

Документ подписан программой электронной подписи
Информация о владельце:
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Должность: Ректор
Дата подписания: 14.10.2025 17:39:02
Уникальный программный ключ:
ca953a0120d891083f939673078ef1a9891a118a

**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:

31.05.03 Dentistry

field of studies / speciality code and title

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

Dentistry

higher education programme profile/specialisation title

1. COURSE GOAL(s)

The goal of the course «**Physical training**» 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 «**Applied Physical Culture**» 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. COURSE IN 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

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course “**Physical training**” is 0 credits (328 academic hours)

*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	Semesters/training modules			
		1	2	3	4
Contact academic hours (total) ac.h.	174	54	18	54	18
Including:					
Lectures (LC)	-	-		-	
Lab work (LW)					
Seminars (workshops/tutorials) (S)	174	51	36	51	36
<i>Self-studies</i>	154	21	54	25	54
<i>Evaluation and assessment (exam/passing/failing</i>					

<i>grade)</i>						
Total course workload	academic hours	328	71	90	76	90
	credits	0				

* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
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
	1.5. Combat techniques and movement without weapons	S
	Students self-studies	<i>*Extracurricular studies</i>

* - to be filled in only for **full**-time training; *LC* - lectures; *LW* - lab work; *S* - seminars.

5. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
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
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 banches, mates, fitballs/heavy fitballs, ropes, kettelbells/dumbbells/barbells in various waits, sport barriers,

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
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 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. RESOURCES RECOMMENDED FOR COURSE STUDY

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
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.

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>

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/Суcтавная%20гимнастика?idApp=client&dialog=slider&idDialog=%2Fdisk%2FСуcтавная%20гимнастика%2FСуcтавная%20гимнастика.qt>

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 (**GPC-7**) based on the results of mastering the discipline "Physical Training" 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.

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