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**Federal State Autonomous Educational Institution of Higher Education**  
**PATRICE LUMUMBA PEOPLES' FRIENDSHIP UNIVERSITY OF**  
**RUSSIA**

**Physical education and sport department**

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

**COURSE SYLLABUS**

**APPLIED PHYSICAL CULTURE**

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course title

**Recommended by the Didactic Council for: all specialities/training areas for bachelors/specialists implemented at RUDN University**

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field of studies / speciality code and title

**The development of the discipline is carried out within the framework of the implementation of the main professional educational program of higher education (EP HE).**

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higher education programme profile/specialisation title

## 1. GOALS 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 TO LEARNING OUTCOMES

The mastering of the discipline «**Applied Physical Culture**» is aimed at the formation of the following competencies of students:

### **General Professional Competences- (GPC)-7**

(in accordance with the Federal State Educational Standard of Higher Education (FSES) 3++ 31.05.01 General Medicine).

*Table 2.1. The list of competencies formed by students during the development of the discipline (results of the mastering of the discipline)*

<b>Competence code</b>	<b>Competence</b>	<b>Indicators of Competence Formation</b> (within the framework of this discipline)
<b>GPC-7</b>	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 «**Applied Physical Culture**» refers to the Compulsory Disciplines of block B1 of the EP HE.

Within the framework of the Educational Program, students also master other disciplines and/or practices that contribute to expected learning outcomes of the course «**Applied Physical Culture**».

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

Competence Code	The competence	Previous Disciplines	Subsequent disciplines
<b>GPC-7.1.</b>	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
<b>GPC-7.2.</b>	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
<b>GPC-7.3.</b>	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. THE DISCIPLINE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the discipline "**Applied Physical Culture**" is equal to 328 ac. h. (**0** credits).

*Table 4.1. Types of academic activities during the period of the HE program mastering*

Types of academic activities		TOTAL, academic hours	semesters			
		(ac.h)	1	2	3	4
Classroom learning , <i>ac.h.</i>		<b>144</b>	<b>54</b>	<b>18</b>	<b>54</b>	<b>18</b>
Lectures ( <b>Lec</b> )						
Lab work ( <b>Lab</b> )						
Practical/seminar classes		<b>144</b>	<b>54</b>	<b>17</b>	<b>54</b>	<b>18</b>
Self-studies, academic hours		<b>184</b>	<b>28</b>	<b>64</b>	<b>28</b>	<b>64</b>
Evaluation and assessment (exam or pass/fail grading)						
<b>Total workload of the discipline</b>	ac.h.	<b>328</b>	<b>82</b>	<b>82</b>	<b>82</b>	<b>82</b>
	credits	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## 5. THE COURSE MODULES AND CONTENTS

**Table 5.1. The content of the discipline and types of academic activities**

Modules and Topics	Content of the topics	Type of academic activities
<b>Module 1</b> Methodical and practical	<b>1.1.</b> Track And Field Athletics <b>1.2.</b> Sport Games <b>1.3.</b> Gymnastics <b>1.4.</b> Winter Sports <b>1.5.</b> Combat techniques and movement without weapons	<i>Pr</i>  <i>Pr</i> <i>Pr</i> <i>Pr</i> <i>Pr</i>
	Students self-studies	<i>*Extracurricular studies</i>

*\*Pr – Practicum*

### 5.1. Contents of the discipline sections

№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*

### 5.2. 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. Logistical and material supplements of the discipline*

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

*\* auditory for extracurricular studies*

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

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

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

<http://www.rutube.ru/watch?v=kSMSHLhE8sI>

**Topic: "Features of practicing a chosen sport"**

<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>

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

<http://www.rutube.ru/watch?v=7RB7FIr9xgs>

**Topic: "Methodological foundations of independent physical exercise"**

<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>

**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%2FСуставная%20гимнастика%2FСуставная%20гимнастика.qt>

### **Main readings:**

1. Allyanov Yu. N., Pismensky I. A. Physical Education: Textbook for Bachelors. - M.: Yurait, 2014.
2. Vilensky M. Ya. Physical Education and Healthy Lifestyle of a Student: Textbook. - 4th ed., stereotype. - M.: KnoRus, 2016. - 239 p.
3. 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. Bryunina A.V., Malchenko A.D. Features of physical education of students of the special medical group. Methodical recommendations for practical classes. M.: RUDN University, 2014.
2. Zhuravleva Yu.S. General physical training with elements of health aerobics in the educational process of the University. Textbook M.: RUDN University Publishing House, 2019. 84 p.
3. Zhuravleva Yu.S. Morphofunctional support of student motor activity. Textbook M.: RUDN University Publishing House, 2019. 144 p.
6. Kislitsyn Yu.L., Pobyvanets V.S., Burmistrov V.N. Physical education in the socio-biological adaptation of students. Reference manual. M.: Publ. RUDN University, 2013
4. Kodaneva L.N. Organizational and methodological foundations of physical education of students with health disabilities: Textbook. - M.: Zhukovsky Academy ID, 2017. - 140 p., ill.
5. Kodaneva L.N., Sukhareva L.M., Khramtsov P.I. et al. Medical and pedagogical control over the organization of physical education classes for students with health disabilities: methodological recommendations. - M.: Publishing House of the Scientific Center for Children's Health, Russian Academy of Medical Sciences, 2013. - 49 p.
6. Kosyakova E.V. Functional training for first-year students: Textbook. - Electronic text data. - M.: RUDN University Publishing House, 2017. - 68 p.
7. Kunitsyna E.A. Applied swimming: textbook / E.A. Kunitsyna, E.A. Milashechkina, V.V. Milashechkina, A.D. Dugbley - M.: RUDN, 2024. 185 p.
8. 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..
9. Lubyshev E.A., Krasilnikov A.A., Sergeeva Yu.S. Self-control in students' physical activity. Publishing house "Mediagroup Hask". 2021-76 p.
10. Lubyshev 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](https://www.litres.ru/book/a-a-krasilnikov-3287/overview-physical-education-course-for-international-70197772/?lfrom_processed=230737948)

11. Malchenko A.D. Preparation for passing the All-Russian Physical Culture and Sports Complex GTO standards on the subject basis of track and field: a tutorial. / A.D. Malchenko, O.V. Pogorelova - Moscow: RUDN, 2017. - 148 p.
12. Milashechkina E.A. Health walking and running for students of the special medical group TutorialM.: RUDN Publishing House, 2018. 96 p.
13. Milashechkina E.A., Tourism and orienteering in the system of physical education of students of the special medical department: a tutorial on the discipline "Physical Education / E.A. Milashechkina, V.S. Milashechkin, Yu.S. Zhuravleva". - Moscow: RUDN, 2020. - 140 p.
14. Olyashev N.V. Ski training in university classes: a tutorial / N.V. Olyashev. - Moscow: RUDN, 2019. - 168 p.
15. 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.
16. Potapov D. A. Outdoor games in the system of technical training of basketball players: a teaching aid / D. A. Potapov, E. A. Milashechkina. - Moscow: RUDN, 2019. - 73 p.
17. Pushkina V. N., Makeeva V. S., Osipenko E. V. Monitoring the physical condition of schoolchildren and students: a teaching aid / V. N. Pushkina, V. S. Makeeva, E. V. Osipenko. - M.: RadioSoft. - 2016. - 320 p.
18. Timofeeva O. V. Step aerobics in the system of physical education of female university students: A teaching aid. - Electronic text data. - M.: RUDN Publishing House, 2017. - 48 p.
19. Shulyatyev V. M. Teaching technical techniques to student volleyball players: a teaching aid on the discipline "Physical Education" / author-compiler: V.M. Shulyatyev, A.A. Soparev. - Moscow: RUDN, 2020. 108 p.
20. 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 COMPETENCIES 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.



## DEVELOPERS:

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