

Документ подписан простой электронной подписью  
Информация о владельце:  
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Должность: Ректор  
Дата подписания: 15.05.2024 11:15:00  
Уникальный программный ключ:  
ca953a0120d891083f939673078ef1a989dae18a

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

**Physical education and sport department**

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

**COURSE SYLLABUS**

**PHYSICAL CULTURE**

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course title

**Recommended by the Didactic Council for: all specialities/training areas for bachelors/specialists implemented at RUDN University**

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field of studies / speciality code and title

**The development of the discipline is carried out within the framework of the implementation of the main professional educational program of higher education (EP HE).**

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higher education programme profile/specialisation title

## 1. GOALS OF MASTERING THE DISCIPLINE

The aim of the course «**Physical Culture**» is to supply students with knowledge of human body systems and to introduce them to the main 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 process of studying the discipline “Applied Physical Culture” is purposed for developing the following competence: UK-7 – is able to maintain the current level of physical fitness to ensure full-fledged social and professional activities

*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</b>	<b>Indicators of Competence Formation (within the framework of this discipline)</b>
GPC-7. Able to keep the proper level in physical fitness to ensure full social and professional activities	GPC-7.1 able to define the kinds of sport exercises, can determine scientific and practical basements of physical culture and healthy lifestyle.
	GPC-7.2 able to apply in practice a variety of means of physical culture, sports and tourism to keep and strengthen health, psychophysical preparation and self-preparation for future life and professional activities; use creative means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy image and lifestyle. acquainted the different sport means practical usage.

## 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>Learning outcomes</b>	<b>Assessment indicators</b>
<b>GPC-7.1.</b>	GPS-7.1. Applies the means and methods of physical education for professional and personal development with the purposes of successful social and professional activities	Operate the values and functions of physical culture and sports; types of physical exercises; scientific and practical foundations of physical culture	Reveals the values and functions of physical culture and sports. Gives examples and characterizes types of physical exercises. Reveals the scientific and practical foundations of physical culture
		Operate the methods and means of physical culture and sports, the basics of developing and improving physical qualities in order to increase the level of physical fitness	Characterizes methods and means of physical culture and sports. Characterizes methods of formation and improvement of physical qualities and level of physical fitness.
		Operate the principles and fundamentals of the methodology for conducting educational training sessions in order to increase the body's adaptive reserves and improve health.	Characterizes the principles and fundamentals of the methodology for conducting educational and training sessions in order to increase the body's adaptive reserves and improve health.
		Operate the scientific and practical foundations of a healthy lifestyle.	Describes methods of maintaining and promoting health. Analyzes cause-and-effect relationships between healthy lifestyle factors and diseases. Describes the basics of a healthy lifestyle

<b>GPC-7.2</b>	GPS-7.2. Able to apply in practice a variety of means of physical culture, sports and tourism to preserve and strengthen health, psychophysical preparation and self-preparation for future life and professional activities; use creative means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy image and lifestyle	Able to plan and organize educational and training sessions, apply various exercise systems in order to improve physical fitness to preserve and improve health.	Plans and organizes educational and training sessions in order to preserve and improve health. Determines the effectiveness of various exercises in order to improve physical fitness.
		Able to self-monitor the conditions of your body during physical activity culture and sports	Applies practical skills for self-monitoring of the state of his body in the process of physical education and sports
		Able to use the means and methods of physical culture to form physical and mental qualities of the individual and organization of a healthy lifestyle.	Chooses the actual means and methods for the formation of physical and mental qualities. Chooses the actual means and methods for organizing a healthy lifestyle

\* - to be filled out in accordance with the competency matrix and SEP of EP HE

#### 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
Evaluation and assessment (exam or pass/fail grading)	4		2		2
<b>Total workload of the discipline</b>	ac.h.		<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*

<b>Modules and Topics</b>	<b>Content of the topics</b>	<b>Type of academic activities*</b>
<b>Module 1</b> Practical	1.1. Physical culture in general cultural and professional training of students 1.2. Social and biological foundations for Physical Culture 1.3. Track and Field athletics 1.4. Essentials for healthy lifestyle 1.5. Self control in in physical exerciseing and sports 1.6. Skiing 1.7. Physical culture in production activities of bechelor and specialist	Pr Pr Pr Pr Pr Pr Pr
<b>Module 2</b> Control	Control tests and normatives acceptance	Pr

*\*Pr - Practicum*

## 6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

*Table 6.1. Logistical and material supplements of the discipline*

<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-football, 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 computers with stable wireless Internet connection. (aud. 245, 246).	Technical equipment: multimedia projector BenQ Projector MX 525, projection screen, laptop ASUS X515JP-BQ029T, computer Lenovo V530S-071CB with stable Internet connection. Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest and stable release).

<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
Gymnasium for different kinds of sport training	Gymnasium for different kinds of sport training (Gym at the «Druzhba» sport club).	Sport banches, mates, fitballs/heavy fitballs, ropes, kettlebells/dumbbells/barbells in various waits, 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 SOURSES for COURSE STUDIES**

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

1. Muller A.B., Dyadichkina N.S., Bogashchenko Yu.A. Physical culture: textbook and workshop for applied bachelor’s degree / - Moscow: Yurayt Publishing House, 2019. - 424 p. — (Bachelor. Applied course). — ISBN 978-5-534-02483-8.
2. Koneeva E.V. Physical culture: textbook for universities; edited by E. V. Koneeva. — 2nd ed., revised. and additional — Moscow: Yurayt Publishing House, 2020. — 599 p. - (Higher education). — ISBN 978-5-534-12033-2.

### ***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. Dugbley, A. D. Sports games at university / A. D. Dugbley, D. A. Potapov, V. S. Milashechkin. – Moscow: Peoples' Friendship University of Russia (RUDN), 2022. – 120 p. – ISBN 978-5-209-10815-3. – EDN QBLYKM.

2. Zhuravleva Yu.S. General physical training with elements of health-improving aerobics in the educational process of the University. Textbook M.: RUDN Publishing House, 2019. 84 p.
3. Zhuravleva Yu.S. Morphofunctional support of student motor activity. Textbook M.: RUDN Publishing House, 2019. 144 p
4. Lebedeva, T. R. Teaching sprint running techniques to university students: A textbook for students and university teachers / T. R. Lebedeva, O. V. Pogorelova, A. A. Bychkov. – Moscow: Peoples' Friendship University of Russia (RUDN), 2022. – 73 p. – ISBN 978-5-209-10991-4. – EDN RWMMNE.
5. Lubyshev, E. A. Self-control in physical activity of students: educational manual / E. A. Lubyshev, A. A. Krasilnikov, Yu. S. Sergeeva. – Moscow: Media Group “HASK”, 2021. – 32 p. – EDN HFCPTL5.
6. Milashechkina, E. A. Functional training for students: Textbook for the discipline “Physical Culture” / E. A. Milashechkina, A. A. Krivenkov, A. V. Rusanov. – Moscow: Peoples' Friendship University of Russia (RUDN), 2022. – 105 p. – ISBN 978-5-209-11000-2. – EDN AWRLRM.
7. Olyashev, N.V. Badminton in the system of physical education of students / N.V. Olyashev. – Moscow: Peoples' Friendship University of Russia (RUDN), 2020. – 120 p. – ISBN 978-5-209-09657-3. – EDN LDILWA.
8. Olyashev, N.V. Ski training during training sessions at the university / N.V. Olyashev. – Moscow: Peoples' Friendship University of Russia (RUDN), 2019. – 168 p. – ISBN 978-5-209-08807-3. – EDN GCIRUW.
9. Potapov, D. A. Outdoor games in the system of technical training of basketball players / D. A. Potapov, E. A. Milashechkina. – Moscow: Peoples' Friendship University of Russia (RUDN), 2019. – 73 p. – ISBN 978-5-209-10053-9. – EDN IPRHQQ.
10. Timofeeva, O. V. Classical aerobics in the system of physical education of female students / O. V. Timofeeva, A. D. Malchenko. – Moscow: Peoples' Friendship University of Russia (RUDN), 2019. – 104 p. – ISBN 978-5-209-08565-2. – EDN HEAWUP.
11. Shulyatyev, V.M. Technical and tactical training of football players in a university environment / V.M. Shulyatyev, A.D. Dugbley, A.D. Malchenko. – Moscow: Peoples' Friendship University of Russia (RUDN), 2019. – 144 p. – EDN ZEFZOX.
12. Shulyatiev V.M. Teaching technical techniques to volleyball students: educational and methodological manual for the discipline “Physical Culture” / author: V.M. Shulyatiev, A.A. Soparev. – Moscow: RUDN, 2020. 108 p.
13. Elective disciplines in physical culture and sports: textbook (workshop): in 3 volumes. / K.M. Smyshnov, O.V. Rezenkova, L.V. Belova, D.D. Kuchukova. – Stavropol: Publishing House of North Caucasian Federal University, 2020. – 126 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-studying 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:**

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Y.S. Sergeeva

**HEAD of the** of the Department  
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