

**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.03.04 Elective disciplines in physical education and sports**

**Direction of training:** 44.03.01 *Pedagogical Education*

**Programme:** *Music Education*

**Qualification (degree):** *bachelor*

**Mode of study:** *full-time*

**Institute of Culture, History and Law**

**Department:** *Theory and Methods of Physical Education*

	full-time form	full-time and part-time form	part-time form
Study course	123		
Term	23456		

Lectures			
laboratory work			
Seminars			
including practical training	328		
Form of control			
Control	Credit test		
Other forms of work			
Independent work			

**Total number of academic hours: 328**

**labor intensity:**

*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 BPEP:** implemented within the framework of the basic (compulsory part) part of block B.1. Disciplines (modules), according to the Regulation on the implementation of disciplines (modules) in physical education and sports at Yelets State University named after I.A. Bunin dated September 31, 2017 No. 333a.

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: - adaptive reserves of the body, ways to strengthen health and achieve the proper level of physical fitness	Knows: - 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: - use the basics of physical culture for an informed choice of health-saving technologies, taking into account the internal and external conditions of the	Is able to: - use your physical education and sports activities to improve your functional and motor capabilities, maintain and strengthen your health,

	implementation of a specific professional activity	and achieve your personal life and professional goals.
	To possess: - skills in maintaining the proper level of physical fitness to ensure full-fledged social and professional activity and adherence to healthy lifestyle standards	Possess: - a system of practical skills and abilities that ensure the maintenance and strengthening of health, the development and improvement of psychophysical abilities and qualities
<b>GPC-3</b>	To know: - 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	Knows: - 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
	To be able to: - 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	Is able to: - 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
	To possess: - methods of organizing joint and individual educational and upbringing activities; - methods of identifying children with special educational needs	Possess: - 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.	Lab.work	
	<b>Section 1.</b> Methodological and practical classes.	<b>72</b>		<b>72</b>		

1	Topic 1. Physical training in the chosen sport	36		36		
2	Topic 2. Technical and tactical training in the chosen sport	36		36		
	<i>Exam Control</i>					
	<i>Total for 2 semester</i>	<i>72</i>				
5	<b>Section 2.</b> Methodological and practical classes.	<b>72</b>		<b>72</b>		
6	Topic 1. Physical training in the chosen sport	36		36		
7	Topic 2. Technical and tactical training in the chosen sport	36		36		
8	<i>Exam Control</i>					
9	<i>Total for 3 semester</i>	<i>72</i>				
	<b>Section 3.</b> Methodological and practical classes.	<b>72</b>		<b>72</b>		
	Topic 1. Physical training in the chosen sport	36		36		
	Topic 2. Technical and tactical training in the chosen sport	36		36		
	<i>Exam Control</i>					
	<i>Total for 4 semester</i>	<i>72</i>				
	<b>Section 4.</b> Methodological and practical classes.	<b>72</b>		<b>72</b>		
	Topic 1. Physical training in the chosen sport	36		36		
	Topic 2. Technical and tactical training in the chosen sport	36		36		
	<i>Exam Control</i>					
	<i>Total for 5 semester</i>	<i>72</i>				
	<b>Section 5.</b> Methodological and practical classes.	<b>40</b>		<b>40</b>		
	Topic 1. Physical training in the chosen sport	40		40		
	Topic 2. Technical and tactical training in the chosen sport	40		40		
	<i>Exam Control</i>					
	<i>Total for 6 semester</i>	<i>40</i>				
17	<i>Credit test</i>					
18	<b>TOTAL:</b>	<b>328</b>		<b>328</b>		

**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 (performance of a concert program).

#### **Standard version of the test**

Tekushchaya attestatsiya provoditsya v forme referata, proverki dvigatel'noy podgotovlennosti. Uroven' dvigatel'noy podgotovlennosti studentov (osnovnaya gruppa) Opredelyayetsya s pomoshch'yu kontrol'nogo testirovaniya (prilozheniye 1).

Funktsional'naya (dvigatel'naya) podgotovka studentov k meditsinskim gruppam opredelyayetsya s pomoshch'yu testov (prilozheniye 2).

#### **Sample topics for essays 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 test, using the following assessment materials: a list of questions for the test.

Intermediate assessment of students is carried out in the form of a credit based on a point-rating system. The rating is a generalized indicator of the quality of students' education and is defined as the total result of monitoring knowledge, skills and abilities in the form of standards. The educational material of the disciplines has several sections, for which it is possible to score a certain number of points (table 1, 2, 3). To complete the final assessment for the discipline (2-6 semesters), it is necessary to score at least 65 points in accordance with the rating list for the credit.

Table 1. Rating list for students of the main and preparatory groups

№	Component being evaluated	Rating scale	Points
<b>DURING THE SEMESTER</b>			
1.	Class attendance	For attending one class, a student receives	2
2.	Control standards for special physical and sports-technical preparedness	«5» «4» «3» «2» «1»	5 4 3 2 1
3.	Defense of thesis	«5» «4» «3»	5 4 3
4.	Participation in students' research work. Preparation of educational and methodological support (preparation of multimedia presentations, development of drawings and diagrams, production of posters)		5
5.	Participation in competitions of various levels.	All-Russian Regional Inter-University	5 4 3
6.	Judging of competitions		3
7.	Passing the VFSK GTO standards*	"Golden Badge" "Silver Badge" "Bronze Badge"	15 10 5
<b>Minimum required for credit</b>			<b>65</b>

\*Students are given the opportunity to pass the VFSK GTO standards at the official center for accepting standards; after providing a certificate of passing the standards, they are awarded a number of points to the student's individual rating, depending on the result.

Table 2. Rating list for students of the special department

№	Component being evaluated	Rating scale	Points
DURING THE SEMESTER			
1.	Class attendance	For attending one class, a student receives –	2
2.	Defense of thesis	«5» «4» «3»	5 4 3
3.	Participation in students' research work. Preparation of educational and methodological support (preparation of multimedia presentations, development of drawings and diagrams, production of posters)		5
4.	Functional testing	High level Medium level Low level	10 7 4
5.	Participation in competitions and physical education and health events		5
6.	Participation in competitions and physical education and health events		5
7.	Judging of competitions		3
<b>Minimum required for credit</b>			<b>65</b>

Table 3. Rating list for students of sports departments

№	Component being evaluated	Rating scale	Points
DURING THE SEMESTER			
1.	Class attendance	For attending one class, a student receives –	2
2.	Control standards for special physical and sports-technical preparedness	«5» «4» «3» «2» «1»	5 4 3 2 1
3.	Judging of competitions		3
4.	Participation in competitions of various levels based on the final result	1st place Prize place Participation	5 4 3
5.	Participation in students' research work. Preparation of educational and methodological support (preparation of multimedia presentations, development of drawings and diagrams, production of posters)		5
6.	Passing the VFSK GTO standards*	"Golden Badge" "Silver Badge" "Bronze Badge"	15 10 5
<b>Minimum required for credit</b>			<b>65</b>

\*Students are given the opportunity to pass the VFSK GTO standards at the official center for accepting standards; after providing a certificate of passing the standards, they are awarded a number of points to the student's individual rating, depending on the result.

#### 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> (accessed: 12.07.2023).

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: 12.07.2023).

##### 4.2. Further reading

1. Ivankov Ch. Technology of physical education in higher educational institutions: a tutorial / Ch. Ivankov, S.A. Litvinov. - Moscow: Vldos, 2015. - 304 p.: ill. - Access mode: by subscription. - URL: <https://biblioclub.ru/index.php?page=book&id=429625> (accessed: 12.07.2023).

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: 12.07.2023).

#### 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.	<a href="https://infourok.ru/">https://infourok.ru/</a>	Infourok: educational internet project of Russia. Includes: lesson plans, presentations, tests, video lessons and other materials on school curriculum subjects.	Free access
2.	<a href="http://edu.ru/">http://edu.ru/</a>	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
3.	<a href="http://window.edu.ru/">http://window.edu.ru/</a>	The information system "Single Window of Access to Educational Resources" provides free access to the catalog of educational Internet resources and a full-text electronic educational and methodological library for general and professional education	Free access



4.	<a href="http://fcior.edu.ru/">http://fcior.edu.ru/</a>	The Federal Center for Information and Educational Resources (FCIER) provides access to electronic educational resources and services for all levels and stages of education.	Free access
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## VI. MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS

	<a href="http://www.biblioclub.ru">http://www.biblioclub.ru</a>	Electronic library system (ELS) University library online	Registration via a university computer. Further individual unlimited access from any point where there is access to the Internet
	<a href="http://www.garant.ru">www.garant.ru</a>	Information and legal portal	Free access
	<a href="http://www.classic-music.ru/">http://www.classic-music.ru/</a>	Classical music.ru	Free access
	<a href="http://www.elibrary.ru">www.elibrary.ru</a>	Russian information portal in the field of science, technology, medicine and education	Free access

## 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 to assess the physical fitness of girls

Нормативы	Semester																													
	1					2					3					4					5					6				
	Grade					Grade					Grade					Grade					Grade					Grade				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. Pull-ups on a low bar (number of times)	3	5	7	11	15	4	5	8	13	17	4	5	8	13	17	5	6	9	14	18	5	6	9	14	18	6	7	10	15	19
2. Push-ups (number of times)	3	4	5	9	12	4	5	6	10	13	4	5	6	10	13	5	6	7	11	14	5	6	7	11	14	6	7	8	12	15
3. Raising the torso from a supine position (number of times)	30	35	40	50	60	35	40	45	55	65	35	40	45	55	65	40	45	50	60	70	40	45	50	60	70	45	50	55	65	75
4. Long jump from a standing position (see)	140	150	160	170	180	145	155	165	175	185	145	155	165	175	185	150	160	170	180	190	150	160	170	180	190	150	160	170	185	195
5. Forward bend while standing on a gymnastic bench (see)	0	2	3	7	10	2	3	5	9	12	2	3	6	10	13	4	6	8	12	15	6	8	9	13	16	8	10	12	16	20
6. Squats for 1 min. (number of times)	35	40	45	50	55	36	41	46	51	56	36	41	46	51	56	37	42	47	52	57	37	42	47	52	57	38	43	48	53	60
7. Jumping rope for 1 min. (number of times)	100	110	120	130	140	105	115	125	135	145	105	115	125	135	145	110	120	130	140	150	110	120	130	140	150	115	125	135	145	160
8. Holding legs on the bar with knees bent (sec.)	15	20	25	35	45	20	25	30	40	50	20	25	30	40	50	25	30	35	45	55	25	30	35	45	55	30	35	40	50	60
9. Shuttle run 3x10 m. (сек.)	9,9	9,7	9,5	9,3	8,7	9,8	9,6	9,4	9,2	8,6	9,8	9,6	9,3	9,1	8,5	9,6	9,4	9,2	9,0	8,4	9,6	9,4	9,1	8,9	8,3	9,4	9,2	9,0	8,8	8,2
10. 100 m run (sec.)	19,6	19,4	18,5	17,2	16,4	19,5	19,2	18,3	17,1	16,3	19,5	19,2	18,3	17,1	16,3	19,4	19,0	18,2	17,0	16,2	19,4	19,0	18,2	17,0	16,2	19,2	18,8	18,0	16,8	16,0
11. 2000 m run (min, sec)	12, 40	12, 20	11, 50	11, 25	10, 40	12, 35	12, 15	11, 45	11, 20	10, 35	12, 35	12, 15	11, 45	11, 20	10, 35	12, 30	12, 10	11, 35	11, 15	10, 30	12, 30	12, 10	11, 35	11, 15	10, 30	12, 25	12, 05	11, 30	11, 05	10, 20

Table 2. Control tests for assessing the physical fitness of young men

Нормативы	Semester																													
	1					2					3					4					5					6				
	Grade					Grade					Grade					Grade					Grade					Grade				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1. Pull-ups on the bar (number of times)	3	5	7	9	12	4	6	8	10	13	4	6	8	10	13	5	7	9	11	14	5	7	9	11	14	6	8	10	12	15
2. Long jump from a standing position (see)	200	210	220	225	230	205	215	225	230	235	205	215	225	230	235	210	220	230	235	240	210	220	230	235	240	215	225	235	240	245
3. Push-ups (number of times)	20	25	30	35	45	25	30	35	40	50	25	30	35	40	50	30	35	40	45	55	30	35	40	45	55	35	40	45	50	60
4. Raising legs to the bar (number of times)	2	5	8	12	20	3	6	9	13	21	3	6	9	13	21	4	7	10	14	22	4	7	10	14	22	5	8	11	15	23
5. Forward bend while standing on a gymnastic bench (see)	-5	-3	0	4	8	-2	0	2	7	10	-2	0	2	7	10	0	2	5	9	12	0	2	5	9	12	1	4	7	11	15
6. Raising the torso from a supine position for 30 seconds (number of times)	19	21	24	27	29	21	23	26	29	31	21	23	26	29	31	23	25	28	31	33	23	25	28	31	33	25	27	30	33	35
7. Squat for 1 min. (number of times)	44	49	54	60	64	46	51	56	63	66	46	51	56	63	66	48	53	60	64	68	48	53	60	64	68	50	55	63	66	70
8. Jumping rope for 1 min. (number of times)	100	110	120	130	140	110	120	130	140	150	110	120	130	140	150	120	130	140	150	160	120	130	140	150	160	130	140	150	160	170
9. "Corner" on the gymnastic wall (sec.)	0	1	4	9	14	1	3	6	11	16	1	3	6	11	16	3	5	8	13	18	3	5	8	13	18	5	7	10	15	20
10. Shuttle run 3x10 m. (sec.)	8,8	8,6	8,4	8,0	7,3	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,7	8,5	8,3	7,9	7,2	8,9	8,7	7,9	7,5	6,8
11. 100 m run (sec.)	15,1	14,9	14,7	14,5	13,8	15,0	14,8	14,6	14,4	13,7	15,0	14,8	14,6	14,4	13,7	14,9	14,7	14,5	14,3	13,6	14,9	14,7	14,5	14,3	13,6	14,8	14,6	14,4	14,2	13,5
12. 3000 m run (min, sec)	14.25	14.15	14.05	13.55	12.55	14.20	14.10	14.00	13.50	12.50	14.20	14.10	14.00	13.50	12.50	14.10	14.00	13.50	13.40	12.40	14.10	14.00	13.50	13.40	12.40	14.00	13.50	13.40	13.30	12.30

## 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<sub>n</sub>)

Measure the heart rate at rest (HR<sub>sp</sub>). 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 7. 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<sub>sp</sub> and HR<sub>n</sub>

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

Table 8. 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 9. 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