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Информация о владельце:  
ФИО: Ястребов Олег Александрович  
Должность: Ректор  
Дата подписания: 14.07.2023 11:48:10  
Уникальный программный ключ:  
ca953a0120d891083f939673078ef1a989dae18a

**Federal State Autonomous Educational Institution of Higher Education**  
**PATRICE LUMUMBA PEOPLES' FRIENDSHIP UNIVERSITY OF**  
**RUSSIA**

**Physical education and sport department**

educational division (faculty/institute/academy) as higher education programme developer

**COURSE SYLLABUS**

**PHYSICAL CULTURE**

course title

**Recommended by the Didactic Council for the Education Field of:**  
**40.03.01 Law**

field of studies / speciality code and title

**The course instruction is implemented within the professional education programme of higher education:**

**Bachelor of Laws (LLB)**

higher education programme profile/specialisation title

**2023**

## 1. GOALS OF MASTERING THE DISCIPLINE

The aim of the course «**Physical culture**» is to equip students with knowledge of human body systems and to introduce students to key concepts of physical activities. Students learn to go in for many kinds of sports and to understand structure-function relationship between sport exercises and physical health of human body in different aspects.

## 2. REQUIREMENTS TO LEARNING OUTCOMES

The mastering of the discipline «**Physical culture**» is aimed at the formation of the following competencies of students:

*Table 2.1. The list of competencies formed by students during the development of the discipline (results of the mastering of the discipline)*

<b>Competence code</b>	<b>Competence</b>	<b>Indicators of Competence Formation</b> (within the framework of this discipline)
GC-7.	Can maintain the proper level of physical fitness to ensure fulfillment in social and professional areas.	GC-7.1. Chooses the health-preservation techniques to maintain a healthy lifestyle, considering the physiological characteristics of the body; GC-7.2. Plans their work and free time to ensure the efficiency as well as the optimal combination of physical and mental stress load; GC-7.3. Follows and promotes the healthy lifestyle in various life situations and professional settings.

## 3. THE COURSE IN THE HIGHER EDUCATION PROGRAMME STRUCTURE

The course «**Physical culture** » refers to the Compulsory Disciplines of block B1 of the EP HE.

Within the framework of the Educational Program, students also master other disciplines and/or practices that contribute to expected learning outcomes of the course «**Physical culture**».

*Table 3.1. List of Higher Education Program disciplines that contribute to expected learning outcomes*

<b>Competence Code</b>	<b>The competence</b>	<b>Previous Disciplines</b>	<b>Subsequent disciplines</b>
GC-7.	Can maintain the proper level of physical fitness to ensure fulfillment in social and professional areas.		Preparing to pass the State exams

## 4. THE DISCIPLINE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the discipline "**Physical culture**" is equal to 7 credits.

*Table 4.1. Types of academic activities during the period of the HE program mastering*

Types of academic activities		TOTAL, academic hours	semesters			
			1	2	3	4
		(ac.h)				
Classroom learning , <i>ac.h.</i>		<b>68</b>		<b>34</b>		<b>34</b>
Lectures ( <b>Lec</b> )						
Lab work ( <b>Lab</b> )						
Practical/seminar classes		68		34		34
Self-studies, academic hours						
Evaluation and assessment (exam or pass/fail grading)						
<b>Total workload of the discipline</b>	ac.h.	<b>72</b>		<b>36</b>		<b>36</b>
	credits	<b>2</b>		<b>1</b>		<b>1</b>

## 5. THE COURSE MODULES AND CONTENTS

Table 5.1. The content of the discipline and types of academic activities

Modules and Topics	Content of the topics	Type of academic activities
<b>Module 1</b> Methodical and practical	1.1. Self control in physical exerciseing and sports	<i>Pr</i>
	1.2. Human physical development indicators	<i>Pr</i>
	1.3. Human functional statement indicators	<i>Pr</i>
	1.4. Physical fitness indicators	<i>Pr</i>
	1.5. Physical indurance indicators	<i>Pr</i>
	1.6. Human Psycho-physiological statement indicators	<i>Pr</i>
	1.7. Physical culture in production activities of bechelor and specialist	<i>Pr</i>
	Students self-studies	<i>*Extracurricular studies</i>

*\*Pr - Practicum*

## 6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Logistical and material supplements of the discipline

Classroom for Academic Activity Type	Classroom Equipment	Specialized educational/laboratory equipment, software and materials for the mastering of the Discipline
FC “Megasphere”	Equipped covered football fields	Football gates, mini-footballs, all-season field cover
Ski base	Ski, different equipment for skiing	Ski equipment 350 fullstaff units
Classroom for students self-studies *	Classroom for self-studies of students (can be used for seminars and consultations), equipped with a set of specialized furnsiture, and	Technical equipment: multimedia projector BenQ Projector MX 525, projection screen, laptop ASUS X515JP-BQ029T, computer Lenovo

<b>Classroom for Academic Activity Type</b>	<b>Classroom Equipment</b>	<b>Specialized educational/laboratory equipment, software and materials for the mastering of the Discipline</b>
FC “Megasphere”	Equipped covered football fields	Football gates, mini-footballs, all-season field cover
Ski base	Ski, different equipment for skiing	Ski equipment 350 fullstaff units
	computers with stable wireless Internet connection. (aud. 245, 246).	V530S-071CB with stable Internet connection. Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest and stable release).
Gymnasium for different kinds of sport training	Gymnasium for different kinds of sport training (Gym at the «Druzhba» sport club).	Sport benches, mats, fitballs/heavy fitballs, ropes, kettlebells/dumbbells/barbells in various weights, sport barriers, sport exercises machines, other sport equipment.
Ice-hockey rink*	Equipped rink for Winter sports	Hockey side-boards, gates, skates, rubber ground coverings.

\* *auditory for extracurricular studies*

## **7. RECOMMENDED SOURCES for COURSE STUDIES**

### ***Main readings:***

1. Allyanov Yu.N., Pismensky. Physical culture: textbook for bachelors. – M.: Yurait, 2014.
2. Vilensky M.Ya. Physical culture and Healthy Lifestyle of Students: educational textbook. - 4-th issue - M. :KnoRus, 2016.
3. Muller A.B., Dyadichkina N.S., Bogachenko Yu.A. Physical culture: textbook for high school students. – M.: Yurait, 2016

### ***Electronic full-text materials:***

1. Physical Culture (Theoretical course)  
<https://esystem.rudn.ru/course/view.php?id=917>
2. Lecture course for discipline “Physical culture”: [http://web-local.rudn.ru/web-local/prep/rj/files.php?f=pf\\_926d773205934017eb18c4f80ce1f8a5](http://web-local.rudn.ru/web-local/prep/rj/files.php?f=pf_926d773205934017eb18c4f80ce1f8a5)
3. Theory and Practice of Physical Culture. Scientific and Theoretical monthly journal of Russian Ministry of Sport and Russian Central State Institute of Physical Culture.  
<http://tpfk.infosport.ru>
4. Physical Culture for Students. Digital textbook [http://cnit.ssau.ru/kadis/ocnov\\_set/](http://cnit.ssau.ru/kadis/ocnov_set/)

### ***Printed publications:***

1. Austin, D. Get energy!: empower your body, love your life / Denise Austin. – New York, 2011. – 240 p.

2. Boreham, C. The development and evolution of fitness testing equipment and procedure suitable for use in physical and health education of primary school children. Final report. Belfast, The Quiches University of Belfast / C. Boreham. – 1989. – S. 12–16.
3. Champion, N. Aerobics Instructor's. Handbook / N. Champion, G. Hurst. – FISAF : Kandaroo Press, 1999. – 133 p.
4. Cooper, K.H. New aerobics for women / K.H. Cooper. – USA : Bantam books, 1998. – 324 p.
5. Fitness and physical fitness of girls 7 to 17 years / R.M. Malina, G.H. Beunen, A.L. Claessens, J. Lefevre, B. Vanden Eunde, R. Renson, B. Vanreusel, G.
6. Simon. Obesity Research, 1998. – P. 221–231.
7. Fonda, J. Jane Fondas Fitness Buch Ich fuhle mich gut / J. Fonda. – Frankfurt Ficher, 1983. – 300 p.
8. Jan, G.B. Fitness Through Aerobic / G.B. Jan. – New York : Paperback Other, 2004. – 234 p.
9. Lamb, D. Physiology of aerobic exersizes / D. Lamb. – New York : Macmillian, 2001. – P. 36–44.
10. Wilmore, J.H. Physiology sport and exercise / J.H. Wilmore, D.I. Costill. – Champaign: Human Kinetics, 1994. – 549 p.

### ***Internet (based) sources***

1. Electronic libraries with access for RUDN students:
  - Electronic library network of RUDN – ELN RUDN <http://lib.rudn.ru/MegaPro/Web>
  - ELN «University Library online» <http://www.biblioclub.ru>
  - ELN Urait <http://www.biblio-online.ru>
  - ELN «Student Advisor» [www.studentlibrary.ru](http://www.studentlibrary.ru)
  - ELN «Lan» <http://e.lanbook.com/>
2. Databases and search engines:
  - electronic fund of legal and regulatory and technical documentation <http://docs.cntd.ru/>
  - search system Yandex <https://www.yandex.ru/>
  - search system Google <https://www.google.ru/>
  - abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

### ***Learning toolkits for self-studies during the development of the discipline***

1. Lectures Synopsis on the discipline "Physical culture".
2. Methodological guidelines for the implementation and execution of control and independent work on the discipline "Physical culture "
  - \* *All teaching materials for self-studing of students are placed in accordance with the current procedure on the discipline page in the RUDN LMS TUIS.*

## **8. EVALUATION TOOLKIT AND GRADE SYSTEM FOR THE ASSESSMENT**

Evaluation Toolkit (ET) and a point-rating system (PRS)\* for assessment the level of competence formation (part of competencies) based on the results of mastering the discipline "Physical culture" are presented in the Appendix to this Work Program of the discipline.

\* - ET and PRS are formed on the basis of the requirements of the relevant local regulatory act of the RUDN

**DEVELOPERS:**

Associate Professor of the  
Department of Physical  
Education and Sport:

E.A. Lubyshev

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Associate Professor of the  
Department of Physical  
Education and Sport:

Y.S. Sergeeva

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**HEAD of the** of the Department  
of Physical Education and Sport:

T.R. Lebedeva

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