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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
RUDN University**

Agrarian and Technological Institute

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

COURSE SYLLABUS

Physical education

course title

Recommended by the Didactic Council for the Education Field of:

36.05.01 Veterinary

field of studies / speciality code and title

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

36.05.01 Veterinary

higher education programme profile/specialisation title

1. GOALS AND OBJECTIVES OF THE COURSE

The aim of mastering the course "**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 LEARNING OUTCOMES

The implementation of the course "**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 course (results of the development of the course)

Competence code	Competence descriptor	Indicators of competence accomplishment (within the course)
GC-7	Is able to maintain an appropriate level of physical fitness to ensure full social and professional activity	GC-7.1 Chooses health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body;
		GC-7.2 Plans his or her work and free time to optimally balance physical and mental demands and performance;
		GC-7.3 Observes and promotes a healthy lifestyle in various life situations and professional activities

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course "**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 courses and /or practices that contribute to achieving the planned results of mastering the course "**Physical education**".

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

Competence code	Competence descriptor	Previous courses/modules, internships*	Subsequent courses/modules, internships*
GC-7	Is able to maintain an appropriate level of physical fitness to ensure full social and professional activity		Applied physical education Preparation for and passing the state exam

4. COURSE WORKLOAD AND TRAINING ACTIVITIES

Course workload of the course "**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	-	-

5. COURSE CONTENTS

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

Modules	Content of the modules (topics)	Types of academic activities
Module 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
Module 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	Seminar classes

	culture in the professional activity of a future specialist.	
	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. COURSE EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Material and technical support of the course

<i>Classroom for Academic Activity Type</i>	<i>Equipping the classroom</i>	Specialized educational/laboratory equipment, software and materials for the development of the course (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. RESOURCES RECOMMENDED FOR COURSE STUDIES

Main readings:

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 Readings:

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 course 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.

Internet sources

1. Electronic libraries (EL) of RUDN University and other institutions, to which university students have access on the basis of concluded agreements:

- RUDN Electronic Library System (RUDN ELS) <http://lib.rudn.ru/MegaPro/Web>
- EL "University Library Online" <http://www.biblioclub.ru>
- EL "Yurayt" <http://www.biblio-online.ru>
- EL "Student Consultant" www.studentlibrary.ru
- EL "Lan" <http://e.lanbook.com/>
- EL "Trinity Bridge"

2. Databases and search engines:

- electronic foundation of legal and normative-technical documentation <http://docs.cntd.ru/>

- Yandex search engine <https://www.yandex.ru/>
- Google search engine <https://www.google.ru/>
- Scopus abstract database <http://www.elsevierscience.ru/products/scopus/>

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

1. A course of lectures on the course "**Physical education**".
2. Seminary workshop on the course "**Physical education**".

* - The training toolkit and guidelines for the internship are placed on the internship page in the university telecommunication training and information system under the set procedure.

8. ASSESSMENT TOOLKIT AND GRADING SYSTEM* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL AS COURSE RESULTS

The assessment toolkit and the grading system* to evaluate the level of competences (competences in part) formation as the course results are specified in the Appendix to the course syllabus.

* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

DEVELOPER:

Associate Professor, Department of Physical
Education and Sports

Position, Basic curriculum

Signature

Kodaneva L.N.

Full name.

HEAD OF EDUCATIONAL DEPARTMENT:

Department of Physical Education and Sports

Name Basic Curriculum

Signature

Lebedeva T.R.

Full name.

**HEAD OF
HIGHER EDUCATION PROGRAMME:**

Director of the Department of Veterinary Medicine

Position, Basic curriculum

Signature

Vatnikov Yu.A.

Full name