump.</p>	OPK-11: ID 11.4.	Pedagogical observations	4
9.	Repeated middle distance running.	<p>1. Teaching to run from a high start on stretches.</p> <p><b>Theoretical part:</b> Study of</p>			6

		<p>running technique from a high start in sections.</p> <p><b>Practical part:</b> Running from a high start on stretches.</p> <p>2. Repeated middle distance running in a straight line and curve.</p> <p><b>Theoretical part:</b> Studying the technique of running at middle distances in a straight line and turn.</p> <p><b>Practical part:</b> Execution of middle distance running on a straight line and a curve.</p>			
10.	Rules for judging competitions.	<p>1. Passing the control standard in long-distance running.</p> <p><b>Theoretical part:</b> Repetition of the technique of long-distance running.</p> <p><b>Practical part:</b> Passing the control standard.</p> <p>2. Rules of competition judging.</p> <p><b>Theoretical part:</b> Study of the rules of competition judging.</p> <p><b>Practical part:</b> Practical practice of skills.</p>	OPK-2: ID 2.2.	Pedagogical observations	10
		<b>VOLLEYBALL - 32 hours</b>			
1.	Upper reception, passing the ball in different stands.	<p>1. Instruction on safety during volleyball lessons. <b>Theoretical part:</b> Study of the theoretical part of safety.</p> <p><b>Practical part:</b> Demonstration.</p> <p>2. Receiving, passing the ball in different</p>	OPK-11: ID 11.4.	Visual control of movement technique Pedagogical control	4

		<p>in the stands, in pairs.</p> <p><b>Theoretical part:</b> Study of technique of reception, passing the ball in different stands, in pairs.</p> <p><b>Practical part:</b> Execution of reception, passing the ball in different stands, in pairs.</p> <p>3. Serving the ball from below.</p> <p><b>Theoretical part:</b> Learning the technique of serving the ball from below. <b>Practical part:</b> Execution of the exercise of serving the ball from below.</p>			
2.	Lower reception, passing the ball in different stands.	<p>1. Moving the volleyball player in different stances.</p> <p><b>Theoretical part:</b> Studying the technique of moving the volleyball player in different stances.</p> <p><b>Practical part: Practising</b> the skill of moving the volleyball player in different stances.</p> <p>2. Reception from below, from above, from the side in different stands. Rules of refereeing. <b>Theoretical part:</b> Learning the technique of receiving the ball from below, from above, from the side in different stands, the basics of the rules of refereeing.</p> <p><b>Practical part: Practising</b> the skills of receiving the ball from below, from above, from the side in different stands, applying knowledge of the rules of refereeing.</p>	UK-7: ID 7.1; 7.2. OPK-11: ID 11.4.	Visual pedagogical observations of movement execution technique	4
3.	Ways of serving the ball. Lower straight serve. Side serve.	1 Lower straight serve, side serve.	OPK-2: ID 2.2.	Pedagogical observations of	4

		<p><b>Theoretical part:</b> Studying the technique of the lower straight and lateral serve.  <b>Practical part:</b> Execution of exercises on working out the lower straight and side feed.</p> <p>2. Receiving the ball on the opposite court.  <b>Theoretical part:</b> Studying the technique of receiving the ball on the opposite court.  <b>Practical part:</b> Execution of exercises on receiving the ball on the opposite court.</p> <p>3. Two-sided game. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.  <b>Practical part:</b> Two-sided game.</p>		movement technique	
4.	Upper Straight Feed.	<p>1. Simulation of the overhead straight serve. <b>Theoretical part:</b> Studying the technique of the top straight serve.  <b>Practical part:</b> Practising the skills of the overhead straight serve.</p> <p>2. Offensive kick on the move. <b>Theoretical part:</b> Studying the technique of offensive kick in motion. <b>Practical part:</b> Practising the skills of offensive kick in motion.</p> <p>3. Two-way play in teams.  <b>Theoretical part:</b> Tactical and</p>	OPK-2: ID 2.2.	Visual pedagogical observations	4

		strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.			
5.	Offensive Strike.	1. Imitation of an offensive kick. <b>Theoretical part:</b> Studying the technique of imitating an offensive kick. <b>Practical part: Practising</b> the skills of imitating an offensive kick. 2. Upper straight serve. <b>Theoretical part:</b> Studying the technique of the upper straight serve. <b>Practical part: Practising</b> the skills of the upper straight serve. 3. Two-sided game in teams. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.	OPK-11: ID 11.4.	Visual pedagogical observations of movement technique Pedagogical control	4
6.	Blocking an offensive strike.	1. Improving reception and serving. <b>Theoretical part:</b> Repetition of the technique of receiving and serving the ball. <b>Practical part: Practising</b> the technique of receiving and serving the ball. 2. Blocking. <b>Theoretical part:</b> Learning blocking techniques. <b>Practical part: Practising</b> blocking skills. 3. Two-sided game in teams. Refereeing rules. <b>Theoretical part:</b> Tactical and	UK-7: ID 7.1; 7.2; 7.3. OPC-11: ID 11.4.	Visual pedagogical observations of movement execution technique	4

		strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.			
7.	Two-way game.	1. Two-way play in pairs and on the court by teams. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.  2. Acceptance of control norms. <b>Theoretical part:</b> Repetition of the theoretical part before taking the standards. <b>Practical part:</b> Passing of control norms.	OPK-2: ID 2.2.	Visual pedagogical observations	4
8.	Rules for judging competitions.	1. Two-way game. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.  2. Elements of refereeing a game. <b>Theoretical part:</b> Studying the elements of refereeing a game. <b>Practical part:</b> Practical application of the acquired knowledge.	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations	4
		<b>BASKETBALL - 32 hours</b>			

1	Technique of ball possession. Driving the ball. Passing with two hands from the chest, catching the ball (on the spot and in motion).	<p>1. Familiarisation with safety during basketball activities. <b>Theoretical part:</b> Study of the theoretical part of safety technology. <b>Practical part:</b> Demonstration.</p> <p>2. Technique of ball possession, leading, moving, passing from the chest, from below, from above. <b>Theoretical part:</b> Studying the technique of ball possession, leading, moving, passing from the chest, from below, from above. <b>Practical part:</b> Practising skills of ball possession, leading, moves, passes from the chest, from below, from above.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations of movement execution technique	4
2	Throwing the ball from the spot. Penalty shot.	<p>1. Throws at the ring from different points. <b>Theoretical part:</b> Studying the technique of throwing at the ring from different points. <b>Practical part:</b> Making throws at the ring from different points.</p> <p>2. Penalty shot <b>Theoretical part:</b> Learning the technique of penalty shots. <b>Practical part:</b> Execution of free throws</p> <p>3. Acceptance of control norms. <b>Theoretical part:</b> Repetition of the theoretical part before taking the standards. <b>Practical part:</b> Handover</p>	OPK-11: ID 11.4.	Visual pedagogical observations	4

		control standards. 4. Two-sided game. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.			
3.	Leading 2 steps, throw. Leading, stop with a jump, throw.	Leading 2 steps, throw. Leading, stop with a jump, throw. <b>Theoretical part:</b> Studying the technique of leading 2 steps, throwing, leading, stopping with a jump, throwing. <b>Practical part:</b> Execution of leading 2 steps, throwing, leading, stopping with a jump, throwing.	UK-7: ID 7.1; 7.2; 7.3.	Pedagogical control	4
4.	Ripping, kicking the ball out.	1. Technique of play in attack, defence. <b>Theoretical part:</b> Studying the technique of offence and defence. <b>Practical part:</b> <b>Practical</b> skills in offence and defence. 2. Ripping, knocking the ball out. <b>Theoretical part:</b> Studying the technique of snatching, knocking the ball out. <b>Practical part:</b> <b>Practising practical</b> skills of snatching, knocking the ball out. 3. Two-sided game. Refereeing rules. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.	OPK-2: ID 2.2. OPC-11: ID 11.4.	Visual pedagogical observations	4

		<b>Practical part:</b> Two-sided game.			
5.	Offensive tactics.	<p>1. Passing the ball with a bounce, catching the ball on the spot and in motion. <b>Theoretical part:</b> Studying the technique of passing the ball with a bounce, catching the ball on the spot and in motion. <b>Practical part: Practising</b> practical skills of passing the ball with a bounce, catching the ball on the spot and in motion.</p> <p>2. Elements of offence. <b>Theoretical part:</b> Studying the technique of elements of offence. <b>Practical part: Practising</b> practical skills of offensive play.</p> <p>3. Two-sided game. Refereeing rules. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations	4
6.	Tactics for playing in defence.	<p>1. Passing reception from the chest, from above, from below, catching the ball. <b>Theoretical part:</b> Studying the technique of passing reception from the chest, from above, from below, catching the ball. <b>Practical part: Practising</b> practical skills of transmitting reception</p>	OPK-11: ID 11.4.	Visual pedagogical observations	4

		<p>from the chest, from above, from below, catching the ball.</p> <p>2. Elements of defensive play. <b>Theoretical part:</b> Studying the technique of playing in defence. <b>Practical part: Practising</b> practical skills of defence.</p> <p>3. Catching the ball after rebounding. <b>Theoretical part:</b> Studying the technique of catching the ball after rebounding. <b>Practical part:</b> Practising <b>practical</b> skills of catching the ball after rebounding.</p> <p>4. Two-sided game. Refereeing rules. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.</p>			
7.	Two-way game.	<p>1. Passing the ball with a bounce, catching the ball on the spot and in motion. <b>Theoretical part:</b> Improving the technique of passing the ball with a bounce, catching the ball on the spot and in motion. <b>Practical part: Practising</b> practical skills of passing the ball with a bounce, catching the ball on the spot and in motion.</p> <p>2. Elements of offence. <b>Theoretical part:</b> Studying the technique of elements of offence.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Pedagogical control	4

		<p><b>Practical part: Practising</b> practical skills of offensive play.</p> <p>3. Two-sided game. Refereeing rules.  <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.  <b>Practical part:</b> Two-sided game.</p>			
8.	Rules for judging competitions.	<p>1. Two-sided game. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.  <b>Practical part:</b> Two-sided game.</p> <p>2. Elements of refereeing a game.  <b>Theoretical part:</b> Study of the elements of refereeing a game.  <b>Practical part:</b> Practical application of the acquired knowledge.</p>		Visual pedagogical observations	4
		<b>Skiing - 28 hours</b>			
1.	Selection of sports equipment. Sliding step.	<p>1. Safety instruction. <b>Theoretical part:</b> Study of the theoretical part of safety technology.  <b>Practical part:</b> Demonstration.</p> <p>2. Line up on skis. Execution of formation commands.  <b>Theoretical part:</b> Study of</p>	UK-7: ID 7.1; 7.2. OPK-11: ID 11.4.	Visual pedagogical observations of movement execution technique	6

		<p>technique of formation on skis, execution of formation commands. <b>Practical part: Practising</b> the skills of formation on skis, execution of formation commands.</p> <p>3. Travelling on the track. <b>Theoretical part:</b> Studying the technique of moving on the track. <b>Practical part: Practising</b> the skills of moving on the track.</p>			
2.	Alternating double stride.	<p>1. teaching the technique of turns. <b>Theoretical part:</b> Learning the technique of turns. <b>Practical part: Practising</b> turning skills.</p> <p>4. Moving on skis on the track, alternating two-step walk (without poles, with poles). <b>Theoretical part:</b> Studying the technique of skiing on the track, alternating two-step walk (without poles, with poles).</p> <p><b>Practical part: Practising</b> the skills of skiing on the track, alternating two-step walk (without poles, with poles).</p>	OPK-2: ID 2.2.	Visual pedagogical observations	6
3.	Simultaneous single-step, simultaneous stepless stroke.	<p>1. simultaneous single-step walk. <b>Theoretical part:</b> Studying the technique of simultaneous single-step walk.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Pedagogical control	6

		<p><b>Practical part: Practising</b> skills of simultaneous single-step walk.</p> <p>2. Simultaneous stepless walk.</p> <p><b>Theoretical part:</b> Studying the technique of simultaneous stepless walk.</p> <p><b>Practical part: Practising</b> the skills of simultaneous stepless walk.</p> <p>3. Skiing on the piste. <b>Theoretical part:</b> Learning the technique of skiing on the piste.</p> <p><b>Practical part: Practising</b> skiing skills on the piste.</p>			
4.	Elements of the skating stroke.	<p>1. Skating, travelling skills.</p> <p><b>Theoretical part:</b> Studying skating technique <b>Practical part: Practising</b> skating skills.</p> <p>2. Classic move. Travelling along the track.</p> <p><b>Theoretical part:</b> Studying the technique of classical stroke.</p> <p><b>Practical part: Practising</b> the skills of classical stroke.</p> <p>3. Skiing technique. <b>Theoretical part:</b> Learning skiing technique.</p> <p><b>Practical part: Practising</b> skiing skills.</p>	OPK-11: ID 11.4.	Visual pedagogical observations	6

5.	The course is free style.	. Acceptance of control norms. Women - 3 km, men - 5 km. <b>Theoretical part:</b> Repetition of the technique of fulfilment of control standards <b>Practical part:</b> Passing of control norms.	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations	4
		<b>ORIENTING - 30 hours</b>			
1.	Topographic Signs.	1. Familiarisation with topographical signs. <b>Theoretical part:</b> Familiarisation with topographic signs. <b>Practical part: Practising</b> skills of working with topographic signs. 2. Waypoint derivation. <b>Theoretical part:</b> Studying the technique of path derivation. <b>Practical part: Practising</b> the skills of deducing the path of movement.	UK-7: ID 7.1; 7.2; 7.3.	Visual pedagogical observations	<b>10</b>
2.	Selecting a path of travel on a marked track in an enclosed area "Labyrinth."	1. Selection of the path of travel, on a marked track, in the indoor "Labyrinth". <b>Theoretical part:</b> Studying the technique of choosing the way of movement, on a marked track, in a closed room "Labyrinth". <b>Practical part: Practising</b> the skills of choosing the way of movement, on the marked track, in the closed room "Labyrinth". the Labyrinth room.	OPK-2: ID 2.2.	Visual pedagogical observations	<b>10</b>
3.	Relay orienteering indoors "Labyrinth" is a test	1. Selecting a path of travel, on a marked track, in an indoor "Labyrinth".	OPK-3: ID 3.1, 3.2., 3.3. OPK-11: ID	Pedagogical control	<b>10</b>

	class.	<p><b>Theoretical part:</b> Studying the technique of path selection, on a marked track, in an indoor "Labyrinth".</p> <p><b>Practical part: Practising</b> the skills of choosing the way of movement, on the marked track, in the closed room "Labyrinth".</p>	11.4.		
		<b>Mini-football - 20 hours</b>			
1.	Technique of football possession.	<p>1. Familiarisation with safety during basketball activities.</p> <p><b>Theoretical part:</b> Study of the theoretical part of safety technology.</p> <p><b>Practical part:</b> Demonstration.</p> <p>1. Stopping and leading the ball.</p> <p><b>Theoretical part:</b> Studying the technique of catching the ball.</p> <p><b>Practical part:</b> Practising skills.</p> <p>2. Selection of the ball, hit the ball.</p> <p>.3. throw-in from the touchline.</p>	UK-7: ID 7.1; 7.2. OPK-11: ID 11.4.	Visual pedagogical observations of movement execution technique	4
2.	Technique of playing goalkeeper.	<p>1. Familiarisation with safety during basketball activities.</p> <p><b>Theoretical part:</b> Study of the theoretical part of safety technology.</p> <p><b>Practical part:</b> Demonstration.</p> <p>2. Standing and movements of the goalkeeper. <b>Theoretical part:</b> Studying the technique of catching the ball.</p> <p><b>Practical part:</b> Practising</p>	OPK-2: ID 2.2.	Visual pedagogical observations of movement execution technique	4

		skills 3. Ways of falling, after catching the ball.			
3.	Technique of play in attack and defence.	<p>1. Passing the ball, receiving the ball on the spot and in motion.  <b>Theoretical part:</b> Study of tactics of interaction between players in attack.  <b>Practical part:</b></p> <p>2. Elements of interaction between players in attack.  <b>Theoretical part:</b> Study of tactics of interaction between players in defence.  .</p> <p><b>Practical part:</b></p> <p>3. Elements of interaction between players in defence.  <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.  <b>Practical part:</b></p> <p>4. Two-way game.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations Pedagogical control	4
4.	Two-way game.	<p>1. Two-way play on the field.  <b>Theoretical part:</b> Improving the technique of running the ball, receiving the ball on the spot and in motion.  .</p> <p><b>Practical part: Practising</b> practical skills of running the ball, passing the ball, receiving the ball on the move.  2. Elements of offensive play.  <b>Theoretical part:</b> Study of</p>	OPK-11: ID 11.4.	Pedagogical control	4

		elements of offence. <b>Practical part:</b> <b>Practising</b> practical skills of offensive play. 3. Two-sided game. Refereeing rules. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.			
5.	Competition judging.	1. Two-way game. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game. 2. Elements of refereeing a game. <b>Theoretical part:</b> Study of the elements of officiating a game. <b>Practical part:</b> Practical practice of the elements of refereeing the game.	OPK-3: ID 3.1, 3.2., 3.3.	Visual pedagogical observations of movement execution technique	4
<b>ATHLETIC GYMNASTICS AND GYRE SPORTS - 36 hours</b>					
1.	Exercises with weights to develop strength of arms, shoulder girdle, trunk, legs.	<b>Theoretical part: Verification</b> <b>Theoretical knowledge</b> on performing exercises with weights to develop strength of arms, shoulder girdle, trunk and legs <b>Practical part:</b> 1. Execution of exercises with dumbbells. <b>Theoretical part: Verification</b> <b>Theoretical knowledge</b> , about performing exercises with weights for	OPK-2: ID 2.2.	Visual pedagogical observations of movement execution technique	4

		<p>development of arm, shoulder girdle, trunk and leg strength.</p> <p><b>Practical part:</b> 2. Execution of exercises with weights.</p> <p><b>Theoretical part: Verification theoretical knowledge,</b> on the performance of exercises with a barbell.</p> <p><b>Practical part:</b> 3. Execution of exercises with a barbell.</p> <p><b>Theoretical part: Verification theoretical knowledge,</b> on the performance of exercises on simulators.</p> <p><b>Practical part:</b> 4. Execution of exercises with on simulators.</p>			
2.	Exercises with kettlebells, dumbbells, barbell on simulators.	<p><b>Theoretical part: Verification theoretical knowledge</b> on performing exercises with weights to develop strength of arms, shoulder girdle, trunk and legs</p> <p><b>Practical part:</b> 1. Execution of exercises with dumbbells.</p> <p><b>Theoretical part: Verification theoretical knowledge,</b> on performing exercises with weights to develop strength of arms, shoulder girdle, trunk, legs.</p> <p><b>Practical part:</b> 2. Execution of exercises with weights.</p> <p><b>Theoretical part: Verification of theoretical knowledge,</b> on the fulfilment of</p>	OPK-11: ID 11.4.	Visual pedagogical observations. Pedagogical control	4

		<p>barbell exercises.</p> <p><b>Practical part:</b> 3. Execution of exercises with a barbell.</p> <p><b>Theoretical part: Verification theoretical knowledge,</b> on the performance of exercises on simulators.</p> <p><b>Practical part:</b> 4. Execution of exercises with on simulators.</p>			
3.	Applied exercises and sports and applied gymnastics	<p><b>Theoretical part: Verification of theoretical knowledge,</b> on the performance of applied exercises.</p> <p><b>Practical part:</b> 1. Performing applied exercises.</p> <p><b>Theoretical part: Verification theoretical knowledge,</b> on the performance of sports-applied gymnastics.</p> <p><b>Practical part:</b> 2. Execution of exercises of sports and applied gymnastics.</p>	OPK-2: ID 2.2.	Visual pedagogical observations	6
4.	Kettlebell Press.	<p><b>Theoretical part: Verification theoretical knowledge,</b> on the performance of lifting weights from the chest upwards due to the strength of the muscles of the arms and legs.</p> <p><b>Practical part:</b> 1. Lifting weights from the chest upwards due to the strength of arm and leg muscles.</p> <p><b>Theoretical part: Verification theoretical knowledge of the jerk technique</b></p> <p><b>Practical part:</b> 2. Improving the jerk technique</p>	OPK-11: ID 11.4.	Visual pedagogical observations Pedagogical control	4

5.	Kettlebell Jerk.	<p><b>Theoretical part: Verification</b>  <b>Theoretical knowledge</b> on how to lift a kettlebell in one continuous upward movement on a straight arm.</p> <p><b>Practical part:</b>  1. Lifting a kettlebell in one continuous upward movement on a straight arm. Jerk.  Push the weights upwards on straight arms.  Push.</p> <p><b>Theoretical part: Verification</b>  <b>theoretical knowledge of</b> the jerk technique</p> <p><b>Practical part:</b>  2. Improving the jerk technique</p>	UK-7: ID 7.1; 7.2; 7.3. OPC-11: ID 11.4.	Visual pedagogical observations of movement technique Pedagogical control	6
6.	Kettlebell lifting is a push	<p><b>Theoretical part: Checking</b>  <b>theoretical knowledge of</b> the push technique</p> <p><b>Practical part:</b>  1. Training of pushing technique.</p> <p><b>Theoretical part: Verification of</b>  <b>theoretical knowledge,</b> technique of pushing weights upwards on straight arms.</p> <p><b>Practical part:</b>  2. Push the weights upwards on straight arms. Push.</p>	OPK-2: ID 2.2.	Visual pedagogical observations. Pedagogical control	6
7.	Kettlebell lifting	<p><b>Theoretical part: Verification of</b>  <b>theoretical knowledge</b> about the technique exercises included in the programme of kettlebell lifting competitions. <b>Practical part:</b></p> <p>1. Execution of exercises included in the programme of kettlebell competitions sports.</p>	OPK-3: ID 3.1, 3.2., 3.3.	Pedagogical control	6

<b>Table Tennis - 36 hours</b>					
1.	Tennis ball possession.	<p>1. Instruction on safety during table tennis lessons. <b>Theoretical part:</b> Study of the theoretical part of safety equipment. <b>Practical part:</b> Demonstration.</p> <p>1. Stuffing a tennis ball on the outside and inside of a racket.</p> <p>2. Hitting a tennis ball in different stances. <b>Theoretical part:</b> Studying the technique of hitting the ball from the right. <b>Practical part:</b> Execution of the racket hitting the ball from the right.</p> <p><b>Theoretical part:</b> Learning the technique of hitting the ball from the left. <b>Practical part:</b> Execution of a racket hit on the ball from the left.</p>	OPK-2: ID 2.2.	Visual pedagogical observations.	6
2.	Ways of serving the tennis ball.	<p>1. Instruction on safety during table tennis lessons. <b>Theoretical part:</b> Study of the theoretical part of safety equipment. <b>Practical part:</b> Demonstration. Ways of serving the ball on the right.</p> <p>2. Serving the ball from the left <b>Theoretical part:</b> Learning the technique of serving from the right. <b>Practical part:</b> Serving the ball from the right. <b>Theoretical part:</b> Learning the technique of serving the ball from the left. <b>Practical part:</b> Execution of</p>	OPK-11: ID 11.4.	Visual pedagogical observations.	6

		of the ball on the left side.			
3.	Roll the ball to the right, from the left.	<p>1. Rolling the ball to the right, from the left. <b>Theoretical part:</b> Learning the technique of rolling the ball on the right. <b>Practical part:</b> Demonstration. Ways of rolling the ball on the right.</p> <p>2. Roll the ball to the right. <b>Theoretical part:</b> Learning the technique of rolling the ball to the right, from the left. <b>Practical part:</b> Execution of the ball to the right.</p> <p><b>Theoretical part:</b> Learning the technique of serving the ball from the left. <b>Practical part:</b> Execution of the ball from the left.</p>	OPK-2: ID 2.2.	Visual pedagogical observations.	6
4.	Trim the ball to the right, from the left.	<p>1. Trimming the ball from the right, from the left. <b>Theoretical part:</b> Learning the technique of trimming the ball on the right. <b>Practical part:</b> Demonstration. Ways of trimming the ball on the right.</p> <p>2. Trim the ball to the right. <b>Theoretical part:</b> Learning the technique of rolling the ball from the left. <b>Practical part:</b> Execution of the undercutting of the ball from the right.</p> <p><b>Theoretical part:</b> Learning the technique of cutting the ball on the left. <b>Practical part:</b> Execution of the ball from the left.</p>	UK-7: ID 7.1; 7.2; 7.3.	Visual pedagogical observations.	6
5.	Two-way game.	<p>1. Two-way play in pairs <b>Theoretical part:</b></p>	OPK-2: ID 2.2.	Pedagogical control	6

		<p>Improving the technique of playing in pairs.</p> <p><b>Practical part: Practising</b> practical playing skills.</p> <p>2: Elements of offence. <b>Theoretical part:</b> Learning the elements of offence.</p> <p><b>Practical part: Practising practical</b> skills of offensive play.</p> <p>3. Two-sided game. Refereeing rules.</p> <p><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.</p> <p><b>Practical part:</b></p> <p>2. Two-sided game in pairs.</p>			
6.	Rules of the game. Rules of refereeing table tennis competitions.	<p>1. Two-way game.</p> <p><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.</p> <p><b>Practical part:</b> Two-sided game.</p> <p>2. Elements of table tennis refereeing.</p> <p><b>Theoretical part:</b> Study of the elements of refereeing competitions in table tennis.</p> <p><b>Practical part:</b> Practical training of the elements of refereeing table tennis competitions.</p>	UK-7: ID 7.1; 7.2; 7.3.	Pedagogical control	6
Total hours					328

### 2.3. Interactive forms of learning

During the period of adaptation of students to their environment are carried out physical culture and sports, mass - health-improving, educational activities that promote the establishment of relationships, mutual assistance within the study group, course. Much emphasis is placed on moral, ethical and deontological education.

The aim of these events is to give young people the opportunity to understand the significance and impact of physical exercises on the body depending on the dosage, pace, amplitude of performance, their orientation and rest. Every year in September-October, students compete in 1/a cross-country, table tennis, mini football, chess, tourism with orienteering skills and first aid.

Physical education helps students:

- correctly assess and organise independent physical exercise classes;
- correctly assess their physical fitness;
- own their body and have knowledge of the body and its motor skills;
- manage oneself in winning or losing situations, both in individual and team competitions;
- to apply in professional activity the knowledge obtained in physical education classes at the industrial practice.

<b>№</b>	<b>Theme of the practical session</b>	<b>Labour capacity in hours</b>	<b>Interactive form of learning</b>	<b>Labour intensity in hours, % of the class</b>
1.	Athletics	114	physical culture and sports, mass - health-improving, educational activities that promote the establishment of relationships, mutual assistance within the study group, course.	5.7 hours / 1.9 %
2.	Volleyball	32	mutual assistance within a study group or course. Much emphasis is placed on moral, ethical and deontological education.	1.6 h / 0.5 %
3.	Basketball	32	- manage oneself in winning or losing situations, both in individual and team competitions;	1.6 h / 0.5 %
4.	Ski training	28	- correctly assess their physical fitness; - own their body and have knowledge of the body and its motor skills. abilities;	0.5 hour / 0.7 %
5.	Orientation	30	- correctly assess and organise independent study exercise;	1.5 h / 0.5 %
6.	Mini-football	20	- managing oneself in situations of victory or defeat, both in individual and team situations	1 hour / 0.4 %

			competitions;	
7.	Athletic gymnastics Kettlebell lifting	36	- correctly assess and organise independent study exercise; - correctly assess their physical fitness; - own their body and have knowledge of the body and its motor skills. abilities;	1.7 hour / 0.7 %
8.	Table tennis	36	- correctly assess and organise independent study exercise; - to apply in professional activity the knowledge obtained in physical education classes at the industrial practice.	1.8 hours /0.93 %

#### 2.4. Criteria for assessing students' knowledge

Assessment of learning outcomes is carried out in accordance with the "Regulations on the system of assessment of learning outcomes of students of FSBEI VO Amur State Medical Academy of the Ministry of Health of Russia.

Criteria for evaluation of results of learning of students in discipline "Applied physical training and sport" is the expert assessment of the teacher and the assessment of the results of the relevant tests on the tables of assessment of practical skills.

Test tasks on the table "Mandatory tests for determining the physical fitness of students" are developed in accordance with the TRP norms.

Evaluates the success of students' mastery of the discipline, practical skills and abilities on a 5-point system:

"A" - excellent.

"4" is good.

"3" - satisfactory

"2" is unsatisfactory.

When marking, the qualifications of errors and their quality must be taken into account:

- gross errors;
- the same mistakes;
- minor mistakes;
- flaws.

#### Rating scale

Quality of uptake	Success rate	Score on a 5-point scale	Binary marking
90-100 %	programme/enhanced	"5"	credit
80-89 %	programme	"4"	
70-79 %	essential/basic	"3"	

less than 70 per cent	below par	"2"	fail
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**- Characterisation of digital evaluation:**

- "5" - gets a student, if he demonstrates a deep and complete mastery of the content of educational material, competently, logically presents the answer, is able to link theory and practice, to express and justify their judgements, when answering formulates independent conclusions and generalisations. Mastered all practical skills and abilities provided by the working programme of the discipline.
- "4" - gets a student, if he has fully mastered the educational material, is oriented in the studied material consciously, applies knowledge to solve practical problems, competently presents the answer, but the content and form of the answer have some inaccuracies or the answer is incomplete. Has mastered all the practical skills and abilities provided for in the programme, but makes some inaccuracies.
- "3" - gets a student, if he reveals knowledge and understanding of the basic provisions of the training material, but presents it incompletely, inconsistently, allows inaccuracies, is unable to prove his judgements. Possesses only some practical skills and abilities provided by the programme.
- "2" - is given to the learner, if he has scattered, haphazard knowledge, can not distinguish the main and secondary, haphazardly and uncertainly presents the material, can not apply knowledge to solve practical problems. Practical skills and abilities fulfils with gross errors or there was no attempt to demonstrate his/her theoretical knowledge and practical skills.

**Input control**

Conducted at the first lesson, includes: passing control norms; testing in the Moodle system <https://educ-amursma.ru/local/crw/course.php?id=593>.

The test control includes 100 questions on the course "physical training and physical sport."

**Current control**

Current control includes initial and output control of knowledge.

Initial control - carried out by the teacher at the beginning of each lesson in the form of a frontal questioning.

Exit control - includes the control of student's knowledge in the form of testing in the Moodle system <https://educ-amursma.ru/local/crw/course.php?id=593>, passing control standards.

The final grade during the current control of knowledge is made on the day of the class as the arithmetic mean result for all activities provided for in this class of the working programme of the discipline.

**Evaluation criterion of the oral answer**

- "5" (**excellent**) - the student shows deep and complete knowledge of the study material, does not allow inaccuracies and distortion of facts, presents the material in a logical sequence, is well oriented in the material presented, can give justification for the expressed judgements.

- **"4" (good)** - the student has mastered the study material in full, is well oriented in the study material, presents the material in a logical sequence, but makes inaccuracies when answering.
- **"3" (satisfactory)** - the student has mastered the main provisions of the topic of the practical lesson, but when presenting the educational material makes inaccuracies, presents it incompletely and inconsistently, for presentation needs leading questions from the teacher, has difficulties with the justification of the expressed judgements.
- **"2" (unsatisfactory)** - the student has fragmented and unsystematised knowledge of the study material, is unable to distinguish the main and secondary, makes mistakes in defining the main concepts, distorts their meaning, cannot independently present the material.

**Assessment criterion for the practical part**

- **"5" (excellent)** - the student has fully mastered the practical skills and abilities provided by the working programme of the discipline.
- **"4" (good)** - the student has fully mastered the practical skills and abilities provided by the working programme of the discipline, but allows some inaccuracies.
- **"3" (satisfactory)** - the student possesses only some practical skills of ability.
- **"2" (unsatisfactory)** - the student demonstrates fulfilment of practical skills and abilities with gross errors.

**Criteria for assessment of extracurricular independent work:**

- the student's level of mastery of the study material;
- completeness and depth of general academic understanding, knowledge and skills on the topic under study to which this independent work relates;
- Formation of universal and general professional competences (ability to apply theoretical knowledge in practice).
- correctly solved problems and exercises, gave accurate answers to test tasks - "credit".
- problems and exercises are not solved correctly, answers to the test tasks are not accurate - "no credit".

**Criteria for evaluating the abstract:**

- **"5" (excellent)** - awarded to the student if he/she has prepared a complete, detailed, designed according to the requirements, abstract on the selected topic, presented his/her work in the form of a report with a computer presentation, answered questions on the topic of the report;
- **"4" (good)** - awarded to the student for a complete, detailed, designed according to the requirements of the abstract, but poorly presented;
- **"3" (satisfactory)** - the abstract contains information on the studied issue not in full, is designed with errors, poorly presented;
- **"2" (unsatisfactory)** - is awarded to the student if the abstract is not written or is written with gross errors, the report and computer presentation are not prepared, or their content does not correspond to the topic of the abstract.

**Working off discipline arrears.**

1. If a student misses a class for a valid reason, he/she has the right to work it off and receive the maximum grade provided by the working programme of the discipline for this class. The valid excuse must be documented.
2. If a student misses a class for an unexcused reason or receives a mark  
If a student receives a "2" for all activities in a class, he/she must work on it. The mark obtained for all activities is multiplied by 0.8.
3. If a student is excused from a class on the recommendation of the dean's office (participation in sports, cultural and other events), he/she will receive a mark "5" for this class, provided that he/she submits a report on the completion of compulsory extracurricular independent work on the topic of the missed class.

#### **Evaluation criteria for the interim assessment.**

Intermediate certification (credit) - is designed to assess the degree of achievement of the planned learning outcomes at the end of the study of the discipline and allows to assess the level and quality of its mastering by students.

Successful mastering of the discipline by students is evaluated on a 5-point system: "5" - excellent, "4" - good, "3" - satisfactory, "2" - unsatisfactory.

**"Excellent"** - for the depth and completeness of mastering the content of the study material, in which the student is easily oriented, for the ability to connect theoretical issues with practical ones, to express and justify their judgements, competently and logically state the answer; when testing allows up to 10% of erroneous answers. Practical skills and abilities provided by the working programme of the discipline are fully mastered.

**"Good"** - the student has fully mastered the study material, is oriented in it, competently presents the answer, but the content and form has some inaccuracies; when testing allows up to 20% of wrong answers. Fully practical skills and abilities provided for by the working programme of the discipline, but admits some inaccuracies

**"Satisfactory"** - the student has mastered the knowledge and understanding of the main provisions of the study material, but presents it incompletely, inconsistently, is not able to express and justify his/her judgements; when tested, allows up to 30% of erroneous answers. Possesses only some practical skills and abilities.

**"Unsatisfactory"** - the student has scattered and haphazard knowledge of the study material, is unable to distinguish the main and secondary, makes mistakes in defining concepts, distorts their meaning, haphazardly and unsurely presents the material, makes more than 30% of erroneous answers when testing. Practical skills and abilities are performed with gross errors.

A student may qualify for an "excellent" grade automatically if he/she has won a prize in disciplinary or interdisciplinary Olympiads (university, regional) and has an average score on the results of current academic performance not lower than 4.8 points. The student can refuse the assessment - "automatic" and take the credit together with the group on general grounds.

#### **Intermediate certification is carried out through the system of passing the credit in 3 stages:**

1. Testing in Moodle system <https://educ-amursma.ru/local/crw/course.php?id=593>
2. Fulfilment of the practical part of the discipline in full: provides attendance of all practical classes, fulfilment of tasks. On the basis of assessments on the current control of knowledge, skills and abilities in practical classes, the average score of current academic performance is calculated, which is recorded in the academic (electronic) journal. The average score of current knowledge control is taken into account during interim certification.

3. Practical skills test (control of competence level). Includes 10 variants containing 10 practical questions each.

#### Evaluation criteria for interim assessment

Stages	A mark of 5 point scale	Binary scale
Test control B systems "Moodle."	3-5	<b>credited</b>
Execution B in full in full practical part of the discipline	3-5	
Passing practical skills (control competence development)	3-5	
Test control B systems "Moodle."	2	<b>uncredited</b>
Execution B in full in full practical part of the discipline	2	
Passing practical skills (control competence development)	2	

#### 2.5. Independent work of students: in-class and out-of-class work

The organisation of students' independent classroom work is carried out with the help of methodical instructions for students, which contain learning objectives, a list of the main theoretical issues to be studied, a list of practical works and the methodology of their implementation, instructions on the design of the results obtained, their discussion and conclusions, tasks for self-control with standards of answers, a list of recommended literature.

From 1/4 to 1/2 of the practical lesson time is allocated for independent work of students: conducting research, recording results, discussing them, formulating conclusions, performing individual tasks. The preparatory stage, or the formation of a tentative basis of actions, begins with students in extracurricular time in preparation for the practical lesson, and is completed at the lesson. All subsequent stages are carried out at the lesson. The stage of materialised actions (solving problems according to an algorithm or without an algorithm, with a previously unknown answer) is carried out independently. independently. The teacher if necessary if necessary provides counselling, assistance and at the same time controls the quality of students' knowledge and their ability to apply the available knowledge to solve the set tasks.

tasks.

#### Extracurricular independent work of students

№	Theme	Time	Forms of student's extracurricular independent work
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n/a	practical classes or	on preparation of a student	Mandatory and the same for all students	Student's choice
1.	Athletics	-	Preparing for the practical class.	Participation in physical culture and sports, health-improving and educational events.
2.	Volleyball	-	Preparation for the practical lesson (exercises with a ball in pairs).	Participation in physical culture and sports, mass health-improving and educational events.
3.	Basketball	-	Preparation for practical training (ball exercises).	Participation in physical culture and sports, mass health-improving and educational events.
4.	Ski training	-	Preparation for practical training (preparation of ski equipment)	Participation in physical culture and sports, mass health-improving and educational events.
5.	Orientation	-	Preparation for practical training (repeat topographical symbols).	Participation in physical culture and sports, mass health-improving and educational events.
6.	Mini football	-	Preparation for practical training (repeat topographical symbols).	Participation in physical culture and sports, mass health-improving and educational events.
7.	Athletic gymnastics	-	Preparation for practical training (repeat topographical symbols).	Participation in physical culture and sports, mass health-improving and educational events.
8.	Table tennis	-	Preparation for practical training (repeat topographical symbols).	Participation in physical culture and sports, mass health-improving and educational events.

## 2.6. Research (project) work of students.

**Research (project) work of students** is a mandatory section of the discipline and is aimed at the integrated formation of universal and general professional competences of students. It provides for the study of special literature and other information about the achievements of domestic and foreign science and technology in the relevant field of knowledge, participation in scientific research, etc. The subject matter is determined by students independently or in consultation with students. Topics are determined by students independently or in consultation with the teacher.

The department holds an annual scientific and methodological conference:

### **1. Physical culture in the social and professional training of medical students.**

- Physical culture as a factor of health promotion.
- The pathological effects of doping on the body of athletes.
- Man and physical culture; problems of harmonious development of personality.
- Sport as a means of aesthetic education.
- The role of medical graduates in the development of mass physical education.
- Interrelation of physical culture, sport with the main areas of human culture; aesthetic, ethical, moral.
- The role of physical culture, sport and tourism in the education of young people.
- Tourism in the system of physical education, its health-improving and defence value.
- Physical education in the family.
- Human health as a value and factors determining it.
- Personal attitude to health and conditions for forming a healthy lifestyle.
- Deontology in pedagogy, medicine, physical education and sport.
- Moral education of students in the process of physical culture and sports.
- Physical education as an essential element in a student's lifestyle.
- Independent physical exercise, during holidays, industrial practice, labour term.
- Dosage of physical activity in independent physical training, taking into account gender, age, health status.

### **2. Physical culture in health promotion, modern health-promoting forms and systems of physical exercise.**

- Motor activity is the basis of a healthy lifestyle.
- The changes that occur in the human body with systematic exercise and sport.
- Pathological effects of doping drugs on the body of athletes.
- Physical culture as a factor in increasing the resistance of the human body to mental overstrain, stressful situations and various diseases.
- Physical education and labour productivity.
- Mini-physical training, physical training minutes, pauses in the student's daily regime.
- Morning exercises and its physical importance, psychological factors affecting human health.
- Rhythmic gymnastics and its effect on the body.
- Health-improving effects of walking, running, methodology of exercise.
- The effect of motor activity on the cardiovascular and respiratory system.
- Exercise in different stages of myopia.
- Gymnastics for health and beauty
- Laws of development of individual body systems in the process of physical training (metabolism, circulatory system, respiration, gas exchange, musculoskeletal system).
- Femininity beauty and health.
- Breathing during exercise.
- Weight and Exercise.

- Prevention of injuries in physical exercise, sports and tourism.
- Warm-up. Its role and focus in different sports.
- Hypodynamia and its effect on the cardiovascular and respiratory systems, musculoskeletal system.
- Anatomico-physiological characteristics of flexibility.
- Self-monitoring diary and its importance in the life of a physical educator.
- Strength, its importance in human life, methods of strength development.
- Quickness, its importance in human life, methodology of quickness development
- Endurance, its importance in human life, methods of endurance development.
- The simplest methods of monitoring the cardiorespiratory system.
- Physical training and sport in the labour and recreation regime of students.
- Dosed physical activity to normalise body weight.
- The effect of alcohol on the vital functions of the body.
- Through perfection of body to perfection of spirit.
- Methodological foundations of recreational running activities.
- The health, application and defence value of swimming.
- Sports games as a means of general physical training.
- Health and physical performance.
- Rhythmic gymnastics for mental labourers.
- Corrective gymnastics for persons with physical developmental disabilities.
- Physical exercises for the prevention of posture disorders.
- Occupational physical education of different occupational groups.
- Athletic gymnastics for girls and women.
- Pulse rate and muscle load during exercise.
- The effects of smoking on the human body.
- The role of physical education in the physical development and fitness of boys, young men, and males.
- Physical education for posture disorders.
- Physician's physical fitness.
- Professional and applied physical training of the student.
- Walking is like the easiest and most accessible wellness activity.
- Directionality, methodology, dosage of recreational running.
- The role of physical education in the physical development and fitness of girls, young women.

### **3. Hygienic factors in health promotion and performance restoration.**

- Exercise Hygiene Objectives.
- Personal hygiene: daily routine, sleep hygiene, body hygiene, clothes, shoes.
- Hygienic requirements for health-improving exercises, sports, tourism.
- Sports footwear and clothing, taking into account meteorological and climatic conditions.
- Hardening with air, water.
- Non-traditional methods of hardening: winter swimming, walrus bathing.
- Auxiliary means of recovery and performance enhancement: shower, sauna, massage.
- Water, heat, steam and their effects on the body.

- Hygienic factors of nutrition.
- Swimming before walking.
- Good nutrition is the foundation of health.
- Application of physical exercises for posture disorders.

#### **4. Sport. Economy. Politics in modern society.**

- National sports and their role in interpersonal and physical education.
- Professional and amateur sports.
- IOC Medical Commission. Doping Control.
- Sanctions for athletes found to be doping.
- Olympic Games and their role in the life of society.
- Physical culture and sport in the conditions of the new economic policy.
- The impact of sport on the economy, politics in modern society.
- Participation of athletes of the USSR, Russia in the Olympic Games.
- Physical culture, sport in pre-revolutionary Russia.
- Historical stages in the development of the Olympic Games: The Olympic Games in antiquity;
- The Olympic Games in modern times.
- History of the development of the Winter Olympic Games.

#### **5. Athletic Gymnastics.**

- The effect of athletic gymnastics on posture formation.
- Compose a set of exercises for the development of muscle groups: shoulder girdle; arm muscles; chest and back; lower limbs.
- The effects of anabolic steroids on the female and male body.
- Simulators in the system of means of physical education.
- Contraindications to exercise on simulators.
- Observance of safety precautions during exercise on simulators.
- Hygienic requirements for the organisation and conduct of classes with the use of simulators.
- Morphofunctional changes that occur during athletic gymnastics.
- Students, for health reasons, engaged in groups of special-medical, therapeutic, physical training, prepare an abstract on the diagnosis of their disease.

#### **Criterion for evaluation of students' research (project) work:**

- material on the results of research in the report is presented in detail, special literature is well elaborated, scientific and technical information on the achievements of domestic and foreign science and technology in the relevant field of knowledge is studied - "credit".
- material on the results of the research in the report is not presented correctly enough, poorly worked out special literature, studied scientific and technical information on the achievements of domestic and foreign science and technology in the relevant field of knowledge - "not scored".

### **III. EDUCATIONAL, METHODOLOGICAL, MATERIAL, TECHNICAL AND INFORMATIONAL SUPPORT OF THE DISCIPLINE**

#### **3.1. Primary Literature:**

1. Physical Culture and Health: Textbook / Edited by V.V. Ponomaryova. Ponomaryova. - M.: GOU VUNMTS, 2006. - 352 p., ill.
2. Ilyinich V.I. Physical Culture of Student: Textbook. M.: Gardariki, 2005.-448 p.

### 3.2. Further reading:

1. Goloshchapov B.R. History of physical culture and sport. Textbook for students of higher educational institutions. Grif UMO MO MO RF. Ed. 7th , Academia, 2010 - 320 pp.
2. Gorshkov A.G., Vilensky M.Ya. Physical culture and healthy lifestyle of a student: Textbook for universities. Gardariki, 2007. 218 pp.
3. Kuznetsov B.C., Kholodov J.K. Theory and methodology of physical education and sport. Textbook for students of higher educational institutions. Grif UMO MO MO RF. 8th ed. Academia, 2010. 480 pp.
4. Evseev Y.I. Physical Culture/Rostov on Don: Phoenix.205.-382 p.
5. Federal Law on Physical Culture and Sport in the Russian Federation of 4 December 2007 N 329-FE.

### 3.3. Educational and methodical materials prepared by the Chair

1. Mironov F.S. Textbook for conducting theoretical classes on physical education with students of medical and paediatric faculties. Textbook for students of medical universities. - GOU VPO AGMA Roszdrav, 2009. - 200 c.
2. Mironov F.S. Prevention of sports injuries and damage in physical training. Educational and methodical manual on physical culture classes. Blagoveshchensk: BSPU Publishing House, 2013.-40 pp.
3. Mironov F.S. In movement life. Educational and methodical manual for independent physical training Blagoveshchensk. - 52 c.
4. Mironov F.S. Hygienic factors contributing to health promotion and performance enhancement: textbook Blagoveshchensk, 2015.-48 p.
5. Mironov F.S., Gromova M.V., Uzlov Y.L. - Independent preparation for testing within the framework of the All-Russian physical culture and sports complex "Ready for Labour and Defence" GTO: Educational and methodological manual for students / Blagoveshchensk: Publishing house BSPU, 2018. - 52 c.
6. Mironov F. S. et al. - To a healthy spine - through physical exercises. Educational and methodological manual. BSPU Publishing House, Blagoveshchensk, 2020. - 44 c.

#### Electronic and digital technologies:

1. Online course on the discipline "Physical Education and Sport" in the EIOS of FGBOU VO Amur State Medical Academy <https://educ-amursma.ru/local/crw/course.php?id=593> Characteristics of modules in the electronic information and education course

Teaching	Controlling
Theoretical (lecture) material, educational educational films	Methodological guidelines for students on extracurricular independent work.
Methodological recommendations for students for practical classes. Methodological guidelines for	A list of recommended topics for abstracts and a provision for abstract design.

solving problems and exercises on the topics of the discipline.	
Reference material, visual aids.	Tests input, current and final control of knowledge.

## 2. E-learning tools:

placed in the EIOS of FGBOU VO Amur State Medical Academy.

Access mode: (<https://educ-amursma.ru/local/crw/course.php?id=593>)

- electronic textbook for the discipline "Applied Physical Education and Sport".  
Section "Physical Education and Sport".

## 3.4. Equipment used for the educational process

№ n/a	Name, quantity
1	Physical training room with a course of therapeutic physical education 323.9 m <sup>(2)</sup> <b>Major equipment:</b> tennis tables -8 simulators - 5 hoops - 10 gymnastic ropes - 10 dumbbells - 8 pairs
2	Physical education training room 432.9 m <sup>2</sup> with physical therapy course. <b>Major equipment:</b> barbells - 2 hoops -10 jump ropes -10 weights 4 football goals - 2 fitness equipment - 6, Basketball boards -, 2 bench for press -1 bars -1 medicineball - 5
3	Study room of the Department of Physical Education with a course of therapeutic physical training 643 m <sup>(2)</sup> <b>Basic equipment:</b> volleyball net -2 stands - 2 football goals - 2 jump ropes - 30 gymnastic poles -30 mats - 8 basketball backboards - 8 dumbbells - 14 gymnastic bench - 2
4	Physical training room with a course of therapeutic physical education 53.6 m <sup>(2)</sup>

	Major equipment: Posters- 20 palaces - 2 gymnastic sticks - 15 gymnastic walls - 4 mirrors - 6 dumbbells - 10
5	Physical training room 38.4 m <sup>2</sup> with physical therapy course <b>Main equipment:</b> tables - 12 chairs - 24 posters - 35
6	Gym 199.9 m <sup>2</sup> <b>Main equipment:</b> exercise machines - 19 weights of different weights - 38 pcs. belts - 10 pcs. mats - 8 gymnastic sticks - 20 jump ropes - 8 scales - 1 punching bag - 2

### 3.5. Professional databases, information and reference systems, electronic educational resources.

Name of resource	Resource Description	Access	Resource address
<b>Digital library systems</b>			
"Student's Consultant" Electronic Library of Medical of the university.	For students and teachers of medical and pharmaceutical universities. Provides access to electronic versions of textbooks, manuals and periodicals. publications.	library, individual access	<a href="http://www.studmedlib.ru/">http://www.studmedlib.ru/</a>
"Physician's Consultant" Electronic medical library.	Materials placed in the library are developed by leading Russian specialists on the basis of modern scientific knowledge (evidence-based medicine). The information is prepared taking into account position scientific and practical medical society (global, European and Russian) on the relevant speciality. All materials have undergone compulsory independent peer review.	library, individual access	<a href="http://www.rosmedlib.ru/cgi-bin/mb4x">http://www.rosmedlib.ru/cgi-bin/mb4x</a>
PubMed	Free search engine search engine	libraries	<a href="http://www.ncbi.nlm.nih.gov/">http://www.ncbi.nlm.nih.gov/</a>

	the largest medical bibliographic database. Documents medical and biological articles from the specialised literature, and also provides links to full-text articles.	ah, free access	<a href="http://h.gov/pubmed/">h. gov/pubmed/</a>
Oxford Medicine Online.	Collection Oxford Publishing's collection of medical publications A cross-searchable collection of more than 350 publications in a common resource. Publications include The Oxford Handbook of Clinical Medicine and The Oxford Textbook of Medicine, electronic versions of which are permanently available. are being updated.	libraries, free access	<a href="http://www.oxfordmedicine.com">http://www.oxfordmedicine.com</a>
Human biology knowledge base	Reference information on <a href="#">physiology</a> , <a href="#">cell biology</a> , <a href="#">genetics</a> , <a href="#">biochemistry</a> , <a href="#">immunology</a> , <a href="#">pathology</a> . (Resource of the <a href="#">Institute of Molecular Genetics of the Russian Academy of Sciences</a> .)	libraries, free access	<a href="http://humbio.ru/">http://humbio.ru/</a>
Medical Online Library	Free reference books, encyclopaedias, books, monographs, abstracts, English-language literature, tests.	libraries a, free access	<a href="http://med-lib.ru/">http://med-lib.ru/</a>
<b>Information systems</b>			
Russian Medical Association	Professional Internet resource. Objective: to facilitate the realisation effective professional activities of medical staff. Contains statutes, personalities, structure, rules of entry, informationo Russian the medical union.	libraries, free access	<a href="http://www.rmass.ru/">http://www.rmass.ru/</a>
Web medicine	The site provides a catalogue of professional medical resources, including links to the most authoritative topical sites, journals, societies, as well as useful documents and programmes. The site is intended for physicians, students, staff medical universities и researchers Institutions.	libraries, free access	<a href="http://webmed.irkutsk.ru/">http://webmed.irkutsk.ru/</a>
<b>Databases</b>			
World healthcare organisation	The site contains news, statistical data on the countries of in worldwide	libraries ah, free	<a href="http://www.who.int/ru/">http://www.who.int/ru/</a>

	health organisation health organisation, newsletters newsletters, reports, WHO publications, and more.	access	
Ministry of Science and Higher Education of the Russian Federation	The website of the Ministry of Science and Higher Education of the Russian Federation contains news, newsletters, reports, publications and more.	libraries, free access	<a href="http://www.minobrnauki.gov.ru">http://www.minobrnauki.gov.ru</a>
Ministry of Education of the Russian Federation.	The website of the Ministry of Education of the Russian Federation contains news, news bulletins, reports, publications and much more.	libraries, free access	<a href="https://edu.gov.ru/">https://edu.gov.ru/</a>
Federal portal "Russian Education"	A single window of access to educational resources. This portal provides access to textbooks in all branches of medicine and health care.	libraries, free access	<a href="http://www.edu.ru/">http://www.edu.ru/</a> <a href="http://window.edu.ru/catalog/?p_rubr=2.2.81.1">http://window.edu.ru/catalog/?p_rubr=2.2.81.1</a>
<b>Bibliographic databases</b>			
DB "Russian Medicine."	Created at the CNMB, it covers the entire collection since 1988. The database contains bibliographic descriptions of articles from domestic journals and collections, dissertations and their abstracts, as well as domestic and foreign books, proceedings of institutes, conference proceedings, etc. Thematically, the database covers all fields of medicine and related fields of biology, biophysics, biochemistry, psychology, etc.	libraries, free access	<a href="http://www.scsml.rssi.ru/">http://www.scsml.rssi.ru/</a>
eLIBRARY.RU	Russian Information portal in the field of science, technology, medicine and education, containing abstracts and full texts of more than 13 million scientific articles and publications. Electronic versions of more than 2000 Russian scientific and technical journals are available on the eLIBRARY.RU platform, including More than 1,000 journals in open access.	libraries, free access	<a href="http://elibrary.ru/defaultx.asp">http://elibrary.ru/defaultx.asp</a>
Portal Electronic Library of Dissertations	At present, the Electronic Library of Dissertations of the Russian State Library contains more than 919,000 full texts of dissertations and abstracts.	libraries, free access	<a href="http://diss.rsl.ru/?menu=disscatalog/">http://diss.rsl.ru/?menu=disscatalog/</a>

Medline.ru	A biomedical portal for specialists. Biomedical Journal. Last updated 7 February 2021.	libraries a, free access	<a href="http://www.medline.ru">http://www.medline.ru</a>
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### 3.6. Licence и freely licensed software Software used in the educational process

I. Commercial software products		
1.	MS Windows 7 Pro operating system	Licence number 48381779
2.	Operating system MS Windows 10 Pro, MS Office	CONTRACT No. 142 A of 25.12.2019
3.	MS Office	Licence number Licence: 43234783, 67810502, 67580703, 64399692, 62795141, 61350919
4.	Kaspersky Endpoint Security for Business Advanced	Contract№ 977 po/20 of 24.12.2020
5.	1C:University PROF	LICENCE AGREEMENT№ 2191 dated 15.10.2020
6.	1C: Library PROF	LICENCE AGREEMENT№ 2281 dated 11.11.2020
II. Freely distributed software		
1.	Google Chrome	Free distribution Terms of distribution: <a href="https://play.google.com/about/play-terms/index.html">https://play.google.com/about/play-terms/index.html</a>
2.	Yandex browser	Free of charge Licence Agreement licence agreement for the use of programmes Browser "Yandex" <a href="https://yandex.ru/legal/browser_agreement/">https://yandex.ru/legal/browser_agreement/</a>
3.	Dr.Web CureIt!	Free of charge Licence Agreement: <a href="https://st.drweb.com/static/new-www/files/license_CureIt_en.pdf">https://st.drweb.com/static/new-www/files/license_CureIt_en.pdf</a>
4.	OpenOffice	Free License: <a href="http://www.gnu.org/copyleft/lesser.html">http://www.gnu.org/copyleft/lesser.html</a>
5.	LibreOffice	Free License: <a href="https://ru.libreoffice.org/about-us/license/">https://ru.libreoffice.org/about-us/license/</a>

### 3.7. Resources of the information and telecommunications network "Internet"

- Library of the Amur State Medical Academy. Access mode:  
<https://amursma.ru/obuchenie/biblioteki/biblioteka-amurskoy-gma/>
- EBS "Student's Consultant". Access mode:  
<http://www.studmedlib.ru/cgi-bin/mb4x>
- Electronic library of medical literature. Access mode:

#### IV. ASSESSMENT FUND

##### 4.1. Current test control (input, initial, output), final control

##### 4.1.1. Entrance control tests to determine the level of physical fitness of students

Characterisation of orientation	Women					Men				
	Score in points									
	5	4	3	2	1	5	4	3	2	1
1.Speed and strength test fitness: Running - 100 m (sec)	15,7	16,0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
Long jump from a standing position (cm)	190	180	170	160	150	240	230	220	210	200
2. strength fitness test: From a sitting position, lower the body to a lying position, legs secured, hands behind the head (number of times) (female).	60	50	40	30	20					
weight up to 85 kg						15	12	9	7	5
Over 85kg						12	10	7	4	2
3. general endurance test: Cross 2000 m (min/sec) (female)										
weight up to 70 kg	10.15	10.50	11.20	11.50	12.15					
weight over 70kg	10.35	11.20	11.35	12.40	13.15					
Cross 3000m. (min/sec) (men)										
weight up to 85kg.						12.00	12.35	13.10	13.50	14.30
weighing over 85kg.						12.30	13.10	13.50	14.40	15.30
<b>4. flexibility test:</b> From a standing position on the gymnastics bench, incline forwards, feet in	16	11	8	2	0	13	7	6	2	0

##### 4.1.2. Practical tasks for current control (initial and output), by

## discipline sections

n/ a №	Programme section	Practical tasks				
		<u>original</u> control		<u>day off</u> control		
		Husband.	wives.	Husband.	wives.	
1.	Athletics	Running - 100m	14.5sec.	18.0sec.	14.0sec.	17.0sec.
		Long jump with locations	215cm.	160cm	220 cm	170 cm.
		Cross3000m	14,00 sec	13,00 sec	13,00 sec	12,00 sec
2.	Volleyball	1. Serving: bottom feed, side feed, top feed Three series of 5 innings, hitting 50% on the court.  2. Playing in pairs, 20 passes, moves, each student performs it  3. Judging of the competition	30%	30%		
					50%	50%
3.	Basketball	1. Free throws from the free throw line. 10 shots, 45-50% shooting at the hoop. 2. In pairs: playing defence, offence 3. Competition judging	30%	30%	45-50%	45-50%
4.	Ski training	1. Travelling along the piste: Simultaneous cross- country. Simultaneous singletrack 2. Passage	Exclu ding time	Exclu ding time	Exclu ding time	Exclu ding time

		distances (3; 5) classic or skate				
<b>5.</b>	<b>Orientation</b> <b>e</b>	1. relay navigating in indoors "Labyrinth." 2. Path selection traffic, by labelled on the motorway, in an enclosed room "Labyrinth."	Without records time- neither	Without records time- neither	Without records time- neither	Without records time- neither
<b>6.</b>	<b>Mini-football</b>	1. Kick the ball for accuracy (number of hits) out of 10 2. Driving the ball, rounding the posts and shooting at goal (sec) 3. Competition judging	30%  9,5	-  -	45-50%  9,0	-  -
<b>7.</b>	<b>Athletic gymnastics. Kettlebell lifting</b>	1. Lifting a kettlebell in one continuous upward movement on a straight arm. Jerk. 2. Push the weights upwards on straight arms. Push.	1  1	-  -	2  2	-  -
<b>8.</b>	<b>Table tennis</b>	1. Serving from right, left (number of serves) out of 10; 1. Roll the ball to the right, from the left. (number of hits) out of 10. 3. Judging of the competition	6  6	5  5	8  8	7  7
<b>9.</b>	<b>General physical preparation</b>	1. Pull-up on high bar (male). 2. Lifting of the torso, of lying down (female) number of times.	6-8	35-30	10-8	40-45

#### 4.1.3. Examples of test tasks for final control (with answer standards)

Test tasks are located in the "Moodle" system.

Access mode: (<https://educ-amursma.ru/local/crw/course.php?id=593>) Total number of tests - 100.

(select one correct answer)

1. DIMENSIONS OF THE VOLLEYBALL COURT, M?

- 1) 6 x 9;
- 2) 10x12;
- 3) 12x12;
- 4) 9x18.

2. THE HEIGHT OF A BASKETBALL HOOP?

- 1) 300 cm;
- 2) 310 cm;
- 3) 295 cm;
- 4) 305 cm.

1. MEN'S VOLLEYBALL NET HEIGHT?

- 1) 241 cm;
- 2) 250 cm;
- 3) 233 cm;
- 4) 245 cm.

Answer marks: 1-4; 2-4; 3-4.

**4.1.4. Practical tasks of the final control**

<b>Cours e</b>	<b>Semester</b>	<b>Final control tasks</b>
I.	2.	Submit a completed diary of self-control (health) with the dynamics of functional indicators and physical fitness for the first year.
II	3.	Prepare a set of physical exercises taking into account individual health deviations.
	4.	Submit completed self-monitoring (health) diary with dynamics of functional indices and physical fitness during the second year.
III	5.	Compose a set of exercises for the prevention of myopia.
	6.	Submit a completed diary of self-control (health) with the dynamics of functional indicators and physical fitness for the third year.
IV	7.	Compose a set of physical exercises for the prevention of osteochondrosis (cervical, thoracic, lumbar)
	8.	Submit a completed diary of self-monitoring (health) with the dynamics of functional indicators and physical fitness. in four years of training.
V	9.	To compose a set of exercises of professional-applied the physical fitness of the doctor (medical, surgical or dental hygienist).

	10.	Submit a completed diary of self-control (health) with the dynamics of functional indicators and physical fitness for five years of study.
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**4.2. List of practical skills that a student should possess after mastering the discipline.**

- Clearly explain to patients the need for and importance of FC.
- Prescribe the correct movement regime for each patient
- Correctly recommend the use of means of physical training depending on the state of health, physical fitness, profession and psycho-emotional state of the patient.
- Properly build the health and training process taking into account the patient's health condition and professional activity
- Maintain your physical condition and functional capabilities at an appropriate level at all times, assess your physical condition.
- Use methods to develop and control basic physical qualities.
- Compose complexes morning hygiene, corrective and industrial gymnastics.
- Use acquired motor skills in independent physical activities.
- Apply non-traditional and auxiliary means and methods of physical education for their own recovery of the body.

**4.3. Practical assignments for credit**

- To make a complex of morning hygienic gymnastics for elderly people.
- Compose and conduct a set of physical exercises for the introductory part of classes: athletics, basketball, volleyball, table tennis, on simulators.



### List of freely distributed software

№ п/п	List of freely distributed software	Links to the license agreement
1.	Yandex Browser	Freely distributed License Agreement for the use of Yandex Browser software <a href="https://yandex.ru/legal/browser_agreement/">https://yandex.ru/legal/browser_agreement/</a>
2.	Yandex.Telemost	Freely distributed Software License Agreement <a href="https://yandex.ru/legal/telemost_mobile_agreement/">https://yandex.ru/legal/telemost_mobile_agreement/</a>
3.	Dr.Web CureIt!	Freely distributed License Agreement: <a href="https://st.drweb.com/static/new-www/files/license_CureIt_ru.pdf">https://st.drweb.com/static/new-www/files/license_CureIt_ru.pdf</a>
4.	OpenOffice	Freely distributed License: <a href="http://www.gnu.org/copyleft/lesser.html">http://www.gnu.org/copyleft/lesser.html</a>
5.	LibreOffice	Freely distributed License: <a href="https://ru.libreoffice.org/about-us/license/">https://ru.libreoffice.org/about-us/license/</a>
6.	VK Calls	Freely distributed <a href="https://vk.com/licence">https://vk.com/licence</a>
7.	Kaspersky Free Antivirus	Freely distributed <a href="https://products.s.kaspersky-labs.com/homeuser/Kaspersky4Win2021/21.16.6.467/english-0.207.0/3830343439337c44454c7c4e554c4c/kis_eula_en-in.txt">https://products.s.kaspersky-labs.com/homeuser/Kaspersky4Win2021/21.16.6.467/english-0.207.0/3830343439337c44454c7c4e554c4c/kis_eula_en-in.txt</a>

### 3.5. Professional databases, information and reference systems, electronic educational resources

Resource name	Resource Description	Access	Resource address
Electronic library systems			
Student Consultant. Medical University Electronic Library	For students and faculty of medical and pharmaceutical universities. Provides access to electronic versions of textbooks, teaching aids, and periodicals.	Remote access after registration under the university profile	<a href="https://www.studentlibrary.ru/">https://www.studentlibrary.ru/</a>
Reference and information system "MedBaseGeotar".	The MedBaseGeotar reference and information system is designed for practicing medical specialists, researchers, teachers, graduate students, residents, senior students, and healthcare managers to quickly search, select, and read essential medical literature from a single data source.	Remote access after registration under the university profile	<a href="https://mbasegeotar.ru/pages/index.html">https://mbasegeotar.ru/pages/index.html</a>
Electronic Block System «Bookup»	A large medical library is an information and educational platform for the shared use of electronic educational and methodological publications from medical universities	Remote access after registration under	<a href="https://www.books-up.ru/">https://www.books-up.ru/</a>

	in Russia and the CIS countries.	the university profile	
Electronic Block System "Lan"	The Network Electronic Library of Medical Universities is an electronic database of educational and scientific works on medical topics, created for the purpose of implementing network forms of professional educational programs, open access to educational materials for partner universities.	Remote access after registration under the university profile	<a href="https://e.lanbook.com/">https://e.lanbook.com/</a>
Scientific Electronic Library "CyberLeninka"	CyberLeninka is a scientific electronic library built on the Open Science paradigm. Its primary goals are the popularization of science and scientific activity, public oversight of the quality of scientific publications, the development of interdisciplinary research, a modern institution of scientific review, increasing the citation rate of Russian science, and building a knowledge infrastructure. It contains over 2.3 million scientific articles.	free access	<a href="https://cyberleninka.ru/">https://cyberleninka.ru/</a>
Human Biology Knowledge Base	Reference information on physiology, cell biology, genetics, biochemistry, immunology, and pathology. (Source: Institute of Molecular Genetics, Russian Academy of Sciences.)	free access	<a href="http://humbio.ru/">http://humbio.ru/</a>
State Register of Medicines	The State Register of Medicines website contains information about medications: indications, contraindications, mechanism of action, side effects, dosages, and methods of administration.	free access	<a href="https://grls.rosminzdrav.ru/GRLS.aspx">https://grls.rosminzdrav.ru/GRLS.aspx</a>
Information systems			
Clinical Guidelines Index	A resource of the Russian Ministry of Health that contains clinical guidelines developed and approved by medical professional non-profit organizations of the Russian Federation, as well as methodological manuals, nomenclatures, and other reference materials.	Link to download the application	<a href="https://cr.minzdrav.gov.ru/#/">https://cr.minzdrav.gov.ru/#/</a>
Federal Electronic Medical Library	The Federal Electronic Medical Library is part of the Unified State Healthcare Information System as a reference system. <b>The FEML was created using the collections of the</b>	free access	<a href="https://femb.ru/">https://femb.ru/</a>

(FEML)	<b>I.M. Sechenov Central Scientific Medical Library.</b>		
Russian State Library (RSL)	<p><b>Collection size:</b> approximately 3 million titles</p> <p><b>Period covered:</b> from the 11th century to the present</p> <p>The Russian State Library's Digital Library is a collection of electronic copies of valuable and frequently requested publications from the Russian State Library's collections, from external sources, and documents originally created in electronic form.</p>	Registration on the website	<a href="https://www.rsl.ru/">https://www.rsl.ru/</a>
Russian Medical Association	<p>A professional online resource.</p> <p>Purpose: to promote effective professional activity among medical personnel. Contains the charter, personnel, structure, membership rules, and information about the Russian Medical Union.</p>	free access	<a href="http://www.rmass.ru/">http://www.rmass.ru/</a>
Web medicine	<p>The website provides a directory of professional medical resources, including links to the most authoritative specialized websites, journals, societies, as well as useful documents and programs. It is intended for physicians, students, and staff of medical universities and research institutions.</p>	free access	<a href="http://webmed.irkutsk.ru/">http://webmed.irkutsk.ru/</a>
Databases			
World Health Organization	<p>The site contains news, statistics on countries that are members of the World Health Organization, fact sheets, reports, WHO publications, and much more.</p>	free access	<a href="http://www.who.int/ru/">http://www.who.int/ru/</a>
Ministry of Science and Higher Education of the Russian Federation	<p>The website of the Ministry of Science and Higher Education of the Russian Federation contains news, newsletters, reports, publications, and much more.</p>	free access	<a href="http://www.minobrnauki.gov.ru">http://www.minobrnauki.gov.ru</a>
Ministry of Education of the Russian Federation	<p>The website of the Ministry of Education of the Russian Federation contains news, newsletters, reports, publications, and much more.</p>	free access	<a href="https://edu.gov.ru/">https://edu.gov.ru/</a>
<a href="https://polpred.com">Polpred.com</a>	<p>Electronic Library System Business Media</p> <p>Media Review</p>	free access	<a href="https://polpred.com/news">https://polpred.com/news</a>

Bibliographic databases			
Database "Russian Medicine"	Created at the Central Scientific and Methodological Library, it covers the entire collection since 1988. The database contains bibliographic descriptions of articles from Russian journals and collections, dissertations and their abstracts, as well as Russian and foreign books, institute proceedings, conference materials, etc. Thematically, the database covers all areas of medicine and related fields of biology, biophysics, biochemistry, psychology, etc.	free access	<a href="https://rucml.ru/">https://rucml.ru/</a>
PubMed	A text database of medical and biological publications in English. PubMed is an electronic search engine with free access to 30 million publications from 4,800 indexed medical journals. The database contains articles published from 1960 to the present, including information from MEDLINE, PreMEDLINE, and NLM. Each year, the portal is updated with more than 500,000 new papers.	free access	<a href="https://pubmed.ncbi.nlm.nih.gov/">https://pubmed.ncbi.nlm.nih.gov/</a>
eLIBRARY.RU	A Russian information portal in science, technology, medicine, and education, containing abstracts and full texts of over 13 million scientific articles and publications. The eLIBRARY.RU platform offers electronic versions of over 2,000 Russian scientific and technical journals, including over 1,000 open-access journals.	Full functionality of the site is available after registration.	<a href="http://elibrary.ru/defaultx.asp">http://elibrary.ru/defaultx.asp</a>
Electronic Dissertation Library (RSL)	Currently, the Electronic Library of Dissertations of the Russian State Library contains more than 919,000 full texts of dissertations and abstracts.	free access	<a href="http://diss.rsl.ru/?menu=disscatalog/">http://diss.rsl.ru/?menu=disscatalog/</a>
Medline.ru	Medical and biological portal for specialists. Biomedical journal.	free access	<a href="https://journal.scbmt.ru/jour/index">https://journal.scbmt.ru/jour/index</a>
Official Internet portal of legal information	The single official state information and legal resource in Russia	free access	<a href="http://pravo.gov.ru/">http://pravo.gov.ru/</a>