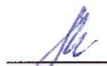


**FEDERAL STATE BUDGETARY
EDUCATIONAL INSTITUTION OF HIGHER EDUCATION
"AMUR STATE MEDICAL ACADEMY"
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION**

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
"Adaptive Physical Education"**

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).

Author:

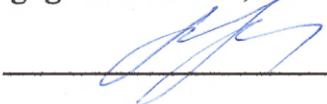
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APPROVED at the meeting of the Department of Physical Training with the course in Exercise Therapy,
Protocol No. 8 dated April 16, 2025

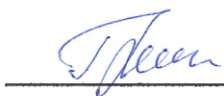
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 F.S. Mironov

Conclusion of the Expert Commission on the review of the Educational Programs:

Protocol No. 6 dated April 16, 2025

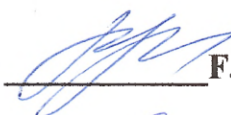
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Protocol No. 6 dated April 16, 2025

Chairman of the CMC No. 6

Ph.D. of Pedagogical Sciences, Associate Professor

 F.S. Mironov

AGREED: Dean of the Faculty of Medicine,
Ph. D. of Medical Sciences, Associate Professor

 N.G. Brush

April 17, 2025

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I. EXPLANATORY NOTE

1.1. Characteristics of the discipline "Adaptive Physical Culture"

Physical education in medical schools is not only a means of health promotion, but also an essential part of education and professional training of students. Teaching physical education in medical universities has its own peculiarities related to the specifics of the future professional activity of students, as medical workers, regardless of their specialisation, should know perfectly and be able to apply in practice the means of physical culture in order to prevent, improve and rehabilitate patients. The main goal of the discipline

"Adaptive Physical Education" is the development of opportunities for social adaptation of medical students with disabilities and/or disabilities, by providing an optimal mode of functioning of the body, within its physical capabilities through adaptive physical education and sports, and self-realisation in sports activities, as well as the acquisition of important professional knowledge and skills.

Adaptive physical culture as a socio-cultural phenomenon has a huge creative potential for the formation of physical, moral and spiritual health of a person, so medical students as future medical workers should have the necessary knowledge and skills to effectively use this unique tool in their daily professional activities.

1.2. Purpose and objectives of the

discipline The purpose of teaching

the discipline:

Development of social adaptation opportunities for medical students with disabilities and/or with disabilities, by ensuring optimal functioning of the organism, within its physical capabilities through adaptive physical education and sport, and self-realisation in sports activities.

Learning Objectives of the Discipline:

1. Promotion of students' health, development and maintenance of optimal levels of physical and mental efficiency, psycho-emotional stability.
2. Development and improvement of students' physical skills during their higher education, as well as creation of prerequisites for continuing physical training in further professional activity and everyday life.
3. Formation of qualitatively new thinking and value attitudes in medical students, aimed at careful attitude to their health, the need for regular physical training, and the rejection of bad habits.
4. Acquisition by students of important theoretical knowledge and practical skills in the use of non-traditional means of adaptive physical culture for the promotion and restoration of health.
5. Creating conditions for harmonious all-round development of students through self-realisation in physical education activities, increasing motivation and formation of socially stable personality.

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

In accordance with the Federal State Standard of Higher Education in the speciality 31.05.01 Medicine, the elective discipline in physical culture and sports "Adaptive physical culture"

belongs to the variative part, Block 1, and is taught in the 1st-5th years. The total capacity of the elective discipline is 328 hours, it is compulsory for the mastering of the specialist programme, it is not converted into credit units.

The discipline is studied in 2, 3, 4, 5, 6, 7, 8, 9, 10 semesters. Type of control: credit in 10 semester.

To study the discipline requires knowledge, skills and abilities formed by previous disciplines: anatomy, social studies, history, basics of healthy lifestyle, hygiene.

Main modules and sections of the programme

1	Corrective exercises for muscle groups: legs, arms, back, abdomen, shoulder girdle, neck muscles.
2	Sport-corrective exercises
3	Improving the technique of basic and specialised exercises
4	Basic game concepts and technique at the tennis table
5	Styles of play: offence, defence, combination play.
6	Control exercises, norms.

1.4. Requirements for students

The initial level of knowledge and skills for studying the elective discipline "Adaptive Physical Culture" should correspond to the level of knowledge and skills in the discipline "Physical Education and Sport" studied in previous semesters.

Physical education and sport
Knowledge: - Influence of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits. - Ways to monitor and assess physical development and physical fitness. - Rules and methods of planning individual lessons of different target orientation.
Skills: - Perform and apply skills in general exercises, movement games, basic sports games, gymnastics, and athletics;
Skills: - the ability to apply the acquired knowledge and skills in the practice of exercise The ability to apply the acquired knowledge and skills in the practice of recreation, morning exercises and physical self-improvement of discipline. - apply skills of general exercises, mobile games, basics of sports games, gymnastics, athletics.

1.5. Interdisciplinary links with subsequent disciplines.

The discipline "Adaptive Physical Education" is a subject necessary for the study of related disciplines: human anatomy, normal physiology, clinical human physiology, hygiene, therapeutic physical education, which are taught in parallel with this subject or in subsequent courses.

	Name of subsequent disciplines	Numbers of sections of this discipline required for study subsequent disciplines					
		1	2	3	4	5	6
1.	Human anatomy	+	+	+	+	+	+
2.	Normal physiology, clinical physiology	+	+	+	+	+	+
3.	Hygiene	+	+	+	+	+	+
4.	Therapeutic exercise	+	+	+	+	+	+

1.6. Requirements to the results of mastering the discipline

The study of the discipline "Adaptive Physical Culture" 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 "Adaptive Physical Culture" the student must:		
			Know	Be able to	Possess
Universal competences					
1.	UK-7. Able to maintain an appropriate level of physical The following are some of the most important aspects of the programme professional activities	ID UK-7.1 Observes and promotes norms of a healthy lifestyle in various life situations and in professional activities.	- specialised terminology. - key aspects of the role of adaptive physical education - The role of adaptive physical education in the scientific organisation of work; - motivational and value attitude towards adaptive physical education as an integral part of everyday life; - The role of adaptive physical culture in human health and development;	- to maintain their physical condition and functional capabilities at an appropriate level, taking into account individual characteristics and capabilities of the organism, to assess their physical condition; - use methods of development and control of basic physical qualities; - make up complexes of morning hygienic, corrective and industrial gymnastics;	- Ability to observe and promote healthy lifestyle norms in various life situations and professional activities

			- basics of physical culture and healthy lifestyle;		
		The student plans his/her working and free time to optimise the combination of physical and mental workload and to ensure efficiency.	- Methods and means of conducting health promotion work in the field of adaptive physical education - basics of organising and conducting health promotion work with different population groups - the specifics of injuries and illnesses among adaptive physical activity practitioners;	- use the acquired motor skills in independent physical activities; - to apply non-traditional and auxiliary means and methods of physical education for their own improvement of the organism;	- the ability to plan their working and free time to optimise the combination of physical and mental workload and ensure efficiency;
		ID UK-7.3 Select health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the organism.	- regularities of age and gender peculiarities of development of basic physical qualities and motor skills of athletes	- use the acquired motor skills in independent physical activities;	- ability to choose health-saving technologies to maintain a healthy lifestyle of life, taking into account physiological

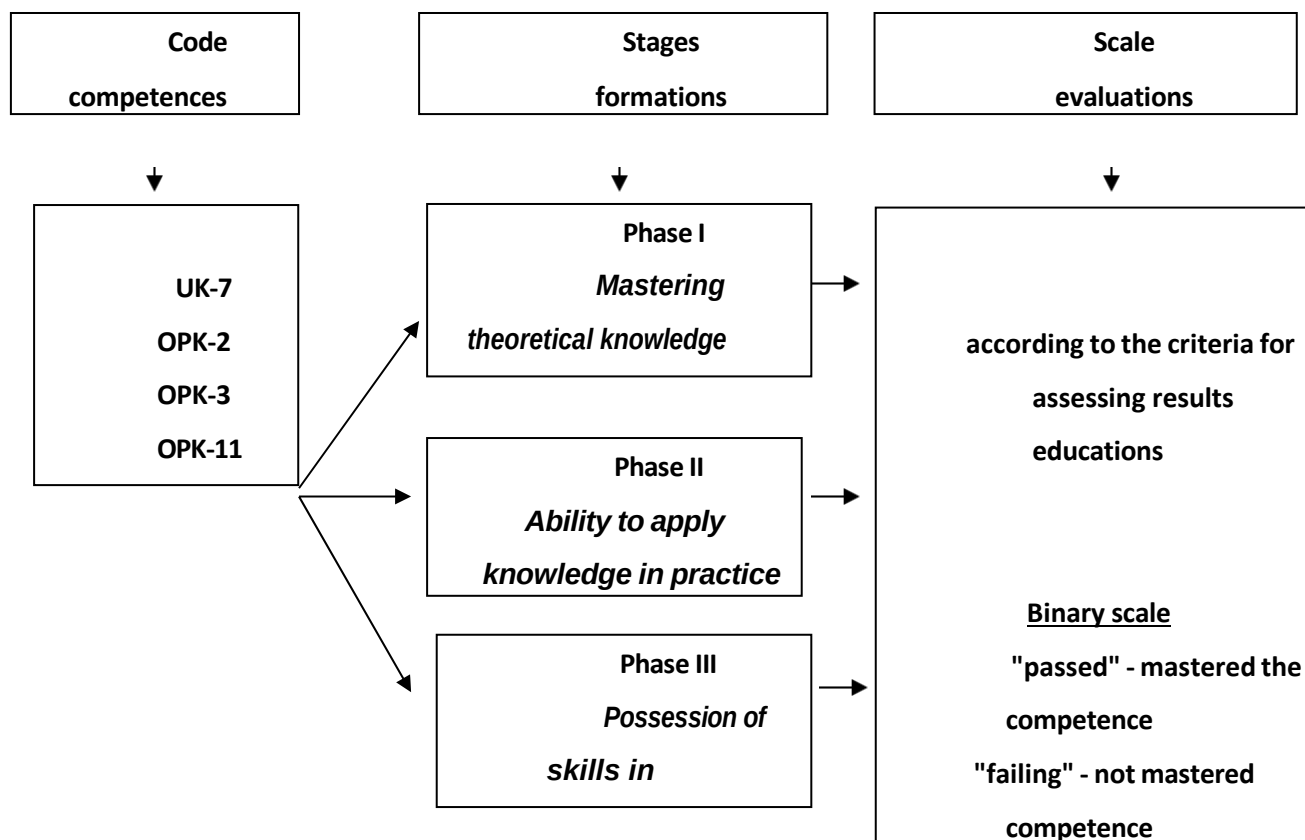
			adaptive physical education; - regularities of development of separate systems of the human organism in the process of physical training; - Basics of medical control in the process of physical education; - means and methods of recovery from strenuous mental and physical exertion;	- to apply non-traditional and auxiliary means and methods of physical education for their own improvement of the organism;	of the body's characteristics;
General professional competences					
2.	OPK-2. Able to conduct and control the effectiveness of prevention measures, shaping a healthy lifestyle	ID OPK-2.2 Promote a healthy lifestyle aimed at improving sanitary culture and preventing diseases of patients (population); organise activities on hygienic education and healthy lifestyle skills.	- regularities of age and gender peculiarities of development of basic physical qualities and motor skills of adaptive physical culture students; - morpho	- Clearly explain to patients the need for and importance of FC; - designate a proper movement regime for each patient;	- Ability to promote a healthy lifestyle aimed at improving sanitary culture and preventing diseases

	The programme is aimed at improving the quality of life and hygiene education of the population		functional features of the human organism and their application in physical activity of different intensity and orientation; - methods and techniques of propaganda and outreach work to involve the population in adaptive physical education;	- correctly recommend the use of physical training means depending on the patient's state of health, physical fitness, profession and psycho-emotional state;	patients (population); - ability to organise activities on sanitary and hygienic education and formation of healthy lifestyle skills;
	OPK-3. Able to oppose and combat doping in sport	ID OPK-3.1. Forecasts and applies measures to prevent negative impacts on the environment. the effects of doping on human health.	- regularities of development of separate systems of the human organism in the process of physical training; - Basics of medical control in the process of physical education; - means and methods of recovery from strenuous	- use the acquired motor skills in independent physical exercise; - Apply non-traditional and auxiliary means and methods of physical education for their own use to revitalise the body;	- The ability to predict and implement measures to prevent the negative impact of doping on human health;

			mental and physical exertion;		
		ID OPK-3.2 Develop and implement ways to prevent doping in sport.	- Medical and biological aspects of sports training; - Methodology of using adaptive physical education to improve mental performance. performance and academic achievement;	- use methods of development and control of basic physical qualities; - make up complexes of morning hygienic, corrective and industrial gymnastics;	- Ability to develop and implement ways to prevent doping in sport;
		ID OPK-3.3 Analyse and interpret conflicting information on doping.	- sanitary and hygienic bases of activity in the sphere of adaptive physical culture;	- use methods of development and control of basic physical qualities; - make up complexes of morning hygienic, corrective and industrial gymnastics;	- The ability to analyse and interpret conflicting information on doping;
3.	OPK-11. Able to prepare and apply scientific, scientific-industrial, project,	ID OPK-11.4 Conduct scientific and practical research, analyse information using the historical method and prepare publications based on the results of research.	- history and organisational structure of work on physical culture and sport in Russia;	- Use methods of development and control of basic physical attributes;	- Ability to conduct scientific and practical research; - analyse information with

	Organisational, managerial and regulatory documentation in the health care system		- principles and methods of the domestic system of physical education with different contingents of the population; - their role and place in of the overall physical education system.		using the historical method; - prepare publications based on the results of research.
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1.7. Stages of competence development and description of assessment scales



1.8. Forms of training organisation and types of control

Form of organisation of student training	Brief characterisation
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	- Solution of situational tasks and exercises with subsequent discussion, - interactive survey; - creative assignments, - small group method, - discussions
Participation in the scientific research work of the department, student circle and conferences	- preparation of oral reports and poster presentations for presentation at the student circle or scientific conference; - writing theses and abstracts on the chosen scientific direction; - preparation of a literature review using academic, scientific, reference literature and Internet sources.
Types of control	Brief characterisation

Input control	Verification of practical skills formed by the programme on physical culture and sports in institutions of secondary (full) general education. Entry Controls include: - testing (test tasks of the input control), Results input control are systematised, analysed and are used pedagogical staff of the department for the development of measures to improve and actualisation methods of teaching the discipline.
Current control	Current supervision includes: - Practical tasks for current control by programme sections - List of practical tasks of the final control
Intermediate certification	Intermediate certification is represented by a credit, which students take at the end of the 10th semester. The credit includes the following steps: - fulfilment of test tasks for intermediate control (with answer standards). - Checking the mastery of practical skills and competences on The discipline sections (fulfilment of exercises on each studied topic of the discipline).

II. DISCIPLINE STRUCTURE AND CONTENT

2.1 Scope of the discipline and types of training activities

Types academi c work	Total hours	Course								
		1 course	2 course		3 course		4 course		5 course	
		2 seed	3 seed	4 seed	5 seed	6 seed	7 seed	8 seed	9 seed	10 seed
Practical exercises	328	32	36	36	24	36	60	32	36	36
Total labour intensity in hours	328									

2.2 Thematic plan of practical training sessions and their content

№ n/a	Topics of practical classes	Content of the topics of the practical classes of the discipline	Codes of the competences to be formed and indicators of their achievements	Types of control	Labour input (hours)
1.	Correctional exercise	Input control (testing of theoretical knowledge and practical skills, moulded by the programme	OPK-2: ID 2.2. UK-7 ID UK-7.1.	Visual pedagogical observations	4

orientation s	of the discipline "Physical Education and Sport") An exercise aimed at obtaining strictly dosed muscle tensions. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.		movement technique	
	Exercises aimed at obtaining differentiated tensions and relaxations of individual muscles and muscle groups. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	UK-7 ID UK-7.1. OPK-2: ID 2.2.	Visual pedagogical observation of the technique of movement execution	4
	Exercises that focus on relaxing muscle groups and limbs. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations	4
	Exercises, asymmetrical movements. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations of technique movement execution	4
	Reflex and ideomotor exercises. Reflexive exercises aimed at tensing certain muscles. Ideomotor exercises: sending a mental impulse to the muscle group being trained to produce an imaginary movement Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2. OPC-11 ID OPC 11.1.	Visual pedagogical observation of the technique of movement execution	8
	A group of exercises for the recovery or new formation of applied	OPK-2: ID 2.2.	Visual inspection technique	6

	motor skills - standing, walking in regular step, formation, various reorganisations. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.		movement execution	
	Exercises that restore and enhance sensitivity. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations	4
	Exercises to stretch muscles, relieve muscle tension, and extend range of motion. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	UK-7 ID UK-7.1. OPK-2: ID 2.2.	Visual pedagogical observations	4
	Exercises to develop muscle sensitivity, possibility to regulate a certain area of muscles. Theoretical part: Teaching the technical aspects of performing exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual control movement technique	6
	Exercises for endurance, to maintain the efficiency of organ function, strength endurance, quick power. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual inspection	4
	Resistance exercises, gradually increasing the load. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual inspection of h	4
	Exercises on simulators.	OPK-2: ID 2.2.		4

	Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.			
	Exercises with kettlebells. Theoretical part: Teaching the technical aspects of performing exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations	4
	Exercises in the game of table tennis. Theoretical part: Teaching the technical aspects of the exercises. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	4
	Basic concepts of table tennis technique. Theoretical part: Teaching table tennis techniques. Practical part: Execution of the basic techniques of the game.	OPK-2: ID 2.2.	Pedagogical control	4
	Tennis player's stance, racket position in the hand. Theoretical part: Teaching the tennis player's stance. Practical part: Training of tennis player's stance.	OPK-2: ID 2.2.	Pedagogical control	4
	Move around the table; Table tennis exercises - Racket and free hand positions, movements, steps, lunges. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	4
	Receiving and striking the ball. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations	4
	Exercises on exercise machines in lying, sitting, inclined bench. Theoretical part: Teaching the technique of execution.	OPK-2: ID 2.2.	Pedagogical control	4

		Practical part: Execution of exercises.			
		Total hours: 83			
2.	Sporty. - corrective exercises	Muscle stretching exercises: - relieving muscle tension, widening the diameter of the movement. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	13
		Exercises to develop muscle sensitivity: - to develop the power to regulate a particular muscle area. Theoretical part: Teaching the technique. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	16
		Exercise to improve the functional state of nerve sensitivity. Theoretical part: Teaching the technique of performance. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	16
		Endurance exercise to maintain the efficiency of body organs and systems. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	16
		Training by walking, running, ascending and descending inclined surfaces, stair marching to improve balance, motor ability and functional development. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	16
		Resistance exercises; - Gradually increasing resistance loading to develop muscle strength. Theoretical part: Teaching the technique of execution.	OPK-2: ID 2.2.	Pedagogical control	16

		Practical part: Execution of exercises.			
		Total hours: 93			
3.	Improving the technique of basic and specialised exercises	Exercises for leg muscles. Training and improvement of exercises on sports simulators. Athletics jumping exercises on two legs, from foot to foot 3, 4, 5-fold. Running track and field athletics exercises with high hip elevation, seeded running, running jumps, acceleration of 20-40 metres. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Pedagogical control	21
		Arm exercises. Teaching technique, imitation running in place, including only arms, hands relaxed, imitation running with hands with light dumbbells. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observations	24
		Exercises for the abdominal muscles, back, chest. Dumbbells, kettlebells, gymnastic benches, sticks are used. Watch the position of the back, correct breathing. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual control over the technique of movement execution	24
Classes in Years 4-5 take place in specialised halls, table tennis, gym, games room, stadium, running tracks					
		Exercises to develop mobility in the joints of the arms and legs, rotation in the wrist, elbow, shoulder joints. Flexion, extension, feet, half squats, left, right, torso turns in different directions. Bending and extending arms in a supine position lying on a bench, on the floor, bending forward, left, right. Theoretical part: Teaching the technique of execution.	OPK-2: ID 2.2.	Visual pedagogical observations of movement technique Pedagogical control	24

		Practical part: Execution of exercises.			
		Total hours: 93			
4.	Basic game concepts and techniques at the tennis table	Teaching basic concepts of playing technique: - The "tennis player's stance", a position in the game; - Grip of the racket; Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observation of the technique of movement execution	6
		- "open" and "closed" racket; - moving around the table; - footwork (steps, lunges, jumps) arm movement with racket and free hand, body position (moving the centre of gravity of the body); - hitting the ball on the racket; - teaching to play with a kick - "push" from the right, left, standing on the spot and in motion; - studying the trajectory, height, bounce of the ball, hitting it "push", imitation of movements with a racket standing still and in motion; - hitting the ball on the racket, alternating left, right hands standing in place and in motion; playing techniques, ways of their execution; strokes "knurls" and "trim"; serves from the right and left: swing, brush work, turn of the body, position of the legs. Theoretical part: Teaching the technique of execution. Practical part: Execution of exercises.	OPK-2: ID 2.2.	Visual pedagogical observation of the technique of movement execution	9
		- Total hours: 15			
5.	Styles of play: attack, defence, combined play.	Serves short, long. Movement near the table in the game by directions. Footwork, body position. Teaching game techniques. Offensive Strike. Meet rules, individual team competitions. Table tennis officiating. Theoretical part: Teaching the technique of execution.	OPK-2: ID 2.2.	Pedagogical control	28

		Practical part: Execution of exercises.			
		Total hours: 28			
6.	Control exercises, standards:	- a "rolling" kick; - the "spin" kick; - a "push" punch; - feed to the specified area of the table; - hitting the ball on the racket (15-20 times) left, right on both sides of the racket; - defence play. Theoretical part: Teaching the technique of playing techniques. Practical part: Execution exercises.	OPK-2: ID 2.2.	Pedagogical control	16
		Total hours: 16			
		Total hours: 328			328

2.3. Interactive forms of learning.

In order to activate students' cognitive activity, interactive teaching methods (interactive questioning, work in small groups, etc.), participation in educational research and research work are widely used at practical classes.

№	Theme of the practical session	Labour intensity in hours	Interactive form of learning	Labour intensity in hours, % of the class
1.	Corrective exercise	83 hrs.	cognitive activation	4.1 hours / 1.43 %
2.	Sport-corrective exercises	93 hrs.	cognitive activation	4.6 hours / 1.6 %
3.	Studying and improving the technique of basic and specialised exercises.	93 hrs.	cognitive activation	4.6 hours / 1.6 %
4.	Basic game concepts and technique at the tennis table	15 hrs.	team competitions, service of competitions	0.4 h / 0.1 %
5.	Styles of play: offence, defence, combination play.	28 hrs.	team events, service competitions	1.4 h / 0.4 %
6.	Control exercises, standards	16 hrs.	-	0.8 h / 0.2 %

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.

The criterion for evaluating the results of student learning in the discipline "Adaptive Physical Education" is the expert assessment of the teacher and the evaluation 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.

The success of students' mastering of the discipline, practical skills and abilities is characterised by a qualitative assessment and is evaluated 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	Mark on 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

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 by 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" - gets a 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 competences

performs with gross errors or there was no attempt to demonstrate their 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 Education and 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 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 criteria for 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 not able to identify the main and secondary, makes mistakes in defining the main concepts, distorts their meaning, cannot independently present the material.

Assessment criteria 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 assessing 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 of 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 of "2" for all activities in the class, he/she is obliged to work it off. The mark received 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 assessed 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 incorrect answers. Completely practical skills and abilities provided by working programme of the discipline, however 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 the 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 the "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	credited
Execution B in full in full practical part of the discipline	3-5	
Passing practical practical skills (control formation competences)	3-5	
Test control B systems "Moodle."	2	uncredited
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. If necessary, the teacher provides counselling, assistance and at the same time controls the quality of students' knowledge and their ability to apply their knowledge to solve the tasks.

№ n/a	Theme of the practical classes	Time to prepare the student for occupation	Forms of extracurricular independent work	
			Mandatory and the same for all students	Student's choice
1.	Studying and improving the technique of basic and specialised exercises.	-	Preparing for the practical session.	Participation in physical culture and sports, mass health-improving and educational events.
2.	Corrective exercise	-	Preparing for the practical training (doing exercises).	Participation in physical culture and sports, mass health-improving and educational events.
3.	Sports corrective exercises	-	Preparing for the practical training (doing exercises).	Participation in physical culture and sports, mass health-improving and educational events.
		-	-	-
Total labour intensity (in hours)			-	

2.6. Research (project) work of students.

Student research work (SRW) is a compulsory part of the discipline and is aimed at the integrated formation of universal and general professional competences of students. The research work 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. Research topics are determined by students independently or in consultation with the teacher. Every year the department holds a scientific and methodological conference on the topics:

1. Physical culture in the social and professional training of medical students.
2. Physical culture in health promotion, modern health-promoting forms and systems of physical exercise.
3. Hygienic factors in health promotion and performance restoration.
4. Sport. Economy. Politics in modern society.
5. Athletic Gymnastics.

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. Basic 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 MOE RF. Ed. 7th, Academia, 2010 - 320 p.
2. Gorshkov A.G., Vilensky M.Ya. Physical culture and healthy lifestyle of a student: Textbook for universities. Gardariki, 2007. 218 c.
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 c.
4. Order of the Ministry of Health and Social Development of Russia № 613-n of 9 August 2010. "On Approval of the Procedure for the Provision of Medical Care at Physical Culture and Sporting Events".
5. Federal Law on Physical Culture and Sport in the Russian Federation of 4 December 2007 N329-FE.
6. V.B. Mandrikov, M.P. Mitsulina, I.A. Ushakova, V.O. Aristakesyan, N.V. Zamyatina. - Volgograd: Izd-Volg GMU, 2013. - 336 c.
7. Federal Target Programme "Development of Physical Culture and Sports in the Russian Federation for 2006 - 2015" dated 11 January 2006 No. 7.

3.3. Educational and methodical support of the discipline, prepared by the staff of the department.

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. - State Educational Institution of Higher Professional Education 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 "Adaptive Physical Culture" 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 e-learning course

Teaching	Controlling
Theoretical (lecture) material, cognitive and educational films	Methodological recommendations for students on extracurricular independent work.
Methodological recommendations for students for practical classes. Methodological guidelines for solving problems and exercises on the topics disciplines.	A list of recommended topics for abstracts and a provision for abstract design.
Reference material, visual aids.	Tests input, current and final control of knowledge.

E-learning tools:

(available in the EIOS of FGBOU VO Amur State Medical Academy).
Access mode: (<https://educ-amursma.ru/local/crw/course.php?id=593>)
- electronic textbook on the discipline "Adaptive Physical Culture".

3.4. Equipment used for the educational process

The lecture room is used for lectures on the discipline.

Calculation of quantitative indicators. The amount of training equipment is given per sports hall. At the same time, the use of a significant part of these facilities is associated with the fulfilment of not only intra-subject but also general educational tasks. Equipping with these

technical means are considered as an element of general material and technical equipment of higher medical education institution.

The specific number of means and objects of material and technical equipment is given in the table taking into account the average group occupancy (12-15 students).

**Material and technical equipment of the educational process in the discipline
"Adaptive physical culture" for practical classes**

№ n/a	Name, quantity.
1	Physical training room with physical therapy course 323.9 m ² Major equipment: tennis tables -8 simulators - 5 hoops - 10 gymnastic ropes - 10 dumbbells - 8 pairs
2	Physical education training room 432.9 m ² with physical therapy course. Major equipment: barbells - 2 hoops -10 jump ropes -10 weights 4 football goals - 2 fitness equipment - 6, basketball backboard-, 2 bench for press -1 bars -1 medicineball - 5
3	Training room of the Department of Physical Education with a course of therapeutic physical training 643 m ² Basic equipment: 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 education room with physical therapy course 53.6 m ² Main equipment: Posters- 20 palaces - 2 gymnastic sticks - 15 gymnastic walls - 4 mirrors - 6 dumbbells - 10
5	Physical training room 38.4 m ² with physical therapy course

	Main equipment: tables - 12 chairs - 24 posters - 35		
6	Gym 199.9 m ²	Main equipment: 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
Digital library systems			
"Student's Consultant" Electronic Library of Medical of the university.	For students and teachers, medical and pharmaceutical universities. Provides access to electronic versions of textbooks, manuals and periodicals. publications.	library, individual access	http://www.studmedlib.ru/
"Physician's Consultant" Electronic medical library.	The 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 the position of scientific and practical medical society (global, European and Russian) in the relevant speciality. All materials have undergone compulsory independent peer review.	library, individual access	http://www.rosmedlib.ru/cgi-bin/mb4x
PubMed	Free search engine in the largest MedLine medical bibliographic database. Documents medical and biological articles from specialised literature, and also provides links to full-text articles.	library, free access	http://www.ncbi.nlm.nih.gov/pubmed/
Oxford Medicine Online.	Collection Oxford Medical Publications medical topics,	library, free access	http://www.oxfordmedicine.com

	which brings together over 350 publications into a cross-searchable shared resource. Publications include The Oxford Handbook of Clinical Medicine and The Oxford Textbook of Medicine, e-textbooks, and the Oxford Textbook of Medicine. versions of which are constantly being updated.		
Human biology knowledge base	Background information on physiology, cell biology, genetics, biochemistry, immunology, pathology. (Resource Institutes molecular genetics of the Russian Academy of Sciences).	library, free access	http://humbio.ru/
Medical Online Library	Free reference books, encyclopaedias, books, monographs, abstracts, English-language literature, tests.	library, free access	http://med-lib.ru/
Information systems			
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 Medical Union.	library, free access	http://www.rmass.ru/
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.	library, free access	http://webmed.irkutsk.ru/
Databases			
World Health Organisation	The site contains news, statistical data on the countries included in the of the World Health Organisation, newsletters, reports, WHO publications and much more. bulletins, reports, WHO publications and much more.	library, free access	http://www.who.int/ru/
Ministry of Science and Higher Education Russian Federation	The website of the Ministry of Science and Higher Education of the Russian Federation contains news, newsletters newsletters, reports, publications and more.	library, free access	http://www.minobrnauki.gov.ru

Ministry of Education of the Russian Federation.	The website of the Ministry of Education of the Russian Federation contains news, information Bulletins, reports, publications and more.	library, free access	https://edu.gov.ru/
Federal portal "Russian Education"	A single window of access to educational resources. This portal provides access to textbooks in all fields of medicine and health care.	library, free access	http://www.edu.ru/window.edu.ru/catalog/?p_rubr=2.2.81.1
Bibliographic databases			
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.	library, free access	http://www.scsml.rssi.ru/
eLIBRARY.RU	Russian information portal in science, technology, medicine and education, containing abstracts and full texts of more than 13 million scientific articles and publications. On the eLIBRARY.RU platform. electronic versions of more than 2000 Russian scientific and technical journals are available, including more than 1000 of open access journals.	library, free access	http://elibrary.ru/defaultx.asp
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.	library, free access	http://diss.rsl.ru/?menu=disscatalog/
Medline.ru	Biomedical portal for specialists. A biomedical journal. Last updated 7 February 2021.	library, free access	http://www.medline.ru

3.6. Licence n freely licensed software Licensed and freely distributed 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	Freely Distributable Terms of Distribution: https://play.google.com/about/play-terms/index.html
2.	Yandex browser	Free of charge Licence Agreement licence agreement for the use of programmes Browser "Yandex" https://yandex.ru/legal/browser_agreement/
3.	Dr.Web CureIt!	Free Licence Agreement: https://st.drweb.com/static/new-www/files/license_CureIt_en.pdf
4.	OpenOffice	Free License: http://www.gnu.org/copyleft/lesser.html
5.	LibreOffice	Free License: https://ru.libreoffice.org/about-us/license/

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: <https://www.books-up.ru/ru/entrance/97977feab00ecfbf9e15ca660ec129c0/>

IV. ASSESSMENT FUND

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

4.1.1. Input control tests (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.

3. THE HEIGHT OF THE MEN'S VOLLEYBALL NET?

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

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

4.1.2. Practical tasks for current control by sections of the discipline

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.

1. RESTING HEART RATE OF A HEALTHY PERSON BEATS/MIN?

- 1) 60-80;
- 2) 60-90;
- 3) 40-60;
- 4) 40-120.

2. THE AMOUNT OF BLOOD IN THE HUMAN BODY (LITRES)?

- 1) 4-6;
- 2) 2-3;
- 3) 15;
- 4) 0-1.

3. THE RESTING RESPIRATORY RATE PER MINUTE IN A HEALTHY PERSON:

- 1) 18-20;
- 2) 15-20;
- 3) 18-23;
- 4) 0-14.

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

4.1.3. Practical tasks for final control

1. To make a complex of morning hygienic gymnastics for students 19-23 years old. Adult contingent 30-40 years old.
2. Compose and conduct a set of physical exercises for the introductory part of the classes with objects: jump ropes, hoops, gymnastic sticks.

4.1.4. 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?

- 5) 300 cm;
- 6) 310 cm;
- 7) 295 cm;
- 8) 305 cm.

3. THE HEIGHT OF THE MEN'S VOLLEYBALL NET?

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

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

4.2. List of practical skills that a student should possess after mastering the discipline.

Co ur se	Sem este r	Credit requirements
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.
		Submit completed diary self-monitoring diary (health) with dynamics
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 spine).
	8.	Submit a completed diary of self-control (health) with the dynamics of functional indicators and physical fitness for four years of study.
V	9.	Compose a set of exercises of professional-applied physical training of a doctor (medical doctor, surgeon or dentist, hygienist).

	10.	Submit a completed diary of self-control (health) with the dynamics of functional indicators and physical fitness for five years.
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4.3. List of questions for the credit.

1. The main objectives of exercise hygiene.
2. The concept of flexibility, methodology of flexibility development.
3. Manifestations of mental fatigue, its signs and preventive measures.
4. The concept of physical performance.
5. The hygiene of mental labour.
6. Methodological foundations of health-improving running activities.
7. Hypokinesia and its detrimental effects on human health.
8. Determine the Kettle index.
9. Hygiene of footwear, clothing and exercise areas.
10. Methods of physical development research.
11. Principles of water hardening (methodology, dosage).
12. Injury prevention in playing sports, first aid for bruises, abrasions and bleeding.
13. Sun, air baths (dosage methodology) and their effect on human health.
14. Preventive orientation of exercises performed with large amplitude.
15. Smoking and a doctor are incompatible (disclose the problem in ethical and aesthetic aspect).
16. Anatomico-physiological characterisation of flexibility.
17. Recreational, applied and defence significance of athletics.
18. Physical Development Assessment.
19. The importance of physical exercise in a student's life. Form of classes.
20. The main means of strength training depending on the specialisation of sport and work activity.
21. Ideas for the use of exercise in thinkers, medics, and philosophers of antiquity.
22. Compile a set of UGGs for elderly women.
23. The effects of exercise on the musculoskeletal system.
24. Determine the strength index.
24. Influence of physical exercises on the cardiovascular system.
26. Correct posture, peculiarities of its formation in physical education classes.
25. Dynamics of mental performance.
26. The main forms of human movement (walking, running, jumping), their similarities and differences.
27. Organisation of the daily regime and its impact on human health.
28. Methods of control and self-control in the development of endurance.
29. Physical education is an integral part of teaching and learning in higher education.
30. The simplest methods of monitoring the cardiorespiratory system.
31. Physical exercise as a means of active recreation.
32. The importance of the preparatory part (warm-up) in physical education classes.
33. Aims and objectives of physical education in medical university.
34. Age-related development of flexibility.
35. The concept of physical education.
36. Principles of flexibility training.

37. General physical fitness and its influence on the success of labour activity.
38. Strength training techniques.
39. The concept of physical culture and healthy lifestyle.
40. Methodology of education of quickness.
41. General strength training.
42. The concept of physical development.
43. Specialised strength training.
44. Compile a set of UGTs for male students.
45. Absolute, relative strength.
46. Compose a set of UGT exercises for female students.
47. General and specialised endurance.
48. 3 the purpose of morning exercises and the basic hygienic, pedagogical and organisational requirements for its implementation.
49. Characterisation of quickness.
50. Define life index.
51. Development of general endurance.
52. A set of exercises for elderly women.
53. Human motor experience and its importance for mastering new motor actions.
54. Exercise complex for elderly men.
55. Pulse rate and dosing of physiological load in exercise depending on sex and age.
56. Industrial physical culture, its goals and objectives.
57. A set of exercises for persons performing work with high concentration of attention.
58. Introductory gymnastics.
59. Complex of exercises for persons of mental labour.
60. Physical education break, its goals, tasks.
61. Principles of complexes of industrial gymnastics.
62. Principles of complexes of industrial gymnastics.