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**Federal State Autonomous Educational Institution of Higher Education  
"Peoples' Friendship University of Russia named after Patrice Lumumba"**

**Academy of Engineering**

(name of the main educational unit (MEU) that developed the educational program of higher education)

## **WORKING PROGRAM OF THE DISCIPLINE**

### **PHYSICAL CULTURE**

(name of discipline/module)

**Recommended for the field of study/specialty:**

### **27.03.04 CONTROL IN TECHNICAL SYSTEMS**

(code and name of the training area/specialty)

**The discipline is mastered within the framework of the implementation of the main professional educational program of higher education (EP HE):**

### **DATA SCIENCE AND SPACE SYSTEMS**

(name (profile/specialization) of the educational institution of higher education)

## 1. THE GOAL OF MASTERING THE DISCIPLINE

The discipline "Physical Culture" is included in the bachelor's program "Data Science and Space Systems" in the direction 27.03.04 "Control in Technical Systems" and is studied in semesters 2, 4 of the 1st and 2nd years. The discipline is implemented by the Department of Physical Education and Sports. The discipline consists of 2 sections and 7 topics and is aimed at studying the basics of the theory of physical education, sports and tourism, as well as teaching independent motor activity of students.

The purpose of mastering the discipline is to develop in students a system of knowledge and skills for the targeted use of physical culture, sports and tourism to maintain and strengthen health and physical improvement.

## 2. REQUIREMENTS TO THE RESULTS OF MASTERING THE DISCIPLINE

Mastering the discipline "Physical Education" is aimed at developing the following competencies (parts of competencies) in students:

*Table 2.1. List of competencies developed in students while mastering the discipline (results of mastering the discipline)*

Cipher	Competence	Indicators of Competence Achievement (within the framework of this discipline)
UC-6	Able to manage their time, build and implement a trajectory of self-development based on the principles of lifelong education	UC-6.1 Controls the amount of time spent on specific activities; UC-6.2 Develops tools and methods for time control when completing specific tasks, projects, and goals; UC-6.3 Analyzes his resources and their limits (personal, situational, time, etc.) for the successful completion of the assigned task;
UC-7	Able to maintain an adequate level of physical fitness to ensure full social and professional activity	UC-7.1 Selects health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body; UC-7.2 Plans his/her work and free time to optimally combine physical and mental stress and ensure efficiency; UC-7.3 Observes and promotes healthy lifestyle standards in various life situations and in professional activities;

## 3. PLACE OF THE DISCIPLINE IN THE STRUCTURE OF THE EDUCATIONAL EDUCATION

Discipline "Physical Education" refers to the mandatory part of block 1 "Disciplines (modules)" of the educational program of higher education.

As part of the higher education program, students also master other disciplines and/or practices that contribute to the achievement of the planned results of mastering the discipline "Physical Education".

*Table 3.1. List of components of the educational program of higher education that contribute to the achievement of the planned results of mastering the discipline*

Cipher	Name of competence	Previous courses/modules, practices*	Subsequent disciplines/modules, practices*
UC-7	Able to maintain an adequate level of physical fitness to ensure full social and professional activity	<i>Applied Physical Education**</i> ; Basic Military Training. Life Safety;	Research work / Scientific research work; Undergraduate Training;

<b>Cipher</b>	<b>Name of competence</b>	<b>Previous courses/modules, practices*</b>	<b>Subsequent disciplines/modules, practices*</b>
UC-6	Able to manage their time, build and implement a trajectory of self-development based on the principles of lifelong education	<i>History of Russia; Introduction to the Specialty;</i>	Research work / Scientific research work; Technological Training; Undergraduate Training; Philosophy;

\* - filled in in accordance with the competency matrix and the SUP EP HE

\*\* - elective disciplines/practices

#### 4. SCOPE OF THE DISCIPLINE AND TYPES OF STUDY WORK

The total workload of the discipline “Physical Culture” is “2” credit units.

*Table 4.1. Types of educational work by periods of mastering the educational program of higher education for full-time education.*

Type of academic work	TOTAL,ac.h.		Semester(s)	
			2	4
<i>Contact work, academic hours</i>	34		17	17
Lectures (LC)	0		0	0
Laboratory work (LW)	0		0	0
Practical/seminar classes (SC)	34		17	17
<i>Independent work of students, academic hours</i>	38		19	19
<i>Control (exam/test with assessment), academic hours</i>	0		0	0
<b>General complexity of the discipline</b>	<b>ac.h.</b>	<b>72</b>	<b>36</b>	<b>36</b>
	<b>credit.ed.</b>	<b>2</b>	<b>1</b>	<b>1</b>

## 5. CONTENT OF THE DISCIPLINE

Table 5.1. Contents of the discipline (module) by types of academic work

Section number	Name of the discipline section	Section Contents (Topics)		Type of academic work*
Section 1	Practical	1.1	Physical education in general cultural and professional training of students	SC
		1.2	Social and biological foundations of physical education	SC
		1.3	Ski training	SC
		1.4	Basics of a healthy lifestyle for a student	SC
		1.5	Self-control of those involved in physical education and sports	SC
		1.6	Track and field	SC
Section 2	Control section	2.1	Acceptance of control tests and standards	SC

\* - filled in only for FULL-TIME education: LC – lectures; LW – laboratory work; SC – practical/seminar classes.

## 6. LOGISTIC AND TECHNICAL SUPPORT OF DISCIPLINE

Table 6.1. Material and technical support of the discipline

Audience type	Equipping the auditorium	Specialized educational/laboratory equipment, software and materials for mastering the discipline (if necessary)
Seminar	An auditorium for conducting seminar-type classes, group and individual consultations, ongoing monitoring and midterm assessment, equipped with a set of specialized furniture and technical means for multimedia presentations.	
For independent work	A classroom for independent work of students (can be used for conducting seminars and consultations), equipped with a set of specialized furniture and computers with access to the Electronic Information System.	
Sports facilities	Facilities for practical classes in physical education and applied physical education, equipped with a set of specialized sports equipment and inventory: - sports (gym) halls; - football and tennis courts; - ski resort; - stadium; - changing rooms; - showers.	

\* - the audience for independent work of students MUST be indicated!

## 7. EDUCATIONAL, METHODOLOGICAL AND INFORMATIONAL SUPPORT OF THE DISCIPLINE

*Main literature:*

1. Muller A.B., Dyadichkina N.S., Bogashchenko Yu. A. Physical education: textbook and practical training for applied bachelor's degree / - Moscow: Yurait Publishing House, 2019. - 424 p. - (Bachelor.Applied course). — ISBN 978-5-534-02483-8.

2. Koneeva E. V. Physical Education: textbook for universities; edited by E. V. Koneeva. - 2nd ed., revised and enlarged. - Moscow: Yurait Publishing House, 2020. - 599 p. - (Higher education). -ISBN 978-5-534-12033-2.

*Further reading:*

1. Dugblei, A. D. Sports games at the university / A. D. Dugblei, 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 aerobics in the educational process of the University. Textbook M.: RUDN University Press, 2019. 84 p.

3. Zhuravleva Yu. S. Morphofunctional support of student's motor activity. Textbook M.: RUDN University Press, 2019. 144 p.

4. Lebedeva, T. R. Teaching sprint running techniques to university students: A tutorial 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. Lebedeva T.R. Organization and holding of track and field competitions for students /Organising and staging athletics events for RUDN students/ Lebedeva T.R., Pogorelova O.V., Bychkov A.A. – Moscow, RUDN, 2023 – 84 p.

6. Lubyshev E.A., Krasilnikov A.A., Sergeeva Yu.S. Self-control in students' physical activity. Publishing house "Mediagroup Hask". 2021-76 p.

7. Lubyshev EA, Krasilnikov AA Overview Physical Education Course for International Students. Educationalbook. -M. Publishing solutions.2024. 102 p. [https://www.litres.ru/book/aa-krasilnikov-3287/overview-physical-education-course-for-international-70197772/?lfrom\\_processed=230737948](https://www.litres.ru/book/aa-krasilnikov-3287/overview-physical-education-course-for-international-70197772/?lfrom_processed=230737948)

8. Lubyshev, E. A. Self-control in students' physical activity: a teaching aid / E. A. Lubyshev, A. A. Krasilnikov, Yu. S. Sergeeva. - Moscow: Media group "HASK", 2021. - 32 p. - EDN HFCPTL5.

9. Milashechkina, E. A. Functional training for students: A tutorial on the discipline "Physical Education" / 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 AWRLWM.

10. Milashechkina E.A., Tourism and orienteering in the system of physical education of students of the special medical department: a teaching aid on the discipline "Physical Education" / E.A. Milashechkina, V.S. Milashechkin, Yu.S. Zhuravleva". - Moscow: RUDN, 2020. - 140 p.

11. 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.

12. Olyashev, N. V. Ski training during university classes / N. V. Olyashev. - Moscow: Peoples' Friendship University of Russia (RUDN), 2019. - 168 p. -ISBN 978-5-209-08807-3. – EDN GCIRUW.

13. Posnov A.V., Hockey for Beginners: A Textbook on the Subject of Physical Education / A.V. Posnov, E.A. Milashechkina, D.A. Potapov, A.S. Fedoseyev.M.: RUDN, 2023. 117 p.

14. 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.

15. 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.
  16. Shulyatyev, V. M. Technical and tactical training of football players in a university setting / V. M. Shulyatyev, A. D. Dugbley, A. D. Malchenko. - Moscow: Peoples' Friendship University of Russia (RUDN), 2019. - 144 p. -EDN ZEFZOX.
  17. Shulyatyev V.M. Teaching technical techniques to volleyball students: a teaching aid in the discipline "Physical Education" / author-compiler: V.M. Shulyatyev, A.A. Soparev. - Moscow: RUDN, 2020.108 pp.
  18. Elective disciplines in physical education and sports: a textbook (workshop): in 3 volumes. / K. M. Smyshnov, O. V. Rezenkova, L. V. Belova, D. D. KuchUCova. - Stavropol: Publishing house of SKFU, 2020. - 126 p.
- Resources of the information and telecommunications network "Internet":*
1. RUDN University EBS and third-party EBSs to which university students have access on the basis of concluded agreements
    - Electronic library system of RUDN - ELS RUDN  
<https://mega.rudn.ru/MegaPro/Web>
    - Electronic library system "University library online"<http://www.biblioclub.ru>
    - EBS Yuraith<http://www.biblio-online.ru>
    - Electronic Library System "Student Consultant" [www.studentlibrary.ru](http://www.studentlibrary.ru)
    - EBS "Znanium"<https://znanium.ru/>
  2. Databases and search engines
    - Sage <https://journals.sagepub.com/>
    - Springer Nature Link <https://link.springer.com/>
    - Wiley Journal Database <https://onlinelibrary.wiley.com/>
    - Scientometric database Lens.org <https://www.lens.org>
- Educational and methodological materials for independent work of students in mastering a discipline/module\*:*
1. A course of lectures on the subject "Physical Education".

\* - all educational and methodological materials for independent work of students are posted in accordance with the current procedure on the discipline page in TUIS!

**DEVELOPER:**

Associate Professor of the  
Department of Physical Education  
and Sports

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*Position, Department*

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*Signature*

Sergeeva Yulia Sergeevna

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*Surname I.O.*

**HEAD OF THE  
DEPARTMENT:**

Head of the Department of  
Physical Education and Sports

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*Position of the Department*

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*Signature*

Lebedeva Tatyana  
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*Surname I.O.*

**HEAD OF THE EP HE:**

Head of the Department of  
Mechanics and Control Processes

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*Position, Department*

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*Signature*

Razumny Yuri Nikolaevich

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