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Должность: Ректор
Дата подписания: 28.05.2026 13:00:45
Уникальный программный ключ:
ca953a0120d891083f939673078ef1e9891af18

Federal State Autonomous Educational Institution of Higher Education

PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA

NAMED AFTER PATRICE LUMUMBA

RUDN University

Institute of Medicine

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

COURSE SYLLABUS

PHYSICAL TRAINING

course title

Recommended by the Didactic Council for the Education Field of:

31.05.01 GENERAL MEDICINE

field of studies / speciality code and title

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

General Medicine

higher education programme profile/specialisation title

1. COURSE GOAL(S) OF MASTERING THE DISCIPLINE

The aim of the course «**Applied Physical Culture**» is to equip students with knowledge of human body systems and to introduce students to key 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 FOR LEARNING OUTCOMES

The mastering of the discipline «**Physical Training**» is aimed at the formation of the following competencies of students: GPC-7

Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
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 acquainted the different sport means practical usage
		GPS-7.3. Applies physical exercises, a system of practical skills that ensure saving and strengthening the proper level of health

3. THE COURSE IN THE HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the higher educational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-7.1.	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		Preparing to pass the State exams
GPC-7.2.	GPS-7.2. Applies means and methods of strengthening individual health and physical self-improvement, observes the norms of a healthy lifestyle		Preparing to pass the State exams
GPC-7.3.	GPS-7.3. Applies physical exercises, a system of practical skills that ensure saving and strengthening the proper level of health		Preparing to pass the State exams

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course "Physical Training" is equal to 328 ac. h. (0 credits).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (*full-time training*)*

Type of academic activities	Total academic hours (ac.h)	Semesters/training modules				
		1	2	3	4	
Classroom learning , ac.h.	144	54	18	54	18	
Lectures (LC)						
Lab work (LW)						
Seminars (workshops/tutorials) (S)	144	54	17	54	18	
Self-studies, academic hours	184	28	64	28	64	
Evaluation and assessment (exam or pass/fail grading)						
Total workload of the discipline	ac.h.	328	82	82	82	82
	credits	0	0	0	0	0

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Modules and Topics	Content of the topics	Type of academic activities
Module 1 Methodical and practical	1.1. Track And Field Athletics	S
	1.2. Sport Games	S
	1.3. Gymnastics	S
	1.4. Winter Sports	S
		S

Modules and Topics	Content of the topics	Type of academic activities
	1.5. Combat techniques and movement without weapons	<i>S</i>
	Students self-studies	<i>*Extracurricular studies</i>

**Pr – Practicum*

№п/п	Name of the discipline section	Section Contents (Topics)
I	Practical Section	Track And Field Athletics Sport Games Gymnastics Winter Sports Students self-studies*

**Extracurricular studies*

Sections of the discipline and types of classes

№п/п	Name of the discipline section	Lect.	Practicum	laboratory	Seminars	SSS	Total hours
I	Practical Section		144			184	328
TOTAL							328

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Classroom for Academic Activity Type	Classroom Equipment	Specialized educational/laboratory equipment, software and materials for the mastering of the Discipline
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 furniture, 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).
Gymnasium for different kinds of sport training	Gymnasium for different kinds of sport training (Gym at the «Druzhba» sport club).	Sport benches, mats, fitballs/heavy fitballs, ropes, kettlebells/dumbbells/barbells in various weights, sport barriers, sport exercises machines, other

Classroom for Academic Activity Type	Classroom Equipment	Specialized educational/laboratory equipment, software and materials for the mastering of the Discipline
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
		sport equipment.
Ice-hockey rink*	Equipped rink for Winter sports	Hockey side-boards, gates, skates, rubber ground coverings.

* *auditory for extracurricular studies*

7. RESOURCES RECOMMENDED FOR COURSE STUDY

In implementing the educational process in the discipline "**Applied Physical Education**" it is supposed to use:

- Microsoft Word, Microsoft Excel, Microsoft Power Point software;
 - Internet services and electronic resources: search engines, e-mail, audio and video conferencing systems, electronic educational and teaching materials;
 - teaching aids using information technologies:
 - providing basic training: electronic textbooks, knowledge control systems;
 - auxiliary: presentations, video clips, video films;
 - informational and educational: electronic books, electronic periodicals;
 - electronic and information resources with text information: textbooks, teaching aids, tests, periodicals, teaching materials;
 - electronic and information resources with visual information: photographs, illustrations, video clips, diagrams, charts;
- The Yandex Temost system is used to organize distance learning.

Information resources

1. Physical Education (theoretical course) <https://esystem.rudn.ru/course/view.php?id=917>
2. Lecture course on the discipline "Physical Education":
http://web-local.rudn.ru/web-local/prep/rj/files.php?f=pf_926d773205934017eb18c4f80ce1f8a5
3. Theory and practice of physical education. Monthly scientific and theoretical journal of the State Committee of the Russian Federation for Physical Education, Sports and Tourism of the Russian State Academy of Physical Education <http://tpfk.infosport.ru>
4. Physical Education of a student. Electronic textbook. The content of the textbook corresponds to the sample program of the discipline "Physical Education" for higher educational institutions http://cnit.ssau.ru/kadis/ocnov_set/

Video materials and presentations

<https://esystem.rudn.ru/mod/url/view.php?id=41370>

Topic "Physical education in general cultural and professional training of students"

<https://esystem.rudn.ru/mod/url/view.php?id=41372>

Topic "Socio-biological foundations of physical education"

<https://esystem.rudn.ru/mod/url/view.php?id=41371>

Topic "Professional and applied physical training of future specialists"

http://www.rutube.ru/watch?v=OcdCA9J_aaA

Topic: "Psychophysiological foundations of academic work and intellectual activity"

[http:// www.rutube.ru /watch?v=kSMSHLhE8sI](http://www.rutube.ru/watch?v=kSMSHLhE8sI)

Topic: "Features of practicing a chosen sport"

[http:// www.rutube.ru /watch?v=TbqtUg81Abs](http://www.rutube.ru/watch?v=TbqtUg81Abs)

Topic: "Basics of a healthy lifestyle for students, physical education in ensuring health"

[http:// www.rutube.ru /watch?v=GywjDeIMsOs](http://www.rutube.ru/watch?v=GywjDeIMsOs)

Topic: "General physical and sports training in the system of physical education".

[http:// www.rutube.ru /watch?v=7RB7FIr9xgs](http://www.rutube.ru/watch?v=7RB7FIr9xgs)

Topic: "Methodological foundations of independent physical exercise"

[http:// www.rutube.ru /watch?v=R-3AtfRgD7Q](http://www.rutube.ru/watch?v=R-3AtfRgD7Q)

Topic: "Physical education in the general cultural and professional training of students"

[http:// www.rutube.ru /watch?v=14kLOTnh604](http://www.rutube.ru/watch?v=14kLOTnh604)

Topic: "Professional and applied physical training of future specialists"

[http:// www.rutube.ru /watch?v=wZUONB4Be2Y](http://www.rutube.ru/watch?v=wZUONB4Be2Y)

Exercises of the articular gymnastics

<https://disk.yandex.ru/client/disk/Суставная%20гимнастика?idApp=client&dialog=slider&idDialog=%2Fdisk%2FCуставная%20гимнастика%2FCуставная%20гимнастика.qt>

Main readings:

1. Muller A. B., Dyadichkina N. S., Bogashchenko Yu. A. Physical Education: Textbook for Bachelors. - M.: Yurait, 2016.1. Allyanov Yu.N., Pismensky. Physical culture:textbook for bechelors. – M.: Yurait, 2014.

Additional readings:

1. Kunitsyna E.A. Applied swimming: textbook / E.A. Kunitsyna, E.A. Milashechkina, V.V. Milashechkina, A.D. Dugbley - M.: RUDN, 2024. 185 p.
2. Lebedeva T.R. Organization and holding of athletics competitions for students / Organising and staging athletics events vor RUDN students / Lebedeva T.R., Pogorelova O.V., Bychkov A.A. - Moscow, RUDN, 2023 - 84 p..
3. Lubyshv E.A., Krasilnikov A.A., Sergeeva Yu.S. Self-control in students' physical activity. Publishing house "Mediagroup Hask". 2021-76 p.
4. Lubyshv E.A., Krasilnikov A.A. Overview Physical Education Course for International Students. Educational book. -M. Publishing solutions.2024. 102 p. https://www.litres.ru/book/a-a-krasilnikov-3287/overview-physical-education-course-for-international-70197772/?lfrom_processed=230737948
5. Posnov A.V., Hockey for beginners: a tutorial on the discipline "Physical Education" / A.V. Posnov, E.A. Milashechkina, D.A. Potapov, A.S. Fedoseev. - M .: RUDN, 2023. 117 p.
6. Elective disciplines in physical education and sports: a teaching aid (workshop): in 3 volumes. / K.M. Smyshnov, O.V. Rezenkova, L.V. Belova, D.D. Kuchukova. - Stavropol: Publishing house of SKFU, 2020. - 126 p.

Educational and methodological materials for independent work of students in mastering the discipline/module*:

1. Workbook on the discipline "Applied Physical Education".
2. Methodological instructions for students in mastering the discipline "Applied 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!

8. ASSESSMENT MATERIALS AND POINT-RATING SYSTEM FOR ASSESSING THE LEVEL OF DEVELOPMENT OF COMPETENCES IN THE DISCIPLINE

The assessment materials and the point-rating system* for assessing the level of development of competencies (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.

* OM and BRS are formed on the basis of the requirements of the relevant local regulatory act of RUDN.

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

Evaluation materials and point-rating system* for assessing the level of competence formation (GPC-7) based on the results of mastering the discipline "Physical Training" are presented in the Appendix to this Work Program of the discipline.

* 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).

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