

Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Ястребов Олег Александрович
Должность: Ректор
Дата подписания: 09.06.2022 17:00:53
Уникальный программный ключ:
ca953a0120d891083f939673078ef1a989dae18a

**Federal State Autonomous Educational Institution for Higher Education PEOPLES'
FRIENDSHIP UNIVERSITY OF RUSSIA
Agrarian and Technological Institute**

WORKING COURSE SYLLABUS

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 "**Physical education**" is to form a system of knowledge and skills of directed use of physical culture, sport and tourism to maintain and promote health and physical improvement.

2. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

The development of the discipline "**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 "**Physical education**" refers to the mandatory part of 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 "**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-fledged social and professional activity.	Life safety	Applied physical education Career management

4. COURSE WORKLOAD AND TRAINING ACTIVITIES

Course workload of the discipline "**Physical education**" is 2 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				
			2	4	-	-	
Contact academic hours		72	36	36	-	-	
including							
Lectures		-	-	-	-	-	
Lab work		-	-	-	-	-	
Seminars (workshops/tutorials)		72	36	36	-	-	
Self-study		-	-	-	-	-	
Evaluation and assessment (exam/pass/fail grading)		-	-	-	-	-	
Course workload		Academic hour	72	36	36	-	-
		Credit unit	2	1	1	-	-

*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				
			2	4	-	-	
Contact academic hours		36	18	18	-	-	
including							
Lectures		-	-	-	-	-	
Lab work		-	-	-	-	-	
Seminars (workshops/tutorials)		36	18	18	-	-	
Self-study		36	18	18	-	-	
Evaluation and assessment (exam/pass/fail grading)		-	-	-	-	-	
Course workload		Academic hour	72	36	36	-	-
		Credit unit	2	1	1	-	-

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. Methodological and Practical	Topic 1.1. Self-monitoring of those engaged in physical exercises and sports.	Seminar classes
	Topic 1.2. Indicators of physical development.	Seminar classes
	Topic 1.3. Indicators of functional state.	Seminar classes
	Topic 1.4. Indicators of physical fitness.	Seminar classes
	Topic 1.5. Physical performance indicators.	Seminar classes
	Topic 1.6. Indicators of psychophysiological state.	Seminar classes
	Theme 1.7 Physical training in the production activities of a bachelor and a specialist.	Seminar classes
Section 2. Theoretical	Topic 2.1. Physical education in the general cultural and professional training of students.	Seminar classes
	Topic 2.2. Socio-biological foundations of physical culture.	Seminar classes
	Theme 2.3 The basics of a healthy lifestyle of the student. Physical education in the provision of health.	Seminar classes
	Topic 2.4. Psychophysiological bases of educational work and intellectual activity. Means of physical culture in the regulation of performance capacity.	Seminar classes
	Topic 2.5. Pedagogical foundations of physical education. Professional and applied physical education of students and physical culture in the professional activity of a future specialist.	Seminar classes
	Topic 2.6 Fundamentals of general and special physical training. Sports training. Individual choice of sports or system of physical exercises.	Seminar classes
	Topic 2.7. Fundamentals of the methodology of independent exercise.	Seminar classes
	Topic 2.8. Self-monitoring of those engaged in physical exercises and sports.	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)
--	---------------------------------------	--

Lecture	An auditorium for conducting lecture-type classes, equipped with a set of specialized furniture; a board (screen) and technical means of multimedia presentations.	-
Laboratory	An auditorium for laboratory work, individual consultations, routine monitoring and interim certification, equipped with a set of specialized furniture and equipment.	- <i>Sports hall for physical training classes</i> - <i>Hall for recreational physical training 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.: Yurite, 2014.
2. Vilensky M.Y. Physical culture and healthy lifestyle of a student: Textbook. - 4th ed. stereotyped. - M. :Knorus, 2016. - 239 c..
3. Muller A.B., Diadichkina N.S., Bogashchenko Y.A. Physical Culture: Textbook for Bachelors. - M.: Yurite, 2016.

Additional Reading:

1. Bogdanov V.M., Ponomarev V.S., Solovov A.V., Kislitsyn Y.L., Shcherbakov V.G., Pobyvanets V.S. Educational multimedia complex on the basics of physical education in higher education. Training manual. Samara: Publishing house of Samara State Agrarian University, 2012.
2. Brunina AV, Malchenko AD Features of physical education of students in the special medical group. Methodical recommendations for practical exercises. Moscow: PFUR, 2014.
3. Gonzalez S.E. The variability of the content of classes in the discipline of physical culture. Monograph. Moscow: PFUR Publishing House, 2013.
4. Kislitsyn Y.L., Pobyvanets V.S., Burmistrov V.N. Physical culture in socio-biological adaptation of students. Handbook. Moscow: RUDN Publishing House, 2013.
5. Kodaneva L.N. Organizational and methodological bases of physical culture of students with disabilities: Textbook. - Moscow: Zhukovsky Academy Publishing House, 2017. - 140 p., ill.

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 "**Physical education**".
2. Seminary workshop on the discipline "**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 "**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
Education and Sports

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.

Full name.

HEAD OF THE HIGHER EDUCATION PROGRAM:

Director of the Department of Veterinary Medicine

Position, Basic curriculum

Signature

Vatnikov Yu.A.

Full name