

**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**

**discipline "Physical Education and Sport"**

**Specialty: 31.05.01 General Medicine**

**Course: 1, 3**

**Semester: 1, 5**

**Total hours: 72 hrs.**

**Control form: credit-test, 5 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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**Conclusion of the Expert Commission on the review of the Educational Programs:**  
Protocol No. 6 dated April 16, 2025

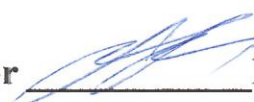
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**APPROVED** at the meeting of the CMC No. 6:  
Protocol No. 6 dated April 16, 2025

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 F.S. Mironov

**AGREED:** Dean of the Medical Faculty,  
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

Physical culture is a part of general culture, which is a creative activity to master and create new values mainly in the sphere of physical development, health improvement and education of students. A medical student needs to know that with the help of physical culture means a healthy body is maintained.

The doctor should carry out prevention and recovery with patients by non-medicinal means. Physical education and sport in the system of education, upbringing, in social life shows its importance in different age categories. Avicenna said that physical exercises will be beneficial when they correspond to the capabilities of the individual.

### 1.2. Purpose and objectives of the discipline The purpose of teaching the discipline:

Formation of medical students motivation incentives to physical training and sports as a necessary link to maintain at the proper level of physical fitness to ensure full social and professional activity.

#### Learning Objectives of the Discipline:

1. To strengthen the health of students, to increase and maintain at an optimal level physical and mental performance, psychomotor skills.
2. To develop and improve physical qualities, maintaining them throughout the years of higher education.
3. To develop in students value attitudes to the qualitative application of means and methods of physical culture as an integral component of a healthy lifestyle, a factor of general cultural development and mastering the medical profession. To instill knowledge and teach practical skills of using non-traditional means of physical culture to strengthen and restore health.
4. To teach various motor skills, combining with professional - applied physical training, methods of assessment of physical, functional, psycho-emotional and energy state of the body and methods of correction by means of physical culture.
5. To teach self- and self-control at group and individual classes by means of physical culture, keeping a diary of self-control, drawing up and carrying out complexes of morning hygienic and industrial gymnastics.
6. To form skills of compliance with the requirements of personal and public hygiene, motivation and value attitude to the daily performance of optimal motor regimen, to instill interest in sports and the desire to avoid bad habits.
7. To create an awareness among medical students of the problems associated with the use of performance-enhancing drugs and doping by athletes.

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

In accordance with the Federal State Standard of Higher Professional Education - specialty 31.05.01 Medicine (2020) discipline "Physical Education and Sports" belongs to the disciplines of the basic part, Block 1. The total labor input is 2 s.e. (72 hours), taught in 1, 5 semesters in 1, 3 courses. Form of control - credit.

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

The discipline of Physical Education and Sport is a subject necessary for the

study of specialized disciplines, which are taught in parallel with this subject or in subsequent courses. Mastering the discipline "Physical Culture and Sports" precedes the study of: human anatomy, human physiology, hygiene, physical therapy.

#### Main modules and sections of the program

|    |              |
|----|--------------|
| 1. | Athletics    |
| 2. | Volleyball   |
| 3. | Basketball   |
| 4. | Ski training |
| 5. | Orientation  |

#### 1.4. Student Requirements.

To study the discipline "Physical Education and Sport" the student must have the necessary knowledge, skills and abilities formed in the institutions of secondary (full) general education:

| Physical Education                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Knowledge</b><br>- The influence of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits.<br>- Methods of control and assessment of physical development and physical fitness.<br>- Rules and methods of planning individual lessons of different target orientation. |
| <b>Skills:</b><br>- Perform and apply skills in general exercises, movement games, fundamentals of sports games, gymnastics, and athletics;<br>- Overcome artificial and natural obstacles using a variety of movement methods;                                                                                                         |
| <b>Skills:</b><br>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.                                                                                                                                               |

#### 1.5. Interdisciplinary links with subsequent disciplines.

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

#### Interdisciplinary links with subsequent disciplines

| №<br>n/a | Name<br>subsequent disciplines            | Numbers of sections of this discipline required for the study of<br>subsequent disciplines |   |   |   |   |
|----------|-------------------------------------------|--------------------------------------------------------------------------------------------|---|---|---|---|
|          |                                           | 1                                                                                          | 2 | 3 | 4 | 5 |
| 1.       | Human anatomy                             | +                                                                                          | + | + | + | + |
| 2.       | Normal physiology,<br>clinical physiology | +                                                                                          | + | + | + | + |
| 3.       | Hygiene                                   | +                                                                                          | + | + | + | + |
| 4.       | Therapeutic exercise                      | +                                                                                          | + | + | + | + |

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

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

| №<br>n/a               | Code and name of competence                                                                                                                                      | Code and name of the competence achievement indicator                                                                    | As a result of studying the academic discipline "Physical Culture and Sport" the student must:                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                 |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                        |                                                                                                                                                                  |                                                                                                                          | Know                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Be able to                                                                                                                                                                                                                                                                                                                               | Possess                                                                                                                                                         |
| Universal competencies |                                                                                                                                                                  |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                 |
| 1.                     | UK-7. Able to maintain a proper level of physical<br>The following are some of the key factors that can help to ensure a full social and professional activities | ID UK-7.1 Observes and promotes norms of a healthy lifestyle in various life situations and in professional activities.  | <ul style="list-style-type: none"><li>- specialized terminology.</li><li>- the main aspects of the social role of physical fitness;</li><li>- The role of physical culture in the scientific organization 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 improvement and development;</li><li>- basics of physical education and healthy lifestyle;</li></ul> | <ul style="list-style-type: none"><li>- maintain their physical condition and functional capabilities at an appropriate level, assess physical condition;</li><li>- use methods of development and control of basic physical qualities;</li><li>- make up complexes of morning hygienic, corrective and production 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> |
|                        |                                                                                                                                                                  | ID UK-7.2. plans his/her working and free time to optimize the combination of physical and mental workload and to ensure | <ul style="list-style-type: none"><li>- Methods and means of conducting recreational work in the field of physical fitness</li></ul>                                                                                                                                                                                                                                                                                                                                               | <ul style="list-style-type: none"><li>- Use the acquired motor skills in independent physical activities</li></ul>                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>- The ability to plan their working and free time for an optimal</li></ul>                                                |



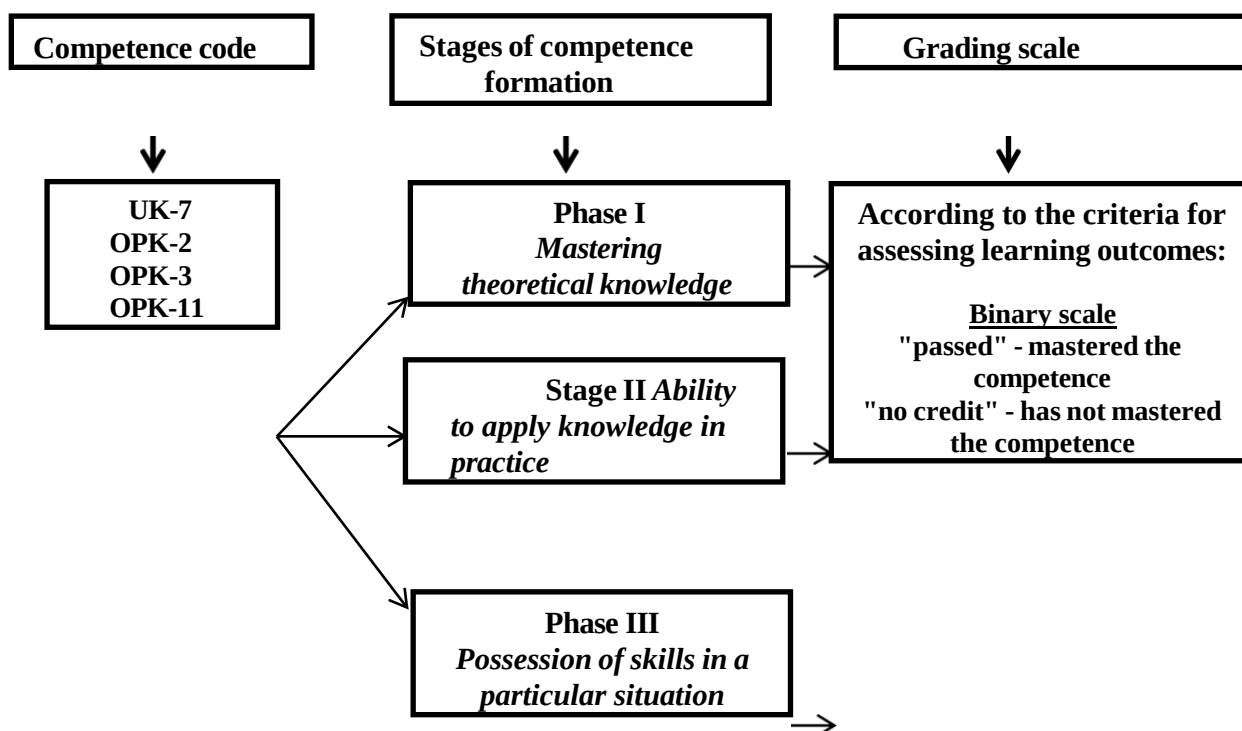
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|--|--|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | of performance.                                                                                                                                         | <ul style="list-style-type: none"> <li>- basics of organizing and conducting health improvement work with different population groups</li> <li>- the specifics of injuries and diseases in sportsmen;</li> </ul>                                                                                                                                                                                                                                                                            | with exercise;<br><ul style="list-style-type: none"> <li>- Apply non-traditional and auxiliary means and methods of physical education for their own use to revitalize the body;</li> </ul>                                                            | combining physical and mental workload and ensuring performance;                                                                                   |
|  |  | <b>ID UK-7.3</b> Selects health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body. | <ul style="list-style-type: none"> <li>- regularities of age and gender peculiarities of development of the main physical qualities and motor skills of sports and fitness practitioners;</li> <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;</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 body;</li> </ul> | - ability to choose health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body; |

|                                          |                                                                                                                                           |                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                    |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                          |                                                                                                                                           |                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                    |
| <b>General professional competencies</b> |                                                                                                                                           |                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                    |
| 2.                                       | <b>OPK-2. Able to</b><br>conduct and control the effectiveness of prevention, healthy lifestyle and hygienic education of the population. | <b>ID OPK-2.2</b> Promote a healthy lifestyle aimed at improving sanitary culture and preventing diseases of patients (population); organize activities on sanitary and hygienic education and formation of healthy lifestyle habits<br><br>nd formation of healthy lifestyle skills. | - regularities of age and gender peculiarities of development of the main physical qualities and motor skills of sports and fitness practitioners;<br>- morpho-functional features of the human organism and their application at physical load of different intensity and orientation;<br><br>- Methods and techniques of agitation and propaganda work to involve the population in classes<br>FK&S; | - Clearly explain to patients the need for and importance of FC;<br><br>- designate a proper motor regimen for each patient;<br><br>- correctly recommend the use of physical training means depending on the health condition, physical fitness, profession and psycho-emotional state of the patient; | - ability to promote a healthy lifestyle aimed at improving health culture and preventing diseases of patients (population);<br><br>- ability to organize activities on sanitary and hygienic education and formation of healthy lifestyle skills; |
|                                          | <b>OPK-3.</b><br>Able to oppose and combat doping in sport                                                                                | <b>ID OPK-3.1</b> Predict and apply measures to prevent the adverse effects of doping on human health.                                                                                                                                                                                | - regularities of development of separate systems of the human organism in the process of physical training;<br><br>- the basics of medical supervision in the process of                                                                                                                                                                                                                              | - use the acquired motor skills in independent physical activities;<br><br>- use non-traditional and                                                                                                                                                                                                    | - Ability to predict and apply measures to prevent the negative impact of doping on human health;                                                                                                                                                  |

|    |                                                                                                    |                                                                                                                                                                    |                                                                                                                                                                |                                                                                                                                                                       |                                                                          |
|----|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|    |                                                                                                    |                                                                                                                                                                    | physical education;<br><br>- means and methods of recovery from strenuous mental and physical activity;                                                        | auxiliary means and methods of physical education for their own recovery of the body;                                                                                 |                                                                          |
|    |                                                                                                    | <b>ID OPK-3.2</b> Develops and implements ways to prevent doping in sport.                                                                                         | - Medical and biological aspects of athletic training;<br><br>- the methodology of using physical fitness facilities to improve mental performance and grades; | - use methods of development and control of basic physical qualities;<br><br>- compile complexes of morning hygiene, corrective and production activities gymnastics; | - Ability to develop and implement ways to prevent doping in sport;      |
|    |                                                                                                    | <b>ID OPK-3.3</b> Analyze and interpret conflicting information on doping.                                                                                         | - sanitary and hygienic bases of activity in the sphere of physical fitness;                                                                                   | - use methods of development and control of basic physical qualities;<br><br>- compile complexes of morning hygiene, corrective and production activities gymnastics; | - Ability to analyze and interpret conflicting information on doping;    |
| 3. | <b>OPK-11.</b><br>Able to prepare and apply scientific, scientific, scientific production, design, | <b>ID OPK-11.4</b> Conduct scientific and practical research, analyze information using the historical method, and prepare publications based on research results. | - history and organizational structure of work on physical culture and sports in Russia;                                                                       | - Utilize methods of developing and controlling basic physical qualities;                                                                                             | - Ability to conduct scientific and practical research;<br><br>- analyze |

|  |                                                                                   |  |                                                                                                                                                                                                                                              |  |                                                                                                                                                       |
|--|-----------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Organizational, managerial and regulatory documentation in the health care system |  | <ul style="list-style-type: none"><li>- principles and methods of the domestic system of physical education with different contingents of the population;</li><li>- their role and place in the overall system physical education.</li></ul> |  | <p>information using the historical method;</p> <ul style="list-style-type: none"><li>- make publications based on the results of research.</li></ul> |
|--|-----------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------|

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



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

| Form of organization of student training                                                        | Brief characterization                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lectures                                                                                        | The lecture material contains the key and most problematic topics issues of the discipline, most significant B training of a specialist.                                                                                                                                                                                                                                 |
| Practical exercises                                                                             | Designed to analyze (consolidate) theoretical provisions and control over their assimilation with the subsequent application of the knowledge gained in the course of practical training. assignments.                                                                                                                                                                   |
| 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 a student circle or scientific conference;</li> <li>- writing theses and abstracts on the chosen scientific direction;</li> <li>- preparation of a literature review using academic, scientific, reference literature and Internet sources.</li> </ul> |
| Types of control                                                                                | Brief characterization                                                                                                                                                                                                                                                                                                                                                   |
| Input control                                                                                   | Verification of practical skills formed by the program on Physical education and sports in secondary (full) education institutions                                                                                                                                                                                                                                       |

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                            | <p>general education. Input control includes:</p> <ul style="list-style-type: none"> <li>- testing (test tasks of the input control), Results input control are systematized, analyzed and used by the pedagogical staff of the department for the development of measures to improve and actualization of 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 on program sections</li> <li>- List of practical tasks of the final control</li> </ul>                                                                                                                                                                                                                                    |
| Intermediate certification | <p>Intermediate certification presented credit, which students take at the end of the 5th semester. The credit includes the following steps:</p> <ul style="list-style-type: none"> <li>- fulfillment of test tasks for intermediate control (with answer standards).</li> <li>- check of mastering of practical skills and abilities by sections of the discipline (performance of exercises on each studied topic discipline).</li> </ul> |

## II. DISCIPLINE STRUCTURE AND CONTENT

### 2.1. Scope of the discipline and types of academic work

| №<br>n/a | Types of training work                | Total hours | Semester |    |
|----------|---------------------------------------|-------------|----------|----|
|          |                                       |             | 1        | 5  |
| 1.       | Lectures                              | 8           | 4        | 4  |
| 2.       | Practical exercises                   | 64          | 32       | 32 |
| 3.       | Independent work of students          | -           | -        | -  |
| 4.       | Total labor intensity in hours        | 72          | 36       | 36 |
| 5.       | Total labor intensity in credit units | 2           | 1        | 1  |

## 2.2. Thematic plan of lectures and their brief content

| № n/a | Topics of lectures and their brief content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Codes of the formed competencies and indicators of their achievement                                                     | Labor intensity (hours) |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 1     | <p><b>Physical Education and Sports in Russia. Physical education in medical and pharmaceutical universities of the Russian Federation.</b></p> <p>Basic concepts of physical education system, physical culture, physical fitness, physical condition, sport. Social needs in the emergence of physical culture. Fundamentals of legislation in the field of physical training and sports. State and public forms of leadership of physical culture and sport in Russia. Government decisions on the development of physical culture and sport in the country. Goals and objectives of physical education in medical school. Organization and management of physical education. Construction of physical education course. Organization and content of the teaching and educational process in training departments. Credit requirements and responsibilities of students. Physical culture and health improvement and mass sports work. Activities of the sports club.</p> <p>Organizational forms of work. Sports movements and traditions of the university. Sports in medical universities of the country. The role of medical school graduates in the development of mass physical education movement in the country. Professional peculiarity of physical education in medical schools.</p> | <p>UK-7 (ID UK-7.2.)<br/>OPK-2.2 (ID OPK-2.2.)<br/>OPK-3 (ID OPK-3.1)<br/>OPK-11: (ID OPK-11.4.)</p>                     | 2 hrs.                  |
| 2     | <p><b>Psychophysiological bases of labor and intellectual activity. Means of physical culture in the regulation of working capacity. Fundamentals of methods for the development of basic physical attributes.</b></p> <p>Features of the organization of educational work and life activities of students. The main psychophysiological characteristics of students, conditions of high productivity of students' academic labor. Elements of scientific organization of mental work. Optimal motor regimen of people of different professions. Use of means of physical culture and sports in the process of education of students in higher education to increase the</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>UQ-7 (ID UQ-7.1.; 7.2; 7.3.) OPC-2.2 (ID OPC-2.2.)<br/>OPC-3 (ID OPC-3.1., 3.2., 3.3.)<br/>OPC-11: (ID OPC-11.4.)</p> | 2 hrs.                  |

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                |        |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------|
|   | <p>mental performance and academic achievement.</p> <p>Morning hygienic gymnastics. Exercises during the school day. Classes in clubs and groups of running, health walking, skiing, recreational swimming, skiing, water, cycling, women's athletic and rhythmic gymnastics, hardening and in sports sections, etc.</p> <p>Participation in mass recreational, physical education and sports events.</p> <p>Fulfillment of the required weekly movement regimen.</p> <p>The use of physical culture and sports in the process of teaching students in higher education to improve mental efficiency and academic performance. Content, forms and basics of the methodology of independent exercises. Features of independent exercises for women.</p> <p>Basics of planning, pulse mode and dosage of physiological load in physical exercises depending on sex, age, health and physical fitness.</p> <p>Self-monitoring, medical and pedagogical control over the effectiveness of exercise, physical development and the state of functional systems. Characteristics of tests, initial recommendations.</p> |                                                                                                                                |        |
| 3 | <p><b>Auxiliary hygiene aids to enhance and restore performance.</b></p> <p>Principles for the use of restorative remedies in physical and sports.</p> <p>Adaptation of the body to physical and nervous stresses. Change of the organism and fatigue. Combination of fatigue and recovery. Fundamentals of restoration of functions and training of the organism.</p> <p>Management of the training process. Prevention of undesirable consequences of training and competition activity.</p> <p>Training effect. Pedagogical tools.</p> <p>Pedagogical means are the main ones in the recovery system, both the training itself and the athlete's regimen. Individualization of the training process and optimization of the impact of a particular training session</p> <p>Classes.</p>                                                                                                                                                                                                                                                                                                                       | <p>UC-7 (ID UC-7.1.; 7.2; 7.3.) OPC-2.2 (ID OPC-2.2.)</p> <p>OPC-3 (ID OPC-3.1., 3.2., 3.3.)</p> <p>OPC-11: (ID OPC-11.4.)</p> | 2 hrs. |



|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                  |                |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------|
|   | <p>Hygienic means. Natural recovery processes (air environment, climatic and weather conditions, sports facilities, clothing, daily regimen, hardening, nutrition, etc.).</p> <p>Physical Means. Factors of nature - sun, air, water, earth, magnetism, electricity in their natural and artificial transformed form and use in therapeutic and preventive.</p>                                                                                                                                                                                                                                                                |                                                                  |                |
| 4 | <p><b>Use of restorative remedies in physical training and sports.</b> Hygienic massage can be performed in the bath, under the shower. In the swimming pool. Sauna is a good means of combating fatigue, restores physical performance.</p> <p>Helps you lose weight.</p> <p><b>"Doping and stimulants in sport".</b></p> <p>Doping - definition and history. Classification of official prohibited drugs. Pathological effects of doping on the body of athletes. An alternative to doping. Control procedure for anabolic steroids. Sanctions against athletes, coaches and physicians, who was found guilty of doping.</p> | <p>UQ-7 (ID UQ-7.1.; 7.2; 7.3.)</p> <p>OPC-2.2 (ID OPC-2.2.)</p> | 2 hrs.         |
|   | <b>Total</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                  | <b>8 hours</b> |

### 2.3 Thematic plan of practical trainings and their content

| n/a № | Name of topics of practical classes                                         | Content of topics of practical classes practical classes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Codes of competencies to be formed and indicators of them achievements | Types of control                                                       | Labor intensity (hours) |
|-------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------|
|       |                                                                             | <b>ATHLETICS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                        |                                                                        |                         |
| 1.    | Determination of physical fitness of students. Acceptance of control norms. | Entrance control (verification of theoretical knowledge and practical skills formed by the program on physical culture in institutions of secondary (complete) general education).<br><b>Theoretical part:</b> Introduction to the study group. Safety instructions for athletics classes.<br><b>Practical part:</b> Verification of practical skills formed by the program of physical culture in institutions of secondary (full) general education. OFP. Acceptance of control norms, pull-up on the crossbar, long jump with places.                                                                                                                        | OPK-2: ID 2.2.                                                         | Visual pedagogical observations of the technique of movement execution | <b>2</b>                |
| 2.    | Long jump with "bent legs" method                                           | 1. Teaching elements of the long jump from a standing position, from a run-up.<br><b>Theoretical part:</b> Studying the technique of long jump from a place, from a run-up. <b>Practical part:</b> Execution of long jump from a place, from a run-up.<br>2. Grenade throwing technique. <b>Theoretical part:</b> Studying the technique of throwing a grenade.<br><b>Practical part:</b> Execution of grenade throwing.<br>3. Improvement of running technique and development of speed endurance.<br><b>Theoretical part:</b> Study of running technique and development of speed endurance, refereeing rules.<br><b>Practical part:</b> Execution of running | OPK-11: ID 11.4.                                                       | Pedagogical observations                                               | <b>2</b>                |

|    |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                         |                                          |   |
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|    |                         | exercises and development of speed endurance, refereeing.                                                                                                                                                                                                                                                                                                                                                                                                  |                         |                                          |   |
| 3. | Short distance running. | To teach the technique of low start and distance running.<br><b>Theoretical part:</b> Learning the technique of low start and distance running.<br><b>Practical part:</b> Low start and running on the course.                                                                                                                                                                                                                                             | OPK-2: ID 2.2.          | Pedagogical observations                 | 2 |
| 4. | Middle distance running | 1. Technique of running at medium distances, running on the turn.<br><b>Theoretical part:</b> Studying the technique of middle distance running and running on the turn.<br><b>Practical part:</b> Execution of middle distance running and running on the turn.<br>2. Running at intervals of 300-400 m.<br><b>Theoretical part:</b> Studying the technique of running in 300-400 m segments.<br><b>Practical part:</b> Running on sections of 300-400 m. | UK-7: ID 7.1; 7.2; 7.3. | Pedagogical control                      | 2 |
| 5. | Uniform long run.       | 1. Warm-up uniform running. <b>Theoretical part:</b> Studying the technique of warm-up uniform running.<br><b>Practical part:</b> Execution of warm-up uniform jogging.<br>2. Running at 1000m. - women. 1000m - men.<br><b>Theoretical part:</b> Studying the technique of running at 1000m.<br><b>Practical part:</b> Running at 1000m.                                                                                                                  | OPK-2: ID 2.2.          | Pedagogical control                      | 2 |
| 6. | Relay Run.              | 1. Teaching the technique of passing the baton.<br><b>Theoretical part:</b> Learning the technique of passing the baton.<br><b>Practical part:</b> practicing practical                                                                                                                                                                                                                                                                                    | UK-7: ID 7.1; 7.2; 7.3. | Visual pedagogical technical observation | 2 |

|    |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                  |                                                                        |   |
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|    |                                      | baton passing skills.<br>2. relay running, receiving, passing the baton in a straight line and curve<br><b>Theoretical part:</b> Studying the technique of relay running, receiving, passing the baton in a straight line and turn.<br><b>Practical part:</b> Execution of relay running, receiving, passing the baton in a straight line and turn.                                                                                                                                                                                                                                                                                                                                                          |                  | movement execution                                                     |   |
| 7. | Grenade throwing                     | 1. Teaching of running from a high start on stretches.<br><b>Theoretical part:</b> Studying the technique of running from a high start on stretches.<br><b>Practical part:</b> Running from a high start on stretches.<br>2. Repeated middle distance running in a straight line and curve.<br><b>Theoretical part:</b> Studying the technique of running at medium distances in a straight line and turn.<br><b>Practical part:</b> Execution of middle distance running in a straight line and turn.<br><br>3. Acceptance of control standards in grenade throwing.<br><b>Theoretical part:</b> Repetition of the grenade throwing technique.<br><b>Practical part:</b> Passing norms on grenade throwing. | OPK-11: ID 11.4. | Pedagogical control                                                    | 1 |
| 8. | High jumping method "stepping over." | 1. High jump by "stepping over" method. <b>Theoretical part:</b> Studying the technique of performing high jumps in a way of "stepping over."<br><b>Practical part:</b> Execution of high jumps by "stepping over" method.<br>2. Development of speed endurance, running on the                                                                                                                                                                                                                                                                                                                                                                                                                              | OPK-11: ID 11.4. | Visual pedagogical observations of the technique of movement execution | 2 |

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|            |                                 | <p>80-150m sections.</p> <p><b>Theoretical part:</b> Studying the technique of development of speed endurance, running technique on sections of 80-150m.</p> <p><b>Practical part:</b> Running on sections of 80-150m.</p> <p>3. Acceptance of control standards of long jump.</p> <p><b>Theoretical part:</b> Repetition of the technique of performing long jumps.</p> <p><b>Practical part:</b> Passing the norms of jumping in the length.</p>      |                         |                          |   |
| 9.         | Acceptance of control norms     | <p>1. Acceptance of control standards in the 100m race.</p> <p><b>Theoretical part:</b> Repetition of the technique of running at 100m.</p> <p><b>Practical part:</b> Passing norms in the 100m race.</p> <p>2. Acceptance of control standards in cross-country running. Rules of judging.</p> <p><b>Theoretical part:</b> Repetition of cross-country running technique and refereeing rules.</p> <p><b>Practical part:</b> Passing the standard.</p> | OPK-2: ID 2.2.          | Pedagogical observations | 2 |
| 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. <b>Theoretical part:</b> Study of the rules of competition judging.</p> <p><b>Practical part:</b> Practical practicing of skills.</p>                                                            | UK-7: ID 7.1; 7.2; 7.3. | Pedagogical control      | 1 |
| VOLLEYBALL |                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                         |                          |   |

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|----|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------------------------|---|
| 1. | Upper reception pass the ball in different stands. | <p>1. Instruction on safety during volleyball lessons.<br/> <b>Theoretical part:</b> Study of the theoretical part of safety technology.<br/> <b>Practical part:</b> Demonstration.</p> <p>2. Reception, passing the ball in different stands, in pairs.<br/> <b>Theoretical part:</b> Learning the technique of reception, passing the ball in different stands, in pairs.<br/> <b>Practical part:</b> Execution of reception, passing the ball in different stands, in pairs.</p> <p>3. Serve the ball from below.<br/> <b>Theoretical part:</b> Studying the technique of serving the ball from below.<br/> <b>Practical part:</b> Execution of the exercise of serving the ball from below.</p>                                                     | OPK-11: ID 11.4.                       | Visual control over the technique of movement execution<br>Pedagogical control | 2 |
| 2. | Lower reception of the ball in different stands.   | <p>1. Moving the volleyball player in different stands.<br/> <b>Theoretical part:</b> Studying the technique of moving the volleyball player in different stands. <b>Practical part:</b> <b>Practicing</b> the skill of moving the volleyball player in different stands.</p> <p>2. Reception from below, from above, from the side in different stands. Rules of refereeing.<br/> <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.<br/> <b>Practical part:</b> <b>Practicing</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.<br>OPK-11: ID 11.4. | Visual pedagogical observations of the technique of movement execution         | 2 |
| 3. | Ways of serving the ball.                          | <p>1 Lower straight serve, side serve. <b>Theoretical part:</b> Studying the technique of lower straight and side serve.<br/> <b>Practical part:</b> Execution of exercises for practicing the lower straight and side feed.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | OPK-2: ID 2.2.                         | Pedagogical observations of technique movement execution                       | 2 |

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|    |                      | <p>2. Receiving the ball on the opposite court.<br/> <b>Theoretical part:</b> Learning the technique of receiving the ball on the opposite court.<br/> <b>Practical part:</b> Execution of exercises on receiving the ball on the opposite court.</p> <p>3. Two-way play.<br/> <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.<br/> <b>Practical part:</b> Two-sided game.</p>                                                                                                                                                                  |                  |                                                                              |   |
| 4. | Upper Straight Feed. | <p>1. Simulation of the overhead straight serve.<br/> <b>Theoretical part:</b> Studying the technique of the overhead straight serve.<br/> <b>Practical part:</b> Practicing the skills of the upper 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> Practicing the skills of offensive kick in motion.</p> <p>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.</p> | OPK-2: ID 2.2.   | Visual pedagogical observations                                              | 2 |
| 5. | Offensive Strike.    | <p>1. Simulated offensive punch.<br/> <b>Theoretical part:</b> Studying the technique of imitating an offensive strike.<br/> <b>Practical part:</b> Practicing the skills of imitating an offensive strike.</p> <p>2. Upper Straight Feed.<br/> <b>Theoretical part:</b> Studying the technique of the upper direct serve.<br/> <b>Practical part:</b> Practicing the skills of the upper direct feed.</p>                                                                                                                                                                             | OPK-11: ID 11.4. | Visual pedagogical observations of movement technique<br>Pedagogical control | 2 |

|    |                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                             |                                                                        |   |
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|    |                                 | 3. Two-sided game in teams. <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.<br><b>Practical part:</b> Two-sided game.                                                                                                                                                                                                                                                                                                                                                                             |                                             |                                                                        |   |
| 6. | Blocking an offensive strike.   | 1. Improvement of reception and serving. <b>Theoretical part:</b> Repetition of the technique of receiving and serving the ball.<br><b>Practical part:</b> Practicing the technique of receiving and serving the ball.<br>2. Blocking.<br><b>Theoretical part:</b> Study of blocking techniques.<br><b>Practical part:</b> Practicing blocking skills.<br>3. Two-sided game in teams. Refereeing rules.<br><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game. | UK-7: ID 7.1; 7.2; 7.3.<br>OPC-11: ID 11.4. | Visual pedagogical observations of the technique of movement execution | 2 |
| 7. | Two-way game.                   | 1. Two-way play in pairs and on the court by teams.<br><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.<br><br>2. Acceptance of control norms. <b>Theoretical part:</b> Repetition of the theoretical part before passing the standards.<br><b>Practical part:</b> Passing of control norms.                                                                                                                                                                | OPK-2: ID 2.2.                              | Visual pedagogical observations                                        | 2 |
| 8. | Rules for judging competitions. | 1. Two-way game.<br><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.                                                                                                                                                                                                                                                                                                                                                                                                                               | OPK-3: ID 3.1, 3.2, 3.3.                    | Visual pedagogical observations                                        | 2 |



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|   |                                                                                                                                       | <p><b>Practical part:</b> Two-sided game.</p> <p>2: Elements of officiating a game. <b>Theoretical part:</b> Study of the elements of officiating a game.</p> <p><b>Practical part:</b> Practical application of the acquired knowledge.</p>                                                                                                                                                                                                                                                                                                                                                          |                          |                                                                        |   |
|   |                                                                                                                                       | <b>BASKETBALL</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. Familiarization 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. Technique of ball possession, leading, moving, passing from the chest, from below, from above.</p> <p><b>Theoretical part:</b> Studying the technique of ball possession, leading, moving, passing from the chest, from below, from above.</p> <p><b>Practical part:</b> Practicing skills of ball possession, leading, moving, passing from the chest, from the bottom, from the top.</p> | OPK-3: ID 3.1, 3.2, 3.3. | Visual pedagogical observations of the technique of movement execution | 2 |
| 2 | Throwing the ball from the spot. Penalty shot.                                                                                        | <p>1. Throws at the ring from different points.</p> <p><b>Theoretical part:</b> Studying the technique of throwing at the ring from different points.</p> <p><b>Practical part:</b> Making throws at the ring from different points.</p> <p>2. Penalty shot</p> <p><b>Theoretical part:</b> Learning the technique of free throws.</p> <p><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 passing the standards.</p> <p><b>Practical part:</b> Passing tests</p>                            | OPK-11: ID 11.4.         | Visual pedagogical observations of the technique of movement execution | 2 |

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|    |                                | <p>norms.</p> <p>4. Two-way play.</p> <p><b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis. <b>Practical part:</b> Two-sided game.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                    |                                                                        |   |
| 3. | Throwing the ball in motion.   | <p>Leading 2 steps, throw. Leading, stop with a jump, throw.</p> <p><b>Theoretical part:</b> Studying the technique of leading 2 steps, throwing, leading, stopping with a jump, throwing.</p> <p><b>Practical part:</b> Execution of 2-step lead, throw, lead, jump stop, throw.</p>                                                                                                                                                                                                                                                                                                                                   | UK-7: ID 7.1; 7.2; 7.3.            | Pedagogical control                                                    | 2 |
| 4. | Ripping, kicking the ball out. | <p>1. Technique of play in offense, defense. <b>Theoretical part:</b> Studying the technique of play in offense, defense.</p> <p><b>Practical part:</b> Practicing practical skills on offense and defense.</p> <p>2. Ripping, knocking the ball out. <b>Theoretical part:</b> Studying the technique of snatching, knocking the ball out.</p> <p><b>Practical part:</b> Practicing practical skills of snatching, knocking the ball out.</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-2: ID 2.2.<br>OPK-11: ID 11.4. | Visual pedagogical observations of the technique of movement execution | 2 |
| 5. | Offensive tactics.             | <p>1. Passing the ball with a bounce, catching the ball on the spot and in motion.</p> <p><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:</b> Practicing practical skills of passing the ball with a bounce, catching the ball on the spot and in motion.</p>                                                                                                                                                                                                                                                        | OPK-3: ID 3.1, 3.2, 3.3.           | Visual pedagogical observations                                        | 2 |

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|    |                                 | <p>2. Elements of offensive play.<br/> <b>Theoretical part:</b> Studying the technique of elements of the game in offense.<br/> <b>Practical part:</b> Practicing 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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                          |                     |   |
| 6. | Tactics for playing defense.    | <p>1. Pass reception from the chest, from above, from below, catching the ball.<br/> <b>Theoretical part:</b> Studying the technique of passing reception from the chest, from above, from below, catching the ball.<br/> <b>Practical part:</b> Practicing practical skills of passing the reception from the chest, from above, from below, catching the ball.</p> <p>2. Elements of playing defense.<br/> <b>Theoretical part:</b> Studying the technique of playing in defense.<br/> <b>Practical part:</b> Practicing practical skills of playing in defense.</p> <p>3. Catching the ball after a bounce.<br/> <b>Theoretical part:</b> Studying the technique of catching the ball after rebounding.<br/> <b>Practical part:</b> Practicing practical 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> | OPK-11: ID 11.4.         | Pedagogical control | 2 |
| 7. | Rules for judging competitions. | <p>1. Two-way game.<br/> <b>Theoretical part:</b> Tactical and strategic settings for the game, error analysis.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | OPK-3: ID 3.1, 3.2, 3.3. | Pedagogical control | 2 |

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|    |                                                   | <b>Practical part:</b> Two-sided game.<br>2: Elements of officiating a game. <b>Theoretical part:</b> Study of the elements of officiating a game.<br><b>Practical part:</b> Practical practice elements of game officiating.                                                                                                                                                                                                                                                                                                                                                                            |                                           |                                                                        |   |
|    |                                                   | <b>SKI TRAINING</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                           |                                                                        |   |
| 1. | Selection of sports equipment.<br>A sliding step. | 1. Safety instruction. <b>Theoretical part:</b> Study of the theoretical part of safety technology.<br><b>Practical part:</b> Demonstration.<br><br>2. Line up on skis. Execution of formation commands.<br><b>Theoretical part:</b> Learning the technique of formation on skis, execution of formation commands. <b>Practical part:</b> <b>Practicing</b> the skills of formation on skis, execution of formation commands.<br>3. Movement on the track. <b>Theoretical part:</b> Studying the technique of movement on the track.<br><b>Practical part:</b> Practicing skills of moving on the track. | UK-7: ID 7.1;<br>7.2.<br>OPK-11: ID 11.4. | Visual pedagogical observations of the technique of movement execution | 2 |
| 2. | Alternating double stride.                        | 1. Teaching the technique of turns.<br><b>Theoretical part:</b> Studying the technique of turns.<br><b>Practical part:</b> <b>Practicing</b> the skills of turns.<br><br>4. Moving on skis on the track, alternating double stride (without poles, with poles). <b>Theoretical part:</b> Studying the technique of skiing on the piste, alternating double stride (without poles, with poles).<br><br><b>Practical part:</b> <b>Practicing</b> skills of skiing on the track, alternate                                                                                                                  | OPK-2: ID 2.2.                            | Visual pedagogical observations of the technique of movement execution | 2 |

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|    |                                                         | two-step walk (without poles, with poles).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                          |                                                                        |   |
| 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. <b>Practical part: Practicing</b> the skills of simultaneous single-step walk.</p> <p>2. Simultaneous stepless walk. <b>Theoretical part:</b> Studying the technique of simultaneous stepless walk. <b>Practical part: Practicing</b> the skills of simultaneous stepless walk.</p> <p>3. Moving on skis on the piste. <b>Theoretical part:</b> Studying the technique of skiing on the piste. <b>Practical part:</b> Practicing skiing skills on the track.</p> | OPK-3: ID 3.1, 3.2, 3.3. | Pedagogical control                                                    | 2 |
| 4. | Elements of skating stroke.                             | <p>1. Skating, movement skills. <b>Theoretical part:</b> Study of skating technique <b>Practical part:</b> Practicing skating skills.</p> <p>2. Classic move. Movement on the track. <b>Theoretical part:</b> Studying the technique of classical running. <b>Practical part: Practicing</b> the skills of classical stroke.</p> <p>3. Technique of movement on skis. <b>Theoretical part:</b> Studying the technique of movement on skis. <b>Practical part:</b> Practicing movement skills on skis.</p>                                                                               | OPK-11: ID 11.4.         | Visual pedagogical observations of the technique of movement execution | 2 |
| 5. | Passing the distance in free style.                     | 1. Acceptance of control norms. Women - 3 km, men - 5 km. <b>Theoretical part:</b> Repetition of techniques fulfillment of control standards                                                                                                                                                                                                                                                                                                                                                                                                                                            | OPK-3: ID 3.1, 3.2, 3.3. | Visual pedagogical observations                                        | 2 |

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|             |                                                                               | <b>Practical part:</b> Passing tests norms.                                                                                                                                                                                                                                                                                                                                                                                        |                                              |                                 |    |
|             |                                                                               | <b>ORIENTING</b>                                                                                                                                                                                                                                                                                                                                                                                                                   |                                              |                                 |    |
| 1.          | Topographic Signs.                                                            | <p>1. Familiarization with topographic signs.<br/> <b>Theoretical part:</b> Familiarization with topographic signs.<br/> <b>Practical part:</b> Practicing skills of working with topographic signs.</p> <p>2. The output of the travel path.<br/> <b>Theoretical part:</b> Study of the technique of output of the path of travel.<br/> <b>Practical part:</b> <b>Practicing</b> the skills of deducing the path of movement.</p> | UK-7: ID 7.1; 7.2; 7.3.                      | Visual pedagogical observations | 2  |
| 2.          | Selecting a path of travel on a marked track in an enclosed area "Labyrinth." | <p>1. Selecting a path of travel, on a marked track, in an indoor "Labyrinth".<br/> <b>Theoretical part:</b> Studying the technique of selecting a path of travel, on a marked track, in an indoor "Labyrinth".<br/> <b>Practical part:</b> <b>Practicing</b> the skills of selecting the way of movement, on a marked track, in closed the Labyrinth room.</p>                                                                    | OPK-2: ID 2.2.                               | Visual pedagogical observations | 2  |
| 3.          | Relay orienteering indoors<br>"Labyrinth" is a control activity.              | <p>1. Organizing teams for relay races.<br/> 2. Indoor relay orienteering "Labyrinth" - control lesson. <b>Theoretical part:</b> Repetition of relay orienteering technique.<br/> <b>Practical part:</b> Indoor relay orienteering "Labyrinth".</p>                                                                                                                                                                                | OPC-3: ID 3.1, 3.2, 3.3.<br>OPC-11: ID 11.4. | Pedagogical control             | 2  |
| Total hours |                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                              |                                 | 64 |

## 2.4 Interactive forms of learning.

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

| №<br>n/a | Topic of practical<br>training, lecture | Labor<br>intensit<br>y<br>in hours | Interactive form of<br>training                                                                                                                                                                           | Labor intensity in hours, in<br>% of class |
|----------|-----------------------------------------|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| 1.       | Athletics                               | 18 hrs.                            | - physical culture and sports,<br>mass - health-improving,<br>educational activities, which<br>contribute to the establishment of<br>relationships,<br>mutual assistance within a study<br>group, course; | 5.4 hours / 3.24 %                         |
| 2.       | Volleyball                              | 16 hr.                             | - mutual assistance within a study<br>group or course. A great deal of<br>emphasis is placed on moral,<br>ethical and<br>deontological education;                                                         | 4.8 hours/2.88%                            |
| 3.       | Basketball                              | 14 hr.                             | - manage oneself in win or lose<br>situations, both in individual and in<br>team competition;                                                                                                             | 4.2 hours / 4.83 %                         |
| 4.       | Ski training                            | 10 hr.                             | - correctly assess their physical<br>fitness;<br>- own your body and have<br>knowledge of the body and<br>its motor skills.<br>abilities;                                                                 | 9.9 hours / 3.45 %                         |
| 5.       | Orientation                             | 6 hr.                              | - properly assess and organize<br>independent studies<br>with exercise;                                                                                                                                   | 5.9 hours / 2.07 %                         |

## 2.5 Criteria for assessing learning outcomes

Assessment of learning outcomes is carried out according to the "Regulations on the system of assessment of learning outcomes of students of FGBOU VO Amur State Medical Academy of the Ministry of Health of Russia.

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

Evaluates the success of students' mastering 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 should be taken into account:

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

#### Rating scale

| Quality of assimilation | Success rate          | Score on a 5-point scale | Binary marking |
|-------------------------|-----------------------|--------------------------|----------------|
| 90-100 %                | programmatic/advanced | "5"                      | credit         |
| 80-89 %                 | program               | "4"                      |                |
| 70-79 %                 | essential/basic       | "3"                      |                |
| less than 70%           | below par             | "2"                      | fail           |

- **Characterization of digital evaluation:**
- "5" - gets a student, if he demonstrates a deep and complete mastery of the content of the educational material, competent, logical presentation of the answer, is able to link theory and practice, to express and justify their judgments, when answering formulates independent conclusions and generalizations. Mastered all practical skills and abilities provided by the working program of the discipline.
- "4" - gets a student if he has fully mastered the educational material, oriented in the material studied consciously, applies knowledge to solve practical problems, correctly states the answer, but the content and form of the answer have some inaccuracies or the answer is incomplete. Has mastered all practical skills and abilities provided by the program, but admits 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 judgments. Possesses only some practical skills and abilities provided by the program.
- "2" - gets a student 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 performs with gross errors or there was no attempt to demonstrate his 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=647>.

Test control includes 100 questions on the course "physical training 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 class 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=647>, passing test standards.

The final grade during the current control of knowledge is exhibited on the day of the lesson as the arithmetic mean result for all activities provided for in this lesson of the working program 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 judgments.
- **"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 difficulty in justifying the expressed judgments.
- **"2" (unsatisfactory)** - the student has fragmented and unsystematized knowledge of the educational material, is unable to identify the main and secondary, makes mistakes in the definition of basic concepts, distorts their meaning, can not independently present the material.

#### **Evaluation criterion for the practical part**

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

#### **Criteria for evaluating extracurricular independent work:**

- the student's level of mastery of the study material;
- completeness and depth of general academic ideas, knowledge and skills on the studied topic to which this independent work refers;
- formation of universal and general professional competences (ability to apply theoretical knowledge in practice.).
- problems and exercises are solved correctly, and accurate answers are given to the test tasks - "scored."
- problems and exercises are not solved correctly, answers to test tasks are not accurate - "not scored".

#### **Criteria for evaluating the abstract:**

- **"5" (excellent)** - is awarded to the student if he/she has prepared a full, detailed, formalized 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)** - is assigned 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 decorated with errors, poorly presented;
- **"2" (unsatisfactory)** - is given to the student if the abstract is not written, or 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 program 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. In this case, 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, mass and other events), he/she will be given a mark "5" for this class provided that

submitting a report on the fulfillment of compulsory extracurricular independent work on the topic of the missed class.

#### Evaluation criteria for interim certification.

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 judgments, competently and logically state the answer; when testing allows up to 10% of erroneous answers. Practical skills and abilities provided by the working program 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. Fully practical skills and abilities provided by the working program 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 judgments; when testing allows up to 30% of erroneous answers. Possesses only some practical skills and abilities.

**"Unsatisfactory"** - the student has scattered and haphazard knowledge of educational 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 wrong answers when testing. Practical skills and abilities are performed with gross errors.

A student can claim to receive 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 B system "Moodle" (<https://educ-amursma.ru/local/crw/course.php?id=647>).
2. Fulfillment of the practical part of the discipline in full: provides attendance of all practical classes, fulfillment 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 educational (electronic) journal. The average score of current knowledge control is taken into account during interim certification.
3. Practical skills exam (control of competence level). Includes 10 variants containing 10 practical questions each.

#### Evaluation criteria for interim certification

| Stages                                                                                                                                                                                 | Score of 5 point scale | Binary scale |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------|
| Test control in the "Moodle" system                                                                                                                                                    | 3-5                    | credited     |
| Fulfillment <span style="margin-left: 20px;">B</span> <span style="margin-left: 20px;">full</span> <span style="margin-left: 20px;">in full</span><br>practical part of the discipline | 3-5                    |              |
| Passing of practical skills (control competence building)                                                                                                                              | 3-5                    |              |
| Test control in the "Moodle" system                                                                                                                                                    | 2                      | uncredited   |
| Fulfillment <span style="margin-left: 20px;">B</span> <span style="margin-left: 20px;">full</span> <span style="margin-left: 20px;">in full</span><br>practical part of the discipline | 2                      |              |
| Passing of practical skills (control competence building)                                                                                                                              | 2                      |              |

## 2.6 Independent work of students: in-class and out-of-class work

Organization of classroom independent work of students is carried out with the help of methodical instructions for students, which contain learning objectives, a list of basic 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 in the students' 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 materialized 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 counseling, assistance and at the same time controls the quality of students' knowledge and their ability to apply their knowledge to solve the tasks.

| №<br>n/a                                | Topic of the practical session | Time to prepare the student for the class | Forms of extracurricular independent work                            |                                                                                               |
|-----------------------------------------|--------------------------------|-------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                         |                                |                                           | Mandatory and the same for all students                              | Student's choice                                                                              |
| 1.                                      | Athletics                      | -                                         | Preparation for the practical session.                               | Participation in physical culture and sports, mass - recreational and educational activities. |
| 2.                                      | Volleyball                     | -                                         | Preparation for practical training (exercises with a ball in pairs). | Participation in physical culture and sports, mass - recreational and educational activities. |
| 3.                                      | Basketball                     | -                                         | Preparation for practical training (exercises with a ball).          | Participation in physical culture and sports, mass - recreational and educational activities. |
| 4.                                      | Ski training                   | -                                         | Preparation for practical training (preparation of ski equipment)    | Participation in physical culture and sports, mass - recreational and educational activities. |
| 5.                                      | Orientation                    | -                                         | Preparation for practical training (repeat topographical symbols).   | Participation in physical culture and sports, mass - recreational and educational activities. |
|                                         |                                | -                                         | -                                                                    | -                                                                                             |
| <b>Total labor intensity (in hours)</b> |                                |                                           | -                                                                    |                                                                                               |

## 2.7 Research (project) work of students.

Student research work (SRW) is a mandatory part of the discipline and is aimed at the integrated formation of universal and general professional competencies of students. The research work involves 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 of the research work is determined by the students independently or with the help of the students' own knowledge. The subject of research is determined by students independently or in consultation with the teacher.

Every year at the Department of Physical Education with a course of therapeutic physical training is held a scientific and methodological conference on the topics:

### 1. Physical education in social and professional training of medical students.

- Physical culture as a factor of health promotion.
- Pathologic 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, sports, tourism in the education of young people.
- Tourism in the system of physical education, its health-improving and defense 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 training and sports.
- Physical education as an essential element in a student's lifestyle.
- Independent physical exercise, during vacations, industrial practice, work semester.
- Dosage of physical activity in independent physical training, taking into account gender, age, health status.

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

- Motor activity is the basis of a healthy lifestyle.
- Changes that occur in the human body during systematic exercise and sport.
- Pathologic 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 labor productivity.
- Mini-physical training, physical training minutes, pauses in the student's daily regimen.
- Morning exercises and its physical importance, psychological factors affecting human health.
- Rhythmic gymnastics and its effect on the body.
- Health 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).

apparatus).

- Femininity beauty and health.
- Breathing during exercise.
- Weight and exercise.
- Injury prevention in physical exercise, sports and tourism.
- Warm-up. Its role and orientation in various 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, methodology of endurance development.
- The simplest methods of monitoring the cardiorespiratory system.
- Physical training and sports in the labor and recreation regime of students.
- Dosed physical activity to normalize body weight.
- The effects of alcohol on the vital functions of the body.
- Through perfection of body to perfection of spirit.
- Methodological foundations of recreational running activities.
- Recreational, applied and defense value of swimming.
- Sports games as a means of general physical training.
- Health and physical performance.
- Rhythmic gymnastics for mental laborers.
- Corrective gymnastics for individuals 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 of 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 shoes 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. Sports. 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, sports in pre-revolutionary Russia.
- Historical stages of development of the Olympic Games: 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 extremities.
- Effects of anabolic steroids on the female and male body.
- Simulators in the system of means of physical culture.
- Contraindications to exercise on exercise machines.
- Observance of safety precautions while exercising on simulators.
- Hygienic requirements for the organization of classes with the use of simulators.
- Morphofunctional changes occurring during athletic gymnastics.
- Students, for health reasons, engaged in groups of special-medical, therapeutic, physical education, prepare an abstract on the diagnosis of their disease.

#### **Criterion for evaluating students' research work:**

- material on the results of the 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 - "scored."
- material on the results of the research in the report is not presented correctly enough, poorly developed 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-METHODICAL, 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. Supplementary Literature.**

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 No. 613-n of August 9, 2010. "On Approval of the Procedure for Medical Care at Physical Culture and Sports Events".
5. Federal Law on Physical Culture and Sports in the Russian Federation of December 4, 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 Program "Development of Physical Culture and Sports in the Russian Federation for 2006 - 2015" dated January 11, 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 pediatric 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 improvement: 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 Labor and Defense" 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 methodical manual. BSPU Publishing House, Blagoveshchensk, 2020. - 44 c.

#### Electronic and digital technologies:

1. Online course on the discipline "Physical Education and Sports" in the EIOS of FGBOU VO Amur State Medical Academy <https://educ-amursma.ru/local/crw/course.php?id=647>

Characteristics of modules in the electronic information and education course

| Teaching                                                                                                                                                   | Controlling                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Theoretical (lecture) material, scientific and cognitive or educational movies                                                                             | 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. | List recommended The list of recommended topics for abstracts and the regulations for abstract design. |
| Reference material, visuals allowances.                                                                                                                    | Input, current and final tests knowledge controls.                                                     |

#### 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=647>)

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

### 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 one sports hall. At the same time, the use of a significant part of these means is associated with the fulfillment of not only subject-specific, but also general training tasks. Equipping with these technical means is 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 "Physical Education and Sport" for practical classes

| №<br>n/a | Name, quantity.                                                                                                                                                                                                                                                                                                             |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1        | Physical training room with physical therapy course 323.9 m <sup>2</sup><br><b>Major equipment:</b><br>tennis tables -8<br>simulators - 5<br>hoops - 10<br>gymnastic ropes - 10 dumbbells - 8<br>pairs                                                                                                                      |
| 2        | Physical education training room 432.9 m <sup>2</sup> with physical therapy course.<br><b>Major equipment:</b><br>barbells - 2<br>hoops -10<br>jump ropes -10<br>weights 4<br>soccer goals - 2 exercise equipment - 6,<br>basketball backboard-, 2<br>bench for press -1 bars -1<br>medicineball - 5                        |
| 3        | Training room of the Department of Physical Education with a course of therapeutic physical training 643 m <sup>2</sup><br>Basic equipment:<br>volleyball net -2<br>stands - 2 soccer goals -<br>2 jump ropes - 30<br>gymnastic poles -30<br>mats - 8<br>basketball backboards - 8<br>dumbbells - 14<br>gymnastic bench - 2 |
| 4        | Physical education room with physical therapy course 53.6 m <sup>2</sup> Main equipment:<br>Posters-20<br>palaces - 2<br>gymnastic poles - 15 gymnastic walls - 4                                                                                                                                                           |



|   |                                                                                                                                                                                                                           |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | mirror - 6<br>dumbbells - 10                                                                                                                                                                                              |
| 5 | Physical training room 38.4 m <sup>2</sup> with physical therapy course<br><b>Main equipment:</b> tables - 12<br>chairs - 24<br>posters - 35                                                                              |
| 6 | Gym 199,9 m <sup>2</sup><br><b>Main equipment:</b> exercise machines - 19<br>weights of different weights - 38 pcs. belts - 10 pcs.<br>mats - 8 gymnastic sticks - 20<br>jump ropes - 8<br>scales - 1<br>punching bag - 2 |

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

| Title resource                                                             | Resource Description                                                                                                                                                                                                                                                                                                                                                         | Access                     | Resource address                                                                        |
|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------------------------------------------------------------|
| <b>Digital library systems</b>                                             |                                                                                                                                                                                                                                                                                                                                                                              |                            |                                                                                         |
| "Student's Consultant"<br>Electronic Library of Medical of the university. | For students and teachers of medical and pharmaceutical universities. Provides access to electronic versions of textbooks, teaching manuals and periodicals. publications.                                                                                                                                                                                                   | library, individual access | <a href="http://www.studmedlib.ru/">http://www.studmedlib.ru/</a>                       |
| "Physician's Consultant"<br>Electronic medical library.                    | Materials, posted 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 scientific and practical medical society (world, European and Russian) in the relevant specialty. All materials passed obligatory 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 in the largest MedLine medical bibliographic database. Documents medical and biological articles from special literature, and also provides links to full-text articles.                                                                                                                                                                                  | library, free access       | <a href="http://www.ncbi.nlm.nih.gov/pubmed/">http://www.ncbi.nlm.nih.gov/pubmed/</a>   |
| Oxford Medicine Online.                                                    | A collection of Oxford Publishing's publications on medical topics with over 350 editions to shared resource s                                                                                                                                                                                                                                                               | library, free access       | <a href="http://www.oxfordmedicine.com">http://www.oxfordmedicine.com</a>               |

|                                                             |                                                                                                                                                                                                                                                                                                          |                      |                                                                                                                                                                      |
|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                             | cross-searchable. Publications include The Oxford Handbook of Clinical Medicine and The Oxford Textbook of Medicine, electronic 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 | <a href="http://humbio.ru/">http://humbio.ru/</a>                                                                                                                    |
| Medical Online Library                                      | Free reference books, encyclopedias, books, monographs, abstracts, English-language literature, tests.                                                                                                                                                                                                   | library, 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 realization of effective professional activities of medical staff. Contains bylaws, personalities, structure, rules information about the Russian Medical union.                                                                                | library, free access | <a href="http://www.rmass.ru/">http://www.rmass.ru/</a>                                                                                                              |
| Web medicine                                                | The site presents catalog of professional medical resources, including links to the most authoritative topical sites, journals, societies, as well as useful documents and programs. The site is intended for physicians, students, staff medical professionals. universities and research institutions. | library, free access | <a href="http://webmed.irkutsk.ru/">http://webmed.irkutsk.ru/</a>                                                                                                    |
| <b>Databases</b>                                            |                                                                                                                                                                                                                                                                                                          |                      |                                                                                                                                                                      |
| World Health Organization                                   | The site contains news, statistical data on countries belonging to the World Health Organization, newsletters, reports, WHO publications and more.                                                                                                                                                       | library, free access | <a href="http://www.who.int/ru/">http://www.who.int/ru/</a>                                                                                                          |
| 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, reports, publications and more.                                                                                                                                                        | library, 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, newsletters, reports, publications, and more.                                                                                                                                                                          | library, free access | <a href="https://edu.gov.ru/">https://edu.gov.ru/</a>                                                                                                                |
| Federal Portal "Russian Education"                          | Single window access to educational resources. This portal provides access to textbooks in all branches of medicine and health care.                                                                                                                                                                     | library, free access | <a href="http://www.edu.ru/">http://www.edu.ru/</a><br><a href="http://window.edu.ru/catalog/?p_rubr=2.2.2.81.1">http://window.edu.ru/catalog/?p_rubr=2.2.2.81.1</a> |
| <b>Bibliographic databases</b>                              |                                                                                                                                                                                                                                                                                                          |                      |                                                                                                                                                                      |
| DB "Russian Medicine."                                      | Created in the CNMB, it covers the entire collection since 1988. The database contains bibliographic descriptions articles from national journals and                                                                                                                                                    | library, free access | <a href="http://www.scsml.rssi.ru/">http://www.scsml.rssi.ru/</a>                                                                                                    |

|                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                      |                                                                                         |
|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------------|
|                                      | 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 to it fields of biology, biophysics, biochemistry, psychology, etc.                                                                                                                                            |                      |                                                                                         |
| 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 1000 scientific and technical journals, including more than 1000 of open access journals. | library, free access | <a href="http://elibrary.ru/defaultx.asp">http://elibrary.ru/defaultx.asp</a>           |
| Digital Library Portal dissertations | Currently, the Electronic Library of Dissertations of the Russian State Library of Science contains more than 919 000 full texts dissertations and abstracts.                                                                                                                                                                                                                                                                      | library, free access | <a href="http://diss.rsl.ru/?menu=discatalog/">http://diss.rsl.ru/?menu=discatalog/</a> |
| Medline.ru                           | Biomedical portal for specialists. Biomedical Journal. Last update 7 February 2021.                                                                                                                                                                                                                                                                                                                                                | library, free access | <a href="http://www.medline.ru">http://www.medline.ru</a>                               |

### 3.6. Licensed and freely distributed software used in the educational process.

| I. Commercial software products |                                                   |                                                                                                                                                                                         |
|---------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.                              | MS Windows 7 Pro operating system                 | License number 48381779                                                                                                                                                                 |
| 2.                              | MS Windows 10 Pro operating system, MS Office     | CONTRACT No. 142 A of 25.12.2019                                                                                                                                                        |
| 3.                              | MS Office                                         | License number License: 43234783, 67810502, 67580703, 64399692, 62795141, 61350919                                                                                                      |
| 4.                              | Kaspersky Endpoint Security for business Expanded | Contract№ 977 po/20 dated 24.12.2020                                                                                                                                                    |
| 5.                              | 1C:University PROF                                | LICENSE AGREEMENT№ 2191 of 15.10.2020                                                                                                                                                   |
| 6.                              | 1C: Library PROF                                  | LICENSE AGREEMENT№ 2281 of 11.11.2020                                                                                                                                                   |
| II. Freely distributed software |                                                   |                                                                                                                                                                                         |
| 1.                              | Google Chrome                                     | Free distribution Terms of distribution:<br><a href="https://play.google.com/about/play-terms/index.html">https://play.google.com/about/play-terms/index.html</a>                       |
| 2.                              | Yandex browser                                    | Freely distributable<br>License agreement for the use of Yandex Browser programs<br><a href="https://yandex.ru/legal/browser_agreement/">https://yandex.ru/legal/browser_agreement/</a> |
| 3.                              | Dr.Web CureIt!                                    | Free License Agreement:<br><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                                        | Freely distributable                                                                                                                                                                    |

|    |             |                                                                                                                                          |
|----|-------------|------------------------------------------------------------------------------------------------------------------------------------------|
|    |             | License:<br><a href="http://www.gnu.org/copyleft/lesser.html">http://www.gnu.org/copyleft/lesser.html</a>                                |
| 5. | LibreOffice | Freely Distributable License:<br><a href="https://ru.libreoffice.org/about-us/license/">https://ru.libreoffice.org/about-us/license/</a> |

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

- Library of 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. Entrance control tests to determine the physical fitness of students

| Characterization of the focus of the tests                                                                                                                                                                                           | Women           |       |       |       |       | Men   |       |       |       |       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                                                                                                                                                                      | Score in points |       |       |       |       |       |       |       |       |       |
|                                                                                                                                                                                                                                      | 5               | 4     | 3     | 2     | 1     | 5     | 4     | 3     | 2     | 1     |
| <b>The test for speed and strength training:</b><br>Running - 100 m (sec)                                                                                                                                                            | 16,4            | 17,4  | 17,8  | 18,0  | 18,2  | 13,1  | 14,1  | 14,4  | 14,6  | 15,0  |
| <b>Long jump from a standing position</b> (cm)                                                                                                                                                                                       | 190             | 180   | 170   | 160   | 150   | 240   | 225   | 210   | 200   | 195   |
| <b>Test for strength training:</b> From the position (sitting) lower the body to the position (lying down), legs fixed, hands behind your head (number of times):<br><b>Pull-up on the bar</b> (number of times): weight up to 85 kg | 43              | 35    | 32    | 30    | 27    |       |       |       |       |       |
|                                                                                                                                                                                                                                      |                 |       |       |       |       | 13    | 11    | 9     | 8     | 7     |
| Over 85 kg                                                                                                                                                                                                                           |                 |       |       |       |       | 12    | 10    | 7     | 4     | 2     |
| <b>General Endurance Test:</b><br>run-2000 m (min/sec)                                                                                                                                                                               |                 |       |       |       |       |       |       |       |       |       |
| weight up to 70 kg                                                                                                                                                                                                                   | 10,35           | 11,20 | 11,35 | 12,40 | 13,15 |       |       |       |       |       |
| weight over 70 kg                                                                                                                                                                                                                    | 10,50           | 12,30 | 13,10 | 13,20 | 13,30 |       |       |       |       |       |
| <b>3000m run</b> (min/sec)                                                                                                                                                                                                           |                 |       |       |       |       |       |       |       |       |       |
| weight up to 85 kg                                                                                                                                                                                                                   |                 |       |       |       |       | 12,00 | 13,40 | 14,30 | 15,00 | 15,30 |
| weight over 85 kg                                                                                                                                                                                                                    |                 |       |       |       |       | 12,30 | 14,10 | 14,50 | 15,20 | 16,00 |

|                                                                                                                                |    |    |   |   |   |    |   |   |   |   |
|--------------------------------------------------------------------------------------------------------------------------------|----|----|---|---|---|----|---|---|---|---|
| <b>Flexibility test:</b> From a standing position on a gymnastics bench, bend forward, legs at the knee joint do not bend (cm) | 16 | 11 | 8 | 2 | 0 | 13 | 7 | 6 | 2 | 0 |
|--------------------------------------------------------------------------------------------------------------------------------|----|----|---|---|---|----|---|---|---|---|

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

| n/a № | Program section           | Practical tasks                                                                                                                                                                                        |                  |                  |                |                  |
|-------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------|----------------|------------------|
|       |                           |                                                                                                                                                                                                        | initial control  |                  | output control |                  |
|       |                           |                                                                                                                                                                                                        | Husband.         | wives.           | Husband.       | wives.           |
| 1.    | Athletics                 | Running - 100m                                                                                                                                                                                         | 14.5sec.         | 18.0sec.         | 14.0sec.       | 17.0sec.         |
|       |                           | Long jump with places                                                                                                                                                                                  | 215 centimeters. | 160 centimeters. | 220 cm.        | 170 centimeters. |
|       |                           | Cross3000m                                                                                                                                                                                             | 14,00 sec        | 13.00 sec.       | 13.00 sec.     | 12,00 sec        |
| 2.    | Volleyball                | 1. Execution of serves: bottom serve, side serve, top serve Three series of 5 serves, hitting 50% on the court.<br>2. Play in pairs, 20 passes, holds, each student performs<br>3. Competition judging | 30%              | 30%              | 50%            | 50%              |
| 3.    | Basketball                | 1. Free throws from the free throw line. 10 shots, 45-50% field goal percentage.<br>2. In pairs: playing defense, offense<br>3. Competition judging                                                    | 30%              | 30%              | 45-50%         | 45-50%           |
| 4.    | Ski training              | 1. Moving along the piste: Simultaneous one-step walk. Simultaneous single-step walk<br>2. Passage distances ( 3; 5) classic or skate                                                                  | Excluding time   | Excluding time   | Excluding time | Excluding time   |
| 5.    | General physical training | 1. Pull-up on high bar (men.)                                                                                                                                                                          | 6 -8             | 35-30            | 10-8           | 40-45            |

### 4.1.3. Practical tasks for end-of-term 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=647>)

The total number of tests is 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 centimeters;
- 2) 310 centimeters;
- 3) 295 cm;
- 4) 305 cm.

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

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

Sample answers: 1-4; 2-4; 3-4.

### 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 regimen for each patient
- It is correct to recommend the use of means of physical training depending on the state of health, physical fitness, profession and psycho-emotional state of the patient.
- Correctly build health and fitness process taking into account health condition and professional activity of the patient
- Maintain your physical condition and functional capacity at an appropriate level at all times, assess your physical condition.
- Utilize methods of developing and controlling basic physical qualities.
- Compose complexes of morning hygienic, corrective and industrial gymnastics.
- Utilize acquired motor skills in independent physical activities.
- Apply unconventional и auxiliary means и methods physical education for their own health improvement.

### 4.3. List of practical requirements for credit

| Characterization of the focus of the tests                                                                                                                                                                                              | Women           |       |       |       |       | Men   |       |       |       |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                                                                                                                                                                                                                                         | Score in points |       |       |       |       |       |       |       |       |       |
|                                                                                                                                                                                                                                         | 5               | 4     | 3     | 2     | 1     | 5     | 4     | 3     | 2     | 1     |
| <b>The test for speed and strength training:</b><br>Running - 100 m (sec)                                                                                                                                                               | 16,4            | 17,4  | 17,8  | 18,0  | 18,2  | 13,1  | 14,1  | 14,4  | 14,6  | 15,0  |
| <b>Long jump from a standing position</b> (cm)                                                                                                                                                                                          | 190             | 180   | 170   | 160   | 150   | 240   | 225   | 210   | 200   | 195   |
| <b>Test for strength training:</b> From the position (sitting) lower the body to the position (lying down), legs fixed, hands behind your head (number of times):<br><b>Pull-up on the bar</b> (number of times):<br>weight up to 85 kg | 43              | 35    | 32    | 30    | 27    |       |       |       |       |       |
| Over 85 kg                                                                                                                                                                                                                              |                 |       |       |       |       | 13    | 11    | 9     | 8     | 7     |
|                                                                                                                                                                                                                                         |                 |       |       |       |       | 12    | 10    | 7     | 4     | 2     |
| <b>General Endurance Test:</b><br>run-2000 m (min/sec)                                                                                                                                                                                  |                 |       |       |       |       |       |       |       |       |       |
| weight up to 70 kg                                                                                                                                                                                                                      | 10,35           | 11,20 | 11,35 | 12,40 | 13,15 |       |       |       |       |       |
| weight over 70 kg                                                                                                                                                                                                                       | 10,50           | 12,30 | 13,10 | 13,20 | 13,30 |       |       |       |       |       |
| <b>3000m run</b> (min/sec)                                                                                                                                                                                                              |                 |       |       |       |       |       |       |       |       |       |
| weight up to 85 kg                                                                                                                                                                                                                      |                 |       |       |       |       | 12,00 | 13,40 | 14,30 | 15,00 | 15,30 |
| weight over 85 kg                                                                                                                                                                                                                       |                 |       |       |       |       | 12,30 | 14,10 | 14,50 | 15,20 | 16,00 |
| <b>Flexibility test:</b> From a standing position on a gymnastics bench, bend forward, legs at the knee joint do not bend (cm)                                                                                                          | 16              | 11    | 8     | 2     | 0     | 13    | 7     | 6     | 2     | 0     |