

Документ подписан про...  
Информация о владельце:  
ФИО: Ястребов Олег Александрович  
Должность: Ректор  
Дата подписания: 28.05.2026 12:33:12  
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 aim 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 COURSE «**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*

| <b>Competence code</b> | <b>Competence descriptor</b>  | <b>Competence formation indicators (within this course)</b>  |
|------------------------|---|--|
| <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 lstrengthening the proper level of heath                |

## 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*       |
|-----------------|---|---------------------------|-----------------------------------|
| <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 |

\* 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<br>(ac.h) | Semesters/training modules |           |           |           |
|---|---------|--------------------------------|----------------------------|-----------|-----------|-----------|
|   |         |                                | 1                          | 2         | 3         | 4         |
| Classroom learning , ac.h.                            |         | <b>144</b>                     | <b>54</b>                  | <b>18</b> | <b>54</b> | <b>18</b> |
| Lectures (LC)   |         |                                |                            |           |           |           |
| Lab work (LW)   |         |                                |                            |           |           |           |
| Seminars (workshops/tutorials) (S)                    |         | <b>144</b>                     | <b>54</b>                  | <b>17</b> | <b>54</b> | <b>18</b> |
| <i>Self-studies</i>                                   |         | 184                            | 28                         | 64        | 28        | 64        |
| 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>  |

\* 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 |
|--|---------------------------------------|---------------------------|
| <b>Module 1</b><br>Methodical<br>and practical | <b>1.1.</b> Track And Field Athletics | <b>S</b>                  |
|  | <b>1.2.</b> Sport Games               | <b>S</b>                  |
|  | <b>1.3.</b> Gymnastics                | <b>S</b>                  |

|  |  |                                 |
|--|--|---------------------------------|
|  | <b>1.4. Winter Sports</b>                                  | <b>S</b>                        |
|  | <b>1.5. Combat techniques and movement without weapons</b> | <b>S</b>                        |
|  | Students self-studies                                      | <i>*Extracurricular studies</i> |

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

### Contents of the discipline sections

| №п/п | Name of the discipline section | Section Contents (Topics)   |
|------|--------------------------------|---|
| I    | Practical Section              | Track And Field Athletics<br>Sport Games<br>Gymnastics<br>Winter Sports<br>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*

| 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-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.<br>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,   |

| <b>Type of academic activities</b> | <b>Classroom equipment</b>          | <b>Specialised educational / laboratory equipment, software, and materials for course study (if necessary)</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  |
|                                    |                                     | 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**

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=7RB7Ff9xgs>

**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>

**Exercises of the articular gymnastics**

<https://disk.yandex.ru/client/disk/Суcтaвнaя%20гимнaстикa?idApp=client&dialog=slider&idDialog=%2Fdisk%2FСуcтaвнaя%20гимнaстикa%2FСуcтaвнaя%20гимнaстикa.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](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 (GPC-7) 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:**

Head of the Department of  
Physical Education and  
Sport:

T.R. Lebedeva

---

Associate Professor of the  
Department of Physical  
Education and Sport:

Y.S. Sergeeva

---

Associate Professor of the  
Department of Physical  
Education and Sport:

E.A. Lubyshev

---

Senior teacher of A. E.

O.V.Pogorelova

---