

Документ подписан простой электронной подписью
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Federal State Autonomous Educational Institution for Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
Agrarian and Technological Institute

WORKING COURSE SYLLABUS

Applied physical education

Recommended by the Methodological Council for the Education Field:

36.05.01 Veterinary medicine

2022 г.

1. GOALS AND OBJECTIVES OF THE DISCIPLINE

The aim of mastering the discipline " **Applied physical education** " is the formation of the physical culture of the individual students, the ability to direct the use of physical culture, sport and tourism for psychophysical training and self-preparation for future professional activities.

2. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

The development of the discipline "**Applied physical education**" is aimed at creating the following competencies (parts of competencies) for students:

Table 2.1. List of competencies formed by students during the development of the discipline (results of the development of the discipline)

| Code | Competence | Indicators of competence accomplishment (within the discipline) |
|-------|---|---|
| UK -7 | The ability to maintain a proper level of physical fitness to ensure a full-fledged social and professional activity. | UK-7.1 Selects health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body; |
| | | UK-7.2 Plans his working and free time for an optimal combination of physical and mental load and ensuring working capacity; |
| | | UK -7.3 Observes and promotes the norms of a healthy lifestyle in various life situations and in professional activities. |

3. COURSE IN HIGHER EDUCATION

The discipline "**Applied physical education**" belongs to the part formed by the participants of educational relations of the block B1 of the Educational Program of Higher Education.

As part of the Educational Program of Higher Education, students also master other disciplines and /or practices that contribute to achieving the planned results of mastering the discipline "**Applied physical education**".

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

| Competence code | Competence | Previous Disciplines (Modules) | Subsequent Disciplines (Modules) |
|-----------------|--|-----------------------------------|----------------------------------|
| UK -7 | The ability to maintain a proper level of physical fitness to ensure a full- | Life safety Physical education | Career management |

| | | | |
|--|---|--|--|
| | fledged social and professional activity. | | |
|--|---|--|--|

4. COURSE WORKLOAD AND TRAINING ACTIVITIES

Course workload of the discipline "**Applied physical education**" is 0 credits.

*Table 4.1. Types of academic activities during the period of the HE program mastering for **full-time** study*

| Types of academic activities | | HOURS | Semesters | | | | | |
|--|---------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | 1 | 2 | 3 | 4 | 5 | 6 |
| Contact academic hours | | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| including | | | | | | | | |
| Lectures | | - | - | - | - | - | - | - |
| Lab work | | - | - | - | - | - | - | - |
| Seminars (workshops/tutorials) | | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| Self-study | | - | - | - | - | - | - | - |
| Evaluation and assessment (exam/pass/fail grading) | | - | - | - | - | - | - | - |
| Course workload | Academic hour | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| | Credit unit | - | - | - | - | - | - | - |

*Table 4.2. Types of academic activities during the period of the HE program mastering for **part-time** study*

| Types of academic activities | | HOURS | Semesters | | | | | |
|--|---------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | | 1 | 2 | 3 | 4 | 5 | 6 |
| Contact academic hours | | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| including | | | | | | | | |
| Lectures | | - | - | - | - | - | - | - |
| Lab work | | - | - | - | - | - | - | - |
| Seminars (workshops/tutorials) | | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| Self-study | | - | - | - | - | - | - | - |
| Evaluation and assessment (exam/pass/fail grading) | | - | - | - | - | - | - | - |
| Course workload | Academic hour | 328 | 58 | 54 | 54 | 54 | 54 | 54 |
| | Credit unit | - | - | - | - | - | - | - |

5. CONTENT OF THE DISCIPLINE

Table 5.1 Content of the discipline (module) by type of academic work

| Name of the discipline section | Content of the section (topics) | Types of academic activities |
|---------------------------------------|---|-------------------------------------|
| Section 1. Practice Section | Topic 1.1. Athletics | Seminar classes |
| | Topic 1.2. Sports games | Seminar classes |
| | Topic 1.3. Gymnastics | Seminar classes |
| | Topic 1.4 Ski training | Seminar classes |
| | Topic 1.5 Independent work of students (extracurricular activities) | Seminar classes |

6. CLASSROOM INFRASTRUCTURE AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Material and technical support of the discipline

| <i>Classroom for Academic Activity Type</i> | <i>Equipping the classroom</i> | Specialized educational/laboratory equipment, software and materials for the development of the discipline (if necessary) |
|--|---|--|
| Seminary | An auditorium for conducting seminar-type classes, group and individual consultations, ongoing monitoring and interim certification, equipped with a set of specialized furniture and multimedia presentation equipment. | <i>Sports hall for physical education classes, a hall for recreational physical education classes in the sports club (SC) "Druzhba</i> |
| Self-studies | An auditorium for independent work of students (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with access to an electronic information and educational environment. | - |

7. RECOMMENDED SOURCES FOR COURSE STUDIES

Main reading:

1. N., Pismensky I. A. Physical Culture: Textbook for Bachelors. - M.: Yurait, 2014.
2. Antipov, O. V. Physical culture and sports (Course of lectures): textbook / O. V. Antipov, A. M. Surkov, E. Sukhanova. - Moscow : K.I. Skryabin Moscow State Academy of Biology and Agriculture, 2021. - 118 c.
3. Vilensky M.Y. Physical training and healthy lifestyle of a student: Textbook. - 4th ed. stereotyped. - M. :Knorus, 2016. - 239 c..
4. Muller A.B., Diadichkina N.S., Bogashchenko Y.A. Physical Culture: Textbook for

Bachelors. - M.: Yurite, 2016.

Additional Reading:

1. Brunina A.V., Malchenko A.D. Features of physical education of students of special medical group. Methodical recommendations for practical exercises. Moscow: PFUR, 2014.
2. Buchnev S.S. Student soccer. Textbook. Moscow: PFUR, 2015.
3. Gonzalez S.E. Variation of the content of classes in the discipline of physical culture. Monograph. Moscow: RUDN Publishing House, 2013.
4. Zhuravleva Y.S. Recreational aerobics in the educational process of the University. Textbook. Moscow: PFUR, 2014.
5. Kislitsyn Y.L., Pobyvanets V.S., Burmistrov V.N. Physical training in socio-biological adaptation of students. Reference Manual. Moscow: RUDN Publishing House, 2013.

Resources of the Internet information and telecommunication network:

1. Electronic library system of RUDN and third-party Electronic library systems to which university students have access on the basis of concluded contracts:

- Electronic library system of RUDN - ELS RUDN <http://lib.rudn.ru/MegaPro/Web>
- ELS "University Library online" <http://www.biblioclub.ru>
- ELS Yurayt <http://www.biblio-online.ru>
- ELS "Student Consultant" www.studentlibrary.ru
- ELS "Lan" <http://eZlanbook.com/>
- ELS "Trinity Bridge" <http://www.trmost.com/>

2. Databases and search engines:

- electronic fund of legal and regulatory and technical documentation <http://docs.cntd.ru/>
- search engine Yandex <https://www.yandex.ru/>
- search engine Google <https://www.google.ru/>
- abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

Educational and methodological materials for independent work of students during the development of the discipline/ module*:

1. A course of lectures on the discipline "**Applied physical education**".
2. Seminary workshop on the discipline "**Applied physical education**".

* - All educational and methodological materials for independent work of students are placed in accordance with the current procedure on the discipline page in the **Telecommunication educational and Information System!**

8. MID-TERM ASSESSMENT

Evaluation materials and a point-rating system* for assessing the level of competence formation (part of competencies) based on the results of mastering the discipline "**Applied physical education**" are presented in the Appendix to this Work Program of the discipline.

* - Assessment Materials and a Point Rating System are formed based on the requirements of the relevant local regulatory act of the RUDN.

DEVELOPER:

Associate Professor, Department of Physical
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Position, Basic curriculum

Signature

Kodaneva L.N.

Full name.

HEAD OF THE DEPARTMENT:

Department of Physical Education and Sports

Name Basic Curriculum

Signature

Lebedeva T.R.

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HEAD OF THE HIGHER EDUCATION PROGRAM:

Director of the Department of Veterinary Medicine

Position, Basic curriculum

Signature

Vatnikov Yu.A.

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