

Federal State Autonomous Educational Institution of Higher Education
«Peoples' Friendship University of Russia»

Medical Institute

Recommended MCSD

SYLLABUS
(STUDY GUIDE)

Subject

Physical Culture and Sport

Recommended for the direction of training (specialty)

31.05.01 General Medicine

Program (profile, specialization)

General Medicine

1. The purpose and objectives of the discipline.

The purpose is the formation of a system of knowledge and skills in students targeted use of the means of physical culture, sports and tourism for maintaining and strengthening health and physical improvement.

The objectives of the discipline

- formation of a conscious understanding of the social role of physical culture in personality development;
- formation of an integral system of knowledge of scientific-biological, psychological-pedagogical and practical foundations of physical culture and a healthy lifestyle;
- upbringing of a motivational-value attitude to physical culture, healthy lifestyle, physical improvement, education of the need for regular exercise;
- formation of knowledge about the laws of achieving and maintaining high professional performance in work;
- the formation of a system of practical skills that ensure the preservation and health promotion, mental well-being, development and improvement psychophysical abilities, qualities and personality traits;
- creating a basis for creative and methodologically sound use physical culture and sports activities to achieve life and professional goals.

2. The place of the academic discipline in the structure of EP HE.

The discipline "Physical culture and Sport" is implemented in the amount of at least 72 academic hours (2 CU) in full-time education.

3. Requirements for the results of mastering the discipline.

The process of studying the discipline is aimed at the formation of the following competencies:

Table 1

Emerging competences

Competences	Name of the competence	Indicators of achievement of competencies
UC-7	Being able to maintain the proper level of physical well-being to ensure a high-quality social and professional activity	UC-7.1. Being aware of the types of physical exercises; scientific and practical foundations of physical culture and healthy lifestyle and lifestyle. UC-7.2. Being able to apply in practice various means of physical culture, sports and tourism to maintain and strengthen health, psychophysical training and self-preparation for future life and professional activity; use creatively the means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy lifestyle and lifestyle. UC-7.3. Being aware of the means and methods of strengthening individual health, physical self-improvement.

As a result of studying the discipline, the student must:

Know:

- values, functions of physical culture and sports; types of physical exercises; scientific and practical bases of physical culture;
- methods and means of physical culture and sports, the basis for the formation and improvement of physical qualities in order to increase the level of physical fitness;
- principles and fundamentals of the methodology of conducting training sessions in order to increase the adaptive reserves of the body and strengthen health;
- scientific and practical foundations of a healthy lifestyle and lifestyle;

Be able to:

- plan and organize training sessions, apply various means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-preparation for future life and professional activity;
- to exercise self-control of the state of your body in the process of physical culture and sports;
- to use creatively the means and methods of physical culture for the formation of physical and mental qualities of the individual and the organization of a healthy lifestyle.

4. The scope of the discipline and types of educational work.

The total workload of the discipline is 7 (hours (2 credit units).

Type of educational work	Total hours	Semesters				
		1	2	3	4	
Classroom lessons (total)	72					
Theoretical section	24	0	12	0	12	
Methodological and practical classes	36	0	18	0	18	
Control section	12	0	6	0	6	
Total labor intensity	Hours	72	72	36	0	36
	CU	2		1		1

5. Discipline content

5.1 Contents of discipline sections

№ п/п	The name of the discipline	Section Contents
I	Theoretical section	<p>Topic 1. Physical culture in general cultural and professional training of students.</p> <p>Topic 2. Socio-biological foundations of physical culture.</p> <p>Topic 3. Fundamentals of a healthy lifestyle for a student.</p> <p>Topic 4. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.</p> <p>Topic 5. Pedagogical foundations of physical education.</p> <p>Topic 6. Basics of general and special physical training. Sports training.</p> <p>Topic 7. Fundamentals of methods of independent physical exercise.</p>

		Topic 8. Self-control of those involved in physical exercise and sports
II	Methodical and practical chapter	<p>1. Techniques for effective and cost-effective ways of mastering vital skills and abilities.</p> <p>2. The simplest methods of self-assessment of performance, fatigue, fatigue and the use of physical culture means for their directional correction.</p> <p>3. Methodology for drawing up individual programs physical self-education and activities wellness, recreational and restorative orientation.</p> <p>4. Basics of self-massage technique.</p> <p>5. Method of corrective gymnastics for the eyes.</p> <p>6. Methodology for compiling and conducting the simplest self-study physical hygienic or training exercises directionality.</p> <p>7. Methods for assessing and correcting posture and physique.</p> <p>8. Methods of self-monitoring of health status and physical development.</p> <p>9. Methods of self-control for functional the state of the body.</p> <p>10 Methodology for conducting educational and training classes.</p> <p>11. Methods of self-assessment of special physical and sports readiness according to the chosen type sports.</p> <p>12. Methodology of an individual approach and application of funds for targeted development individual physical qualities.</p> <p>13. Methods of regulation of psycho-emotional conditions in exercise and sports.</p> <p>14. Means and methods of muscle relaxation in sports.</p> <p>15. Methodology for self-development of individual elements of professionally applied physical preparation.</p> <p>16. Technique for carrying out production gymnastics, taking into account the given conditions and nature labor.</p>
III	Control section	Testing the level of theoretical knowledge Test assignment

5.2. Sections of discipline and types of classes

№ п/п	Section name disciplines	lecture	Practical classes	Laboratory work	Seminars	SRS	Total hours
I	Theoretical section	24					24
II	Methodological and practical section				36		36
III	Control section		12				12
Total							72

6. Theoretical section

№ п/п	Discipline section number	Lecture topics	Labor intensity (hour)
1	I	Topic 1. Physical culture in general cultural and professional training of students.	3

2	I	Topic 2. Socio-biological foundations physical culture	3
3	I	Topic 3. Basics of a healthy lifestyle student.	3
4	I	Topic 4. Psychophysiological foundations of educational labor and intellectual activity. Physical culture means in regulation performance.	3
5	I	Topic 5. Pedagogical foundations of physical education.	3
6	I	Topic 6. Basics of general and special physical fitness. Sports training.	3
7	I	Topic 7. Fundamentals of the methodology of independent exercise.	3
8	I	Topic 8. Self-control of students physical exercise and sports.	3

7. Methodical and practical section

№ п/п	Discipline section number	Themes of methodological and practical lessons	Labor intensity (hour)
1	II	Techniques for effective and cost-effective ways to master life skills	2
2	II	The simplest methods of self-assessment of performance, fatigue, fatigue and the use of physical culture for their directional correction.	2
3	II	Methodology for drawing up individual programs of physical self-education and classes health-improving, recreational and restorative orientation.	2
4	II	The basics of self-massage technique.	2
5	II	The method of corrective gymnastics for the eyes.	2
6	II	The technique of compiling and conducting the simplest independent physical exercises hygienic or training exercises.	3
7	II	Methods for assessing and correcting posture and physique.	2
8	II	Self-monitoring methods of health and physical development.	2
9	II	Self-control methods for functional the state of the body.	2
10	II	Methodology for conducting educational and training classes.	3
11	II	Self-assessment methods of special physical and sports readiness according to the chosen kind of sport.	2
12	II	Methodology of an individual approach and the use of funds for targeted development individual physical qualities.	2
13	II	Methods of regulation of psychoemotional states in physical exercise and sports.	2
14	II	Means and methods of muscle relaxation in sports.	2
15	II	The method of self-mastering of individual elements of professionally applied physical fitness.	2
16	II	The methodology for conducting industrial gymnastics, taking into account the given conditions and nature of work.	3

8. Control section

№ п/п	№ section disciplines	Section Contents	Labor intensity (hour)
1	III	Testing the level of theoretical knowledge	3
2	III	Test assignment	9

9. Material and technical support of the discipline:

To study the discipline "Physical culture" in the framework of the implementation of the main professional educational program for all specialties / areas of training for bachelors, implemented by RUDN University, in the form of lectures and methodological and practical classes, it is required:

- classroom equipped with specialized furniture (teacher's table, desks, chairs, blackboard);
- technical teaching aids (video projection equipment, sound reproduction equipment, screen, Internet access);
- a sports hall for physical education, a hall for health-improving physical education in the sports club (SC) "Druzhba".

10. Information support of the discipline

In the implementation of the educational process in the discipline "Physical culture and Sport" it is supposed to use:

- software Microsoft Word, Microsoft Excel, Microsoft Power Point;
- Internet services and electronic resources: search engines, e-mail, audio and video conferencing systems, electronic educational and teaching materials;
- teaching aids using information technologies:
 - providing basic training: electronic textbooks, knowledge control systems;
 - auxiliary: presentations, video clips, video films;
 - information and training: e-books, electronic periodicals;
 - electronic and information resources with textual information: textbooks, teaching aids, tests, periodicals, teaching materials;
 - electronic and information resources with visual information: photographs, illustrations, video clips, diagrams, diagrams;

The Teams system is used to organize distance learning.

11. Educational and methodological support of the discipline:

Informational resources

1. Physical culture (theoretical course) <https://esystem.rudn.ru/course/view.php?id=917>
2. A course of lectures on the discipline "Physical culture": http://web-local.rudn.ru/web-local/prep/rj/files.php?F=pf_926d773205934017eb18c4f80ce1f8a5
3. Theory and practice of physical culture. Monthly scientific and theoretical journal of the State Committee of the Russian Federation for Physical Culture, Sports and Tourism of the Russian State Academy of Physical Culture <http://tpfk.infosport.ru>
4. Physical culture of the student. Electronic textbook. The content of the textbook corresponds to the approximate program of the discipline "Physical culture" for higher educational institutions http://cnit.ssau.ru/kadis/ocnov_set/

Videos and presentations

<https://esystem.rudn.ru/mod/url/view.php?id=41370>

Topic "Physical culture in general cultural and professional training of students"
<https://esystem.rudn.ru/mod/url/view.php?id=41372>
 Topic "Socio-biological foundations of physical culture"
<https://esystem.rudn.ru/mod/url/view.php?id=41371>
 Topic "Applied physical training of future specialists"
http://www.youtube.com/watch?v=OcdCA9J_aaA
 Topic: "Psychophysiological foundations of educational work and intellectual activity"
<http://www.youtube.com/watch?v=kSMSHLhE8sI>
 Topic: "Peculiarities of practicing the chosen kind of sport"
<http://www.youtube.com/watch?v=TbqtUg81Abs>
 Topic: "Fundamentals of a student's healthy lifestyle, physical culture in ensuring health"
<http://www.youtube.com/watch?v=GywjDeIMsOs>
 Topic: "General physical and sports training in the system of physical education."
<http://www.youtube.com/watch?v=7RB7FIr9xgs>
 Topic: "Methodological foundations of independent physical exercises"
<http://www.youtube.com/watch?v=R-3AtfRgD7Q>
 Topic: "Physical culture in general cultural and professional training of a student"
<http://www.youtube.com/watch?v=14kLOTnh604>
 Topic: "Professionally applied physical training of future specialists"
<http://www.youtube.com/watch?v=wZUONB4Be2Y>
 Exercises of joint gymnastics [https://disk.yandex.ru/client/disk/Articular% 20Gymnastics](https://disk.yandex.ru/client/disk/Articular%20Gymnastics)

Main literature.

1. Allianov Yu. N., Pismensky I. A. Physical culture: Textbook for bachelors. - M.: Yurayt, 2014.
2. Vilensky M.Ya. Physical culture and healthy lifestyle of the student: Textbook. - 4th ed., Stereotype. - M.: KnoRus, 2016. – 239 p. .
3. Muller A.B., Dyadichkina NS, Bogashchenko Yu.A. Physical culture: A textbook for bachelors. - M.: Yurayt, 2016.

Additional literature

1. Bogdanov V.M., Ponomarev V.S., Solovov A.V., Kislitsyn Yu.L., Shcherbakov V.G., Pobyvanets V.S. Educational multimedia complex on the basics of physical culture at the university. Tutorial. Samara: Ed. SSAU, 2012
2. Bryunina A.V., Malchenko A.D. Features of physical education of students of a special medical group. Methodical recommendations for practical training. M.: RUDN, 2014
3. Gonzalez S.E. The variability of the content of classes in the discipline of physical culture. Monograph. Moscow: Ed. RUDN, 2013
4. Kislitsyn Yu.L., Pobyvanets V.S., Burmistrov V.N. Physical culture in the socio-biological adaptation of students. Reference manual. Moscow: Ed. RUDN, 2013
5. Kodaneva L.N. Organizational and methodological foundations of physical culture of students with disabilities in health: Textbook. - M.: Publishing House of the Academy of Zhukovsky, 2017. -- 140 p., Ill.
6. Kodaneva L.N., Sukhareva L.M., Khramtsov P.I. and others. Medical and pedagogical control over the organization of physical culture classes for students with disabilities in health: guidelines. - Moscow: Publishing House of the Scientific Center of Children's Health of the Russian Academy of Medical Sciences, 2013. - 49 p.
7. Kosyakova E.V. Functional training for first-year students: Textbook. - Electronic text data. - M.: Publishing house of RUDN, 2017. -- 68 p.
8. Kunitsyna E.A. Swimming training for university students. Methodical recommendations for practical training. M.: RUDN, 2014
9. Panov G.A. Medical and pedagogical control in the process of physical education of students. Moscow: Ed. RUDN University, 2012

10. Pushkina V.N., Makeeva V.S., Osipenko E.V. Monitoring the physical condition of schoolchildren and students: textbook / V.N. Pushkin, V.S. Makeeva, E.V. Osipenko, Moscow: RadioSoft, 2016, 320 p.

11. Physical culture and healthy lifestyle of a student: textbook / M.Ya. Vilensky, A.G. Gorshkov. - M.: KNORUS, 2012 .-- 240 p.

12. Shulyat'ev V.M., Pobyvanets V.S. Physical culture of the student. Tutorial. Moscow: Ed. RUDN University, 2012

**12. Methodical instructions for students on mastering the discipline
Recommendations for the implementation of the methodological and
practical assignment**

Algorithm of execution.

1. Students get acquainted with the concepts of the methodological and practical lesson.
2. Perform special exercises on the topic of the lesson. Starting positions, the sequence of execution is carried out independently. After completing each exercise, it is recommended to pay attention to muscle sensations.
3. Write down 2-3 special exercises (optional) in the protocol.
4. Students perform 6-8 general developmental exercises in accordance with the topic of the lesson. The sequence and correctness of the execution are monitored independently.
5. Write down 2-3 general developmental exercises (optional) in the protocol. An approximate protocol of the lesson on the topic "Corrective gymnastics technique for eye".

Protocol

Topic: method of corrective gymnastics for the eyes

Student full name, study group, student ID number.

Vision - such as grade III myopia or normal

The focus of the complex	Exercise content	Dosage	Methodical instructions
Special exercises	1. Frequent blinking 2. 3. 4.	10-15 s	Maximum frequency
General developmental exercises combined with eye movement	1. lying on back, a tennis ball in hands; ball forward, right, left, up, circular motion 2. 3. 4.	20-30 s	Follow the ball with your gaze, the head is motionless
Exercises according to W. Bates	1. «Palming "(cupped folded palms of the hands crosswise, close your eyes) 2. 3. 4.	2-3 min	Complete relaxation (vision "Black")

6. Students answer questions to control the topic of the lesson. For example:

1. Expand the concept of "myopia" and the reasons for its development.

2. What is the reason for the inclusion in the complex of exercises that correct vision, exercises for the muscles of the back and neck?
3. Explain the technique of palming.

Exercise Recording Rules

When recording a separate exercise, you must specify:

- the starting position from which the movement begins (for example: the main stance; the back seat is sitting, the legs are apart);
- the name of the movement (for example: tilt, turn, swing, squat, etc.);
- direction of movement (for example: to the right, left, back, etc.);
- end position (as a rule, start and end positions coincide);
- set the count of movements (usually exercises are performed at a multiple of 4). An example of recording a physical exercise for 8 accounts:

leg stand apart, hands on the belt

1 - right hand up;

2 - tilt to the left;

3 - straighten up;

4 - by sample

5 - left hand up; 6 - tilt to the right;

7 - straighten up;

8 - by sample

12. Fund of assessment tools for intermediate certification of students in the discipline "Physical culture"

Materials for assessing the level of mastering the educational material of the discipline "Physical culture", including a list of competencies with an indication of the stages of their formation, a description of indicators and criteria for assessing competencies at various stages of their formation, a description of the assessment scales, standard control tasks or other materials necessary for assessment knowledge, abilities, skills and (or) experience of activity, characterizing the stages of the formation of competencies in the process of mastering the educational program, methodological materials defining the procedures for assessing knowledge, skills, skills and (or) experience of activity, characterizing the stages of formation of competencies, have been developed in full and are available to students on the discipline page at TUIS RUDN.

The program was drawn up in accordance with the requirements of the Federal State Educational Standard of Higher Education.

Developers:

Associate Professor

Department of Physical Education and Sports

L.N. Kodaneva

Head of the Department

Department of Physical Education and Sports

T.R. Lebedeva

Head of the Program

I. V. Radysh