

BUNIN YELETS STATE UNIVERSITY

"APPROVED"
Director of the Institute of Culture, History
and Law / I. A. Karpacheva/



THE WORK PROGRAMME OF THE DISCIPLINE B1.C.03.03 Physical culture and sports

Direction of training: 44.03.01 *Pedagogical Education*

Programme: *Fine Arts*

Qualification (degree): *bachelor*

Mode of study: *full-time*

Institute of Culture, History and Law

Department: *Physical education, professional physical training and life safety*

	full-time form	full-time and part-time form	part-time form
Study course	1		
Term	1		

Lectures	18		
Laboratory work			
Seminars (practical work)	54		
including practical training			
Form(s) of control	Credit test		
Control			
Other forms of work			
Independent work			

Total number of academic hours: 72

Labor intensity: 2 credits

Developer of the work programme:

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

I. ORGANIZATIONAL AND METHODOLOGICAL SECTION

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

Objectives of studying the discipline:

- understanding the role of physical education in the development of personality, preparing it for life and professional activity;
- knowledge of the scientific and practical foundations of physical education and a healthy lifestyle, age-related characteristics;
- formation of a motivational and value attitude towards physical education, a focus on a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercise 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 personality traits, self-determination in physical education;
- ensuring general and professionally applied physical fitness that determines the psychophysical readiness of university graduates for the profession;
- acquiring experience in the creative use of physical education and sports activities to achieve life and professional goals.

The place of the discipline in the structure of the basic professional educational program: it is implemented within the framework of the basic (compulsory) part of block B1. Disciplines (modules).

For disabled people and people with limited health capabilities, the organization establishes a special procedure for mastering the discipline "Physical Education and Sports" taking into account their health status.

Planned learning outcomes for the course:

Code of competence	Indicators of competence achievement	Planned learning outcomes for the discipline
UC-7	To know: <ul style="list-style-type: none">- adaptive reserves of the body, ways to strengthen health and achieve the proper level of physical fitness	Knows: <ul style="list-style-type: none">- Fundamentals of physical culture and healthy lifestyle;- Impact of health-improving physical education systems on health promotion, prevention of occupational diseases and bad habits;- Methods of monitoring and assessing physical development and physical fitness;- Rules and methods of planning individual lessons of various target orientations.
	To be able to: <ul style="list-style-type: none">- use the basics of physical culture for an informed choice of health-saving technologies, taking into account the internal and external conditions of the implementation of a specific professional activity	Is able to: <ul style="list-style-type: none">- use your physical education and sports activities to improve your functional and motor capabilities, maintain and strengthen your health, and achieve your personal life and professional goals.
	To possess: <ul style="list-style-type: none">- skills in maintaining the proper level of	Possess: <ul style="list-style-type: none">- a system of practical skills and abilities

	physical fitness to ensure full-fledged social and professional activity and adherence to healthy lifestyle standards	that ensure the maintenance and strengthening of health, the development and improvement of psychophysical abilities and qualities
GPC-3	<p>To know:</p> <ul style="list-style-type: none"> - the essence, forms and methods of organizing educational and upbringing activities; - modern technologies for organizing joint and individual educational and upbringing activities, including in the context of an inclusive educational process; - the basics of psychodiagnostics and the main signs of deviations in the development of children 	<p>Knows:</p> <ul style="list-style-type: none"> - the essence, forms and methods of organizing educational and upbringing activities; - modern technologies for organizing joint and individual educational and upbringing activities, including in the context of an inclusive educational process; - the basics of psychodiagnostics and the main signs of deviations in the development of children.
	<p>To be able to:</p> <ul style="list-style-type: none"> - correlate the requirements of federal educational standards with the individual educational needs of students; - organize joint educational and upbringing activities; - develop and implement individual educational routes, individual development programs and individually oriented educational programs taking into account the personal and age characteristics of students. 	<p>Is able to:</p> <ul style="list-style-type: none"> - correlate the requirements of federal educational standards with the individual educational needs of students; - organize joint educational and upbringing activities; - develop and implement individual educational routes, individual development programs and individually oriented educational programs taking into account the personal and age characteristics of students.
	<p>To possess:</p> <ul style="list-style-type: none"> - methods of organizing joint and individual educational and upbringing activities; - methods of identifying children with special educational needs. 	<p>Possess:</p> <ul style="list-style-type: none"> - methods of organizing joint and individual educational and upbringing activities; - methods of identifying children with special educational needs.

II. CONTENT AND SCOPE OF THE DISCIPLINE
indicating the number of hours allocated for contact work of students
with the teacher (by type of classes) and for independent work

Full-time education

№	Name of sections and topics	Total	Classroom lessons			Indep. work
			Lec.	Sem. (pract.)	Lab.	
	Section 1. Theoretical aspect of physical education	18	18			
1	Topic 1. Physical education in general cultural and professional training of university students.	2	2			
2	Topic 2. Social and biological foundations of physical education.	4	4			
3	Topic 3. Fundamentals of a healthy lifestyle for students. Physical education	4	4			

	in ensuring health					
4	Topic 4. General physical and sports training in the system of physical education of students	4	4			
5	Topic 5. Fundamentals of the methodology of independent physical exercise. Self-control in the process of physical education	4	4			
	Section 2. Methodological and practical classes.	54		54		
6	Topic 6. A methodology of effective and cost-effective ways of mastering vital motor skills and abilities (walking, running, skiing, swimming).	6		6		
7	Topic 7. The simplest methods of self-assessment of performance, fatigue, tiredness and the use of physical culture tools for their targeted correction	6		6		
8	Topic 8. Methodology for the development and implementation of individual programs of physical self-education and health-oriented classes	6		6		
9	Topic 9. Basics of self-massage technique	6		6		
10	Topic 10. Method of corrective gymnastics for eyes	6		6		
11	Topic 11. Methodology for compiling and conducting morning exercise complexes of physical education breaks	6		6		
12	Topic 12. Methodology for conducting outdoor games	6		6		
13	Topic 13. Methods of self-assessment and correction of posture and physique	6		6		
14	Topic 14. Methods of self-monitoring of physical development and functional state of the body (standards, indices, functional tests)	6		6		
	<i>Credit test</i>					
16	<i>Total for 1 term</i>	<i>72</i>	<i>18</i>	<i>54</i>		

Full-time and part-time education (not implemented)

Part-time education (not implemented)

III. EVALUATION MATERIALS FOR CONDUCTING CURRENT AND INTERIM CERTIFICATION OF STUDENTS IN THE DISCIPLINE

Current certification is conducted in the form of a test, abstracts.

Standard version of the test

Current certification is carried out in the form of a motor fitness test. The level of motor fitness of students in the main group is determined using control testing (Appendix 1).

The functional (motor) training of students in the medical group is determined using control testing (Appendix 2).

**Sample topics for abstracts
For students of medical groups**

1. Objectives, tasks and means of physical education for students who, due to their health, are involved in special medical groups.
2. The relationship between physical education and general human culture.
3. The influence of physical education on the development of moral and ethical and other personal qualities of a person.
4. Development of physical qualities in individuals with health problems.
5. Features of organizing physical education classes with individuals with cardiovascular diseases.
6. Features of organizing physical training classes for people with hypertension.
7. Features of organizing physical training classes for people with pyelonephritis.
8. Features of organizing physical training classes for people with lower limb injuries.
9. Features of organizing physical training classes for people with excess body weight.
10. Features of organizing physical training classes for people with visual impairments.
11. Characteristics of physical culture means that promote weight loss.
12. Features of organizing athletic gymnastics classes for people with health problems.
13. Social and 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 positively influencing the dynamics of age-related development of the body.
16. Modern systems of physical exercises and criteria for their selection taking into account the educational regime at the university and the characteristics of work.
17. Organizational and methodological foundations of health-improving physical culture.
18. The impact of bad habits (alcohol, smoking, drugs) on the human body.
19. Modern VFSK GTO.

For students of the main and special preparatory groups

1. Strength and methods of its development.
2. Agility and methods of its development.
3. Speed and methods 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 Rus'.
10. Development of physical culture and sports in the USSR.
11. Olympic Games of antiquity.
12. Modern Olympic Games.

Interim assessment of students is carried out in the form of a credit test using the following assessment materials: a list of questions for a credit test.

**List of questions for the credit test
(1 term, Full-time education)**

1. Physical education as a discipline of higher education.

2. Value orientations and attitudes of students to physical education and sports.
3. The human body as a single biological system.
4. The role of movements in human life. The contribution of physiologists to the theory and methodology of physical education.
5. Means of physical education and sports in increasing the body's resistance to unfavorable environmental factors, ensuring mental and physical performance.
6. The relationship between the general culture of a student and his lifestyle. Healthy lifestyle and its components.
7. The criterion for the effectiveness of a healthy lifestyle.
8. General physical training, special physical training, sports training, their goals and objectives.
9. Methodological principles of physical education - consciousness, activity, individualization. Physical exercises as the main means of physical and sports training.
10. Fundamentals of teaching movements. Fundamentals of improving physical qualities in the process of physical education: strength, speed, endurance, flexibility.
11. Forms of physical education. Educational and training session as the main form of teaching physical exercises, its structure and focus.
12. Sports training, its stages and periodicity.
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 the use of physical education tools to optimize performance, prevent fatigue and improve the effectiveness of students' academic work. Massage and self-massage in the system of physical exercise classes, in educational and professional activities.
16. Motivation, focus, forms and content of independent studies. Organization of independent studies of various focuses depending on age, physical fitness, natural and social factors.
17. Limits of load intensity during independent studies. Hygienic requirements for a rational daily routine.
18. Planning and management of independent studies. Diagnostics of physical condition during regular physical exercise. Self-monitoring, its main methods, indicators, evaluation criteria, self-monitoring diary.
19. Method of standards, indices, functional tests, exercise tests for evaluation of physical development, physical fitness and functional state of the body.
20. Mass sports and high-performance sports, their goals and objectives. Sports classification. ent sports. Features of organizing and planning sports training at a university.
22. Modern systems of physical exercises. Motivation and justification for an individual student's choice of a sport or a system of physical exercises for regular classes, taking into account the educational regime and work characteristics.
23. Long-term, current and operational planning of sports training. Monitoring the effectiveness of the training process. Special test requirements and standards for semesters of study in a selected sport, a system of physical exercises.
24. Motor regime, critical minimum of motor activity. The influence of physical exercises on the dynamics of age 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 - 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 tourism 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 and other types of fitness.
31. List the standards of the modern GTO sports complex according to your age category.

IV. LIST OF REFERENCES REQUIRED FOR MASTERING THE DISCIPLINE

4.1. Main literature

1. Physical Education and Sports at the University: A Textbook: [16+] / A.V. Zavyalov, M.N. Abramenko, I.V. Shcherbakov, I.G. Evseeva. - Moscow; Berlin: Direct-Media, 2020. - 106 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=572425> (date of access: 01 April 2024).

2. Kuznetsov I.A. Applied Physical Education for Students of Special Medical Groups: A Textbook: [16+] / I.A. Kuznetsov, A.E. Burov, I.V. Kachanov. - Moscow; Berlin: Direct-Media, 2019. - 179 p. : ill., table. – Access mode: by subscription. – URL: <https://biblioclub.ru/index.php?page=book&id=494862> (date of access: 01 April 2024).

4.2. Additional literature

1. Ivankov Ch. Technology of physical education in higher educational institutions: a tutorial / Ch. Ivankov, S.A. Litvinov. - Moscow: Vlados, 2015. - 304 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=429625> (date of access: 01 April 2024).

2. Vitun E.V. Modern systems of physical exercises recommended for students: a tutorial / 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> (date of access: 01 April 2024).

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

№	Link to information resource	Name of the development in electronic form	Availability
1.	http://edu.ru/	Russian Education: Federal Portal. Includes links to portals and websites of educational institutions; state educational standards; regulatory documents; catalog of excursions and educational programs.	Free access

VI. MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS

1.	http://www.biblioclub.ru	Electronic library system (ELS) University library online	Registration via the university computer. In the future, unlimited individual access is provided from any point where there is access to the Internet.
2.	https://e.lanbook.com/	Electronic library system (ELS) Lan	Registration via the university computer. In the future, unlimited individual access is provided from any point where there is access to the Internet.

VII. LICENSED AND FREELY DISTRIBUTED SOFTWARE

The following licensed and freely distributed software is used in the implementation of the academic discipline:

- Microsoft Windows;
- Microsoft Office;
- LibreOffice and others.

VIII. EQUIPMENT AND TECHNICAL TEACHING EQUIPMENT REQUIRED FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE

Classes are held in classrooms equipped with specialized furniture, including stationary or portable technical training aids (projector, screen, computer/laptop).

Sports complex: Sports hall: List of basic equipment: gymnastic walls, gymnastic benches, a set of equipment for sports games (volleyball, basketball, badminton, tennis), tennis tables, a sports games hall (markings for three volleyball courts, two basketball courts, a tennis court, a mini-football court, three badminton courts), retractable basketball stands.

General physical training gym: List of basic equipment: exercise bikes, dumbbells of various weights, kettlebells, barbells with a set of weights, multifunctional exercise machines, an elliptical trainer, a rowing machine, an inversion table.

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

Standards girls	Term					Standards youth	Term				
	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-ups on a low bar (number of times)	3	5	7	11	15	1. Pull-ups on a low bar (number of times)	3	5	7	9	12
2. Push-ups (number of times)	3	4	5	9	12	2. Long jump from a standing position (see)	200	210	220	225	230
3. Raising the torso from a supine position (number of times)	30	35	40	50	60	3. Push-ups (number of times)	20	25	30	35	45
4. Long jump from a standing position (see)	140	150	160	170	180	4. Raising legs to the bar (number of times)	2	5	8	12	20
5. Forward bend while standing on a gymnastic bench (see)	0	2	3	7	10	5. Forward bend while standing on a gymnastic bench (see)	-5	-3	0	4	8
6. Squats for 1 min.	35	40	45	50	55	6. Raising the torso from a supine position for 30 seconds (number of	19	21	24	27	29
7. Jumping rope for 1 min.	100	110	120	130	140	7. Squats for 1 min.	44	49	54	60	64
8. Holding legs on the bar with knees bent (sec.)	15	20	25	35	45	8. Jumping rope for 1 min.	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 gymnastic wall (sec.)	0	1	4	9	14
10. 100 m run (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. 2000 m run (min, sec)	12, 40	12, 20	11, 50	11, 25	10, 40	11. 100 m run (sec.)	15,1	14,9	14,7	14,5	13,8
						12. 3000 m run (min, sec)	14.25	14.15	14.05	13.55	12.55

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

HEART FUNCTION CONTROL

Test 1. Measuring the heart rate after exercise (HR_n)

Measure the heart rate at rest (HR_{sp}). Take 80 steps on a step trainer and measure the heart rate again. If a step trainer is not available, it can be replaced with squats (20-40 times, with or without support for the hands on a gymnastic ladder, based on individual capabilities).

Table 2. Test score 1

Grade	Heart rate (bpm)
Excellent – “5”	100
Good – “4”	120
Satisfactory – “3”	Less than 140

Test 2. Measuring the difference between HR_{sp} and HR_n

Measure your resting HR. Do 20-40 squats (arms forward) and immediately measure your HR.

Table 3. Test score 2

Grade	Increase in heart rate from baseline (%)
Excellent – “5”	Less than 25
Good – “4”	Less than 50
Satisfactory – “3”	Less than 75

Test 3. Calculating the Orthostatic Test

Measure your HR lying down, then measure your HR standing up. Calculate the difference using the formula:

HR lying down – HR standing up

Table 4. Evaluation of the orthostatic test

Result	Grade
Less than 10	Excellent – “5”
Less than 15	Good – “4”
Less than 20	Satisfactory – “3”
More than 20	Unsatisfactory