

BUNIN YELETS STATE UNIVERSITY

WORKING PROGRAM OF THE DISCIPLINE

B1.C.03.03 Physical culture and sports

Training area: 38.03.02 Management

Orientation (profile): Organization management and logistics

Qualification (degree): Bachelor's degree

Form of study: *full-time*

The Institute: Economics, Management and Service Technologies

Department of Physical Culture, Professional Physical Training and Life Safety

	full-time form	full- shape	time correspondence
Course	1		
Semester / trimester	1		

Lectures	18		
Laboratory classes			
Practical (seminar) classes	54		
Including practical training Form			
(s) of intermediate certification	Credit		
Control			
Independent work			

Total hours: 72

Labor intensity: 2 credits

Developer of the work program:

Candidate of Pedagogical Sciences, Associate Professor V. V. Semyannikova

I.ORGANIZATIONAL AND METHODOLOGICAL SECTION

The purpose of studying the discipline: formation of physical culture of the individual and the ability to use the developed means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-preparation for future life and professional activities.

Objectives of studying the discipline: understanding the role of physical culture in the development of the individual, preparing it for life and professional activities;

- knowledge of the scientific and practical foundations of physical culture and a healthy lifestyle, age characteristics;
- formation of a motivational and value-based attitude to physical culture, orientation to a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports;
- mastering a system of practical skills and abilities that ensure the preservation and strengthening of one's own health, mental well-being, development and improvement of psychophysical abilities, qualities and properties of the individual, self-determination in physical culture;
- ensuring general and professionally applied physical fitness, which determines the psychophysical readiness of university graduates for the profession;
- gain experience in the creative use of physical culture and sports activities to achieve life and professional goals.

Place of the discipline in the structure of the OPOP: it is implemented within the mandatory part of block B1. Disciplines (modules), according to the Regulation on the implementation of disciplines (modules) in physical culture and Sports at the I. A. Bunin Yelets State University dated 31.09.2017 No. 333a.

For disabled people and persons with disabilities, the organization establishes a special procedure for mastering the discipline "Physical Culture and Sport", taking into account their state of health.

Planned results of training in the discipline:

Code of competence	Indicators of achievement of competence	Planned results of training in the discipline
UC-7	Knowledge: - adaptive reserves of the body, ways to improve health and achieve the proper level of physical fitness.	Knows: - fundamentals of physical culture and a healthy lifestyle; - the impact of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits; - methods for monitoring and evaluating physical development and physical fitness; - rules and methods for planning individual classes of different target

		orientation.
	Mindyou: - use the basics of physical education to make an informed choice of health-saving technologies, taking into account the internal and external conditions for the implementation of a specific professional activity.	Can do: - use their physical culture and sports activities to improve their functional and motor capabilities, maintain and strengthen their health, and achieve their personal life and professional goals.
	VladT: - skills of maintaining the proper level of physical fitness to ensure full-fledged social and professional activities and compliance with the norm of a healthy lifestyle.	Owens: - a system of practical skills and abilities that ensure the preservation and promotion of health, development and improvement of psychophysical abilities and qualities
GPC-3	To know: - basic methods and models for making organizational and managerial decisions and their socio-economic consequences.	Knows: - basic methods and models for making organizational and managerial decisions and their socio-economic consequences. - influence of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits; - methods of monitoring and evaluating physical development and physical fitness.
	Be able to: - identify the problem situations of the organization's activity, justify, develop and implement organizational and managerial decisions; - evaluate the expected results of the proposed organizational and managerial decisions and assess the organizational and social consequences of the decisions taken.	Can do: - identify the problem situations of the organization's activity, justify, develop and implement organizational and managerial decisions; - evaluate the expected results of the proposed organizational and managerial decisions and assess the organizational and social consequences of the decisions taken. - perform individually selected complexes of health-improving and adaptive (therapeutic) physical culture, compositions of rhythmic and aerobic gymnastics, compasses of athletic exercises, overcome artificial and natural obstacles using a variety of methods of movement for students;
	Possess: - methods of evaluating the expected results of implementing the proposed organizational and managerial solutions,	Owens: - methods of evaluating the expected results of implementing the proposed organizational and managerial

	using modern tools; - methods of analyzing the results of problem situations in the organization and developing organizational and managerial solutions, taking into account the achievement of economic and social efficiency.	solutions, using modern tools; - methods of analyzing the results of problem situations in the organization and developing organizational and managerial solutions, taking into account the achievement of economic and social efficiency. - acquired knowledge and skills inpractical activities, individual training and educational activities.
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II. CONTENT AND SCOPE OF THE DISCIPLINE
with an indication of the number of hours allocated for students ' contact work
with a teacher (by type of training sessions) and for independent work

Full-time education

n /	a Name of sections and	topics Total	Classroom classes			Sam. Rab.
			LK	PZ	LB	
	Section I.. Theoretical aspect of physical culture	18	18			
1.	Topic 1. Physical culture in general cultural and professional training of university students.	2	2			
2.	Topic 2. Socio-biological foundations of physical education.	2	2			
3.	Topic 3. Fundamentals of a healthy student lifestyle. Physical culture in ensuring health	2	2			
4.	Topic 4. General physical and sports training in the system of physical education of students	2	2			
5.	Topic 5. Psychological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity	2	2			
6.	Topic 6. Fundamentals of the methodology of independent physical exercises. Self-control in the process of physical education	2	2			
7.	Topic 7. Sports. Individual choice of sports or physical exercise systems	2	2			
8.	Topic 8. Professional and applied physical training of future specialists.	2	2			
9.	Topic 9. Features of practicing your favorite sport or exercise system	2	2			
	Section II. Methodical and practical exercises.	54		54		
10	Topic 1. Methods of effective and economical ways to master vital motor skills (walking, running, skiing, swimming).	2		2		
11	Topic 2. The simplest methods of self-assessment of working capacity, fatigue, fatigue and the use of physical culture tools for their directed correction	4		4		
12	Topic 3. Methods of drawing up and conducting individual programs of physical self-education and classes with a health-improving orientation	4		4		
13	Topic 4. Basics of self-massage techniques	2		2		
14	Topic 5. Methods of corrective gymnastics for the eyes	2		2		

15	Topic 6. Methods of composing and conducting morning gymnastics complexes of physical culture breaks	4		4		
16	Topic 7. Methods of conducting outdoor games	4		4		
17	Topic 8. Methods of self-assessment and correction of posture and physique	4		4		
18	Topic 9. Methods of self-monitoring of physical development and functional state of the body (standards, indices, functional tests)	2		2		
19	Topic 10. Methods of self-assessment of special physical and sports-technical readiness in the chosen sport (tests, control standards)	2		2		
20	Topic 11. Methodology of individual approach and application of means for the directed development of individual physical qualities	4		4		
21	Topic 12. Methodology of conducting a training session in a selected sport	2		2		
22	Topic 13. Basic methods of judging competitions in a selected sport	4		4		
23	Topic 14. Methods of regulating the psychoemotional state during physical education and sports	2		2		
24	Topic 15. Means and methods of muscle relaxation in sports	2		2		
25	Topic 16. Modern types of health-improving and recreational activities	4		4		
26	Topic 17. Methods of performing industrial gymnastics, taking into account the conditions and nature of work	2		2		
27	Topic 18. Methods of selecting tools and conducting classes with a health-improving and recreational orientation, in order to prevent possible occupational diseases	4		4		
	Reporting form: credit					
	including practical training					
	Total for 1 year semester	72	18	54		
	TOTAL:	72	18	54		

Full-time and part-time education is not implemented

Part-time education is not implemented

III. EVALUATION MATERIALS FOR THE CURRENT AND FUTURE EVALUATION OF THE PROJECT. INTERMEDIATE CERTIFICATION OF STUDENTS IN THE DISCIPLINE

Current certification is carried out in the form of an abstract, testing of motor fitness. The level of physical fitness of students (the main group) is determined by means of control testing (Appendix 1).

Functional (motor) readiness of students of medical groups is determined using functional tests (Appendix 2).

Approximate topics of research papers

For students of medical groups

1. Goals, objectives and means of physical culture for students who are engaged in special medical groups for health reasons.
2. Interrelation of physical culture and general human culture.
3. The influence of physical culture on the development of moral and other personal qualities of a person.
4. Development of physical qualities in persons with disabilities in the state of health.
5. Features of the organization of FC classes with people with diseases of the cardiovascular system.
6. Features of the organization of FC classes with people with hypertension.
7. Features of organizing FC classes with people with pyelonephritis.
8. Features of the organization of FC classes with people who have suffered a lower limb injury.
9. Features of the organization of FC classes with overweight people.
10. Features of organizing FC classes with people with visual impairments.
11. Characteristics of means of physical culture that contribute to weight loss.
12. Features of organization of athletic gymnastics classes with persons with disabilities in their state of health.
13. Socio-biological foundations of physical culture, its role in human development and preparation for professional activity in the field of education.
14. Fundamentals of physical culture and a healthy lifestyle.
15. Fundamentals of targeted use of physical exercises for the purpose of positive influence on the dynamics of age - related development of the body.
16. Modern systems of physical exercises and their selection criteria, taking into account the educational regime at the university and labor characteristics.
17. Organizational and methodological foundations of health-improving physical culture.
18. Influence of bad habits (alcohol, tobacco smoking, drugs) on the human body.
19. Modern GFSK TRP.

For students of the main and special preparatory groups

1. Power and methods of its development.
2. Dexterity and methods of its development.
3. Speed and methodology of its development.
4. Flexibility and methods of its development.
5. Endurance and methods of its development.
6. Physical culture in primitive society.
7. Development of physical culture and sports in Ancient Greece.
8. Development of physical culture and sports in Ancient Rome.
9. Development of physical culture and sports in Russia.
10. Development of physical culture and sports in the USSR.
11. Olympic Games of Antiquity.
12. Modern Olympic Games.
13. Modern GFSK TRP.

Intermediate certification of students is carried out in the form of a test, using the following assessment materials: list of questions for the test.

Questions for the test

(1 semester, full-time education)

1. Physical culture as an academic discipline of higher education.
2. Value orientations and students' attitude to physical culture and sports.

3. The human body as a single biological system.
4. The role of movement in human life. Contribution of physiologists to the theory and methodology of physical education.
5. Means of physical culture and sports in increasing the body's resistance to adverse environmental factors, ensuring mental and physical performance.
6. Interrelation of the general culture of the student with his lifestyle. Healthy lifestyle and its components.
7. Criterion for the effectiveness of a healthy lifestyle.
8. General physical training, special physical training, sports training, their goals and objectives.
9. Methodical principles of physical education-consciousness, activity, individualization. Physical exercises as the main means of physical and athletic training.
10. Fundamentals of movement training. Fundamentals of improving physical qualities in the process of physical education: strength, speed, endurance, flexibility.
11. Forms of physical education. Training session as the main form of teaching physical exercises, its structure and orientation.
12. Sports training, its stages and frequency.
13. Correction of physical development, physique, physical and functional fitness of students.
14. Psychophysiological characteristics of intellectual activity and academic work of a student.
15. Features of using physical culture tools to optimize performance, prevent fatigue and increase the efficiency of students' academic work. Massage and self-massage in the system of physical exercises, in educational and professional activities.
16. Motivation, orientation, forms and content of independent classes. Organization of independent classes of various directions depending on age, physical fitness, natural and social factors.
17. Limits of intensity of loads in the course of independent classes. Hygienic requirements for a rational daily routine.
18. Planning and managing independent classes. Diagnosis of physical condition during regular physical exercises. Self-control, its main methods, indicators, evaluation criteria, self-control diary.
19. Method of standards, indices, functional tests, exercises-tests for assessing physical development, physical fitness and functional state of the body.
20. Mass sports and high-performance sports, their goals and objectives. Sports classification.
21. Student sports. Features of organization and planning of sports training in higher education institutions.
22. Modern systems of physical exercises. Motivation and justification of an individual student's choice of a sport or exercise system for regular classes, taking into account the educational regime and labor characteristics.
23. Long-term, current and operational planning of sports training. Monitoring the effectiveness of the training process. Special credit requirements and standards for semesters of training in the chosen sport, system of physical exercises.
24. Motor mode, a critical minimum of motor activity. Influence of physical exercises on the dynamics of age-related development.
25. The relationship between physical development and mental performance.
26. Professional and applied physical training as the main part of physical education of university students.
27. Health-improving physical culture is an integral part of the educational process of young people.
28. Tourism in the system of physical education of young people. Forms and content of tourist work.
29. Elective and popular forms and means of health-improving physical culture: rhythmic gymnastics, mini-sports games, "Fun starts", relay races, athletic gymnastics, etc.
30. Modern forms and means of health-improving physical culture: shaping, pilates, fitball aerobics, etc. types of fitness.
31. List the standards of a modern TRP sports complex according to your age category.

IV. LIST OF LITERATURE REQUIRED FOR MASTERING THE DISCIPLINE

4.1. Basic literature

1. Zavyalov A.V., Abramenko M. N., Shcherbakov I. V., Evseeva I. G. Fizicheskaya kul'tura i sport v vuze : uchebnoe posobie [Physical culture and sport in higher education]. - Moscow ; Berlin : Direct-Media, 2020. - 106 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=572425> (accessed: 02.09.2024).

2. Kuznetsov I. A., Burov A. E., Kachanov I. V. Applied physical culture for students of special medical groups : textbook : [16+]. - Moscow; Berlin: Direct-Media, 2019. - 179 p.: ill., tab. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=494862> (accessed: 02.09.2024).

4.2. Additional literature

1. Ch. Ivankov Technology of physical education in higher educational institutions : a textbook / Ch. Ivankov, S. A. Litvinov. - Moscow: Vlos, 2015. - 304 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=429625> (accessed: 02.09.2024).

2. Vitun E. V., Vitun V. G. Modern systems of physical exercises recommended for students: a textbook / E. V. Vitun, V. G. Vitun; Orenburg State University. - Orenburg: Orenburg State University, 2017. - 111 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=481819> (accessed: 02.09.2024).

V.. LIST OF RESOURCES OF THE INFORMATION AND TELECOMMUNICATION NETWORK "INTERNET" REQUIRED FOR MASTERING THE discipline

№ Item No	. Link to the information resource	Name of the development in electronic form	Availability
1	https://studopedia.net/Информационный	student resource	is freely available.
2	http://bmsi.ru	Sports electronic Library	Free access.

VI. MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS

1	http://www.biblioclub.ru.biblioclub.ru	Electronic Library System (EBS) University Library online	Registration via any university computer. In the future, individual unlimited access from any point where there is access to the Internet
2	www.elibrary.ru	Russian information portal in the field of science, technology, medicine and education	Free access

VII. LICENSED AND FREELY DISTRIBUTED SOFTWARE

When implementing an academic discipline, the following licensed and freely distributed software is used:

- Microsoft Windows;
- Microsoft Office;

- LibreOffice, etc..

VIII. EQUIPMENT AND TECHNICAL MEANS OF TRAINING NECESSARY FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE

Training sessions are held in classrooms equipped with specialized furniture, including stationary or portable teaching equipment (projector, screen, computer / laptop).

Sports complex: Sports hall: A list of basic equipment: gym walls, gym benches, a set of equipment for sports games (volleyball, basketball, badminton, lawn tennis), tennis tables, a sports hall (marking out three volleyball courts, two basketball courts, a lawn tennis court, a minifootball court, three playgrounds for children). badminton), extendable racks for basketball.

General physical training gym: A list of basic equipment: bicycle ergometers, dumbbells of various weights, kettlebells, barbells with a set of pancakes, multifunctional simulators, ellipsoid, rowing simulator, inversion table.

Table 1. Control tests for assessing the physical fitness of girls/boys

Standards Girls	Semester					Standards Boys	Semester				
	1						1				
	Grade						Grade				
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
1. Pull-up on a low crossbar (number of times)	3	5	7	11	15	1.Pull-up on the crossbar (number of times)	3	5	7	9	12
2. Push-up from the floor (numberof times)	3	4	5	9	12	2.Standing long jump (cm)	200	210	220	225	230
3. Lifting the body from the supine position (number of times)	30	35	40	50	60	3. Push-up from the floor (numberof times)	20	25	30	35	45
4. Standing long jump (cm)	140	150	160	170	180	4. Lifting the legs to the crossbar (number of times)	2	5	8	12	20
5. Lean forward while standing on a gym bench (see)	0	2	3	7	10	5. Lean forward while standing on a gym bench(see fig.)	-5	-3	0	4	8
6. Squat for 1 min. (numberof times)	35	40	45	50	55	6. Lifting the torso from the supine position in 30 seconds. (number of times)	19	21	24	27	29
7. Jumping rope in 1 min. (number of times)	100	110	120	130	140	7. Squat for 1 min . (numberof times)	44	49	54	60	64
8. Holding on the crossbar of the legs " bent at the knees "(sec.)	15	20	25	35	45	8. Jumping rope in 1 min. (number of times)	100	110	120	130	140
9. Shuttle run 3x10 m(sec.)	9,9	9,7	9,5	9,3	8,7	9. "Corner" on the gym wall (sec.)	0	1	4	9	14
10. Running for 100 m. (sec.)	19,6	19,4	18,5	17,2	16,4	10. Shuttle run 3x10 m. (sec.)	8,8	8,6	8,4	8,0	7,3
11. Running for 2000 m. (min, sec)	12.40 40	12.20 20	11.50 50	11.25 25	10.40 40	11. Running for 100 m. (sec.)	15.1	14.9	14.7	145	138
						12. Running for 3000 m. (min., sec.)	14.25	14.15	14.05	13.55	12.55

Sample control tests for assessing the functioning of internal body systems of students of medical groups

HEART HEALTH MONITORING

Test 1. Post-exercise Heart rate Measurement (HR)

Measure your resting heart rate (HRR). Take 80 steps on the step trainer and measure your heart rate again. Steptrainer, if not available, can be replaced with squats (20-40 times, with or without the support of the hands on the gymnastic ladder, depending on individual capabilities).

Table 7. Test score 1

Evaluation	Heart rate (bpm)
Excellent – "5"	100
OK – "4"	120
Satisfactory – "3"	Less than 140

Test 2. Measuring the difference between HRSp and HRN

Measure your resting heart rate. Perform 20-40 squats (hands forward) and immediately measure your heart rate.

Table 8. Test Score 2

Evaluation	Excess of heart rate from baseline (%)
Excellent – "5"	Less than 25
OK – "4"	Less than 50
Satisfactory – "3"	Less than 75

Test 3. Calculation of the orthostatic sample

Measure HSP while lying down, then measure HSP while standing up. Calculate the difference using the formula:

$$\text{HSSP lying down} - \text{HSSP standing up}$$

Table 9. Evaluation of the orthostatic sample

Result	Evaluation
Less than 10	Excellent – "5"
Less than 15	OK – "4"
Less than 20	Satisfactory – "3"
More than 20	Unsatisfactory

Test 4. Determination of the body's adaptability to exercise

Measure the emergency response rate. Take 80 steps on a step trainer (20-40 squats) and measure your heart rate. Rest for 1 minute and measure your heart rate (HR1) again. The body's adaptability to exercise is determined by the formula:

$$R = 0.1 (HR + HR + HR1 - 200)$$

Now you need to compare the found number R with the scale:

- less than zero – excellent adaptability of the body to the load "5";
- from 0 to 3 – high adaptability to the "4" load.
- 3-6 – a good "3".
- 7-10 – mediocre.
- 11-15 – weak.
- more than 16 – very poor adaptability to the load.

Test 5. Determination of the endurance coefficient

Measure the emergency response rate. Measure blood pressure with a tonometer: ADp-systolic blood pressure, ADd – diastolic blood pressure. Insert the values into the formula and calculate them.

$$K_v = (10 \times \text{HSSp}) / (\text{ADs} - \text{ADd})$$

The endurance coefficient is normally equal to 16, and when the condition worsens (overwork, overload, overtraining) increases. As stamina is cultivated, the numerical values of KB decrease.

- 16 – «5»;
- 17-19 – «4»;
- 20 or more – "3".

BODY WEIGHT CONTROL

Test 7. Determining the weight-bearing index

Measure height-R. Measure body weight – L. Weight-weight index is calculated using the formula:

$$IVR = L / R$$

Table 10. Weight Index estimation

Result		Evaluation
Husband.	Wives.	
Less than 0.35	Less than 0.325	Body mass deficit – "3"
0,35 – 0,4	0,325 – 0,375	Norm – "5"
More than 0.4	More than 0.375	Excess body weight – "3"

* Usually, the weight-weight index is slightly lower in tall people.

ENDURANCE ASSESSMENT

Test 8. Cooper's Test

The degree of readiness of students to perceive physical activity depends on the distance in kilometers that they run in 12 minutes.

Table 11. Cooper Test Score (km)

Degree of preparedness	Young men	Girls
Very bad	1.6 or less	1.5 or less
Bad news	1,6 – 1,9	1,5 – 1,8
Satisfactory – "3"	2,0 – 2,7	1,85 – 2,15
Good – "4"	2,5 – 2,7	2,16 – 2,6
Excellent – "5"	2.8 or more	2.65 or more

* Students with cardiovascular diseases and musculoskeletal disorders are not tested.

ASSESSMENT OF THE FUNCTIONAL STATE OF THE RESPIRATORY SYSTEM

Test 9. Serkin's Test

The Serkin test consists of three phases.

I Phase I – determined while holding the breath while inhaling in a sitting position (Barbell test).

II Phase II – after 20 squats for 30 seconds, the breath is held on the inhale.

III Phase III – after 1 minute of standing rest, the breath retention on the inhale is repeated.

Table 12. Estimated standards of the Serkin sample

Group of test subjects	Serkin Test Phases		
	I	II	III
Healthy, trained - "5"	60 or more	30 or more	60 or more
Healthy, untrained - "4"	40 – 55	15 – 25	35 – 55
Persons with latent circulatory insufficiency – "3"	20 – 35	12 or less	24 hours or less

ASSESSMENT OF VESTIBULAR SYSTEM FUNCTION

Test 10. Ozeretsky's Test

I. P.-stand on the left leg, the right leg is bent at the knee, the foot is on the knee of the left leg, the eyes are closed. The time of maintaining balance in this position is estimated.

Table 13. Evaluation of the Ozeretsky sample

Result	Evaluation
20 seconds or more	Excellent – "5"
15-20 secs	OK – "4"
12-15 secs	Satisfactory – "3"