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ФИО: Поверинов Игорь Егорович

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**MINISTRY OF EDUCATION AND SCIENCE OF RUSSIA**

**Federal State Budgetary Educational Institution  
of higher education**

**«I.N. Ulianov Chuvash State University»**

(FSBEI of HE «I.N. Ulianov Chuvash State University»)

Medical Faculty

Department of Physical Culture and Sports

«APPROVE»

Vice-rector for Academic Affairs

 I.E. Poverinov

« 13 » 04 2022

**Working programs of the discipline (module)**

**«Физическая культура и спорт / Physical Culture and Sports»**

Direction of training / specialty 31.05.03 Стоматология / Dentistry

Graduate's qualification Врач-стоматолог / Dental Practitioner

Direction (profile) / specialization «Dentistry»

Form of training – очная / intramural

Course – 1

Term – 1

Total academic hours/credit points – 72/2

The year of beginning the training - 2022

The fundamental document for compiling the working program of the discipline (module)  
Федеральный государственный образовательный стандарт высшего образования -  
специалитет по специальности 31.05.03 Стоматология (приказ Минобрнауки России от  
12.08.2020 г. № 984)

Approved by:

Docent, Candidate of Pedagogical Sciences N.N. Pianzina

The working program was approved at the meeting of the Department of Physical Culture  
and Sports,

08.02.2022, protocol № 3a

Head of the department V.F. Tikhonov

Approved by

Dean of the Medical Faculty V.N. Diomidova

Acting Head of the Educational and Methodological Department E.A. Shirmanova

### **1. The purpose and objectives of training in the discipline (module)**

The purpose of the discipline - to form students' attitude to physical culture as a necessary link of general cultural value and general health tactics in professional activities.

The objectives of the discipline - to preserve and strengthen the health of students, promote proper formation and comprehensive development of the body, maintain high performance throughout the entire period of training; understand the social significance of applied physical culture and its role in personal development and preparation for professional activities; acquire knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle formation of a motivational and valuable attitude to physical culture, attitudes towards a healthy lifestyle, physical improvement and self-education, habits of regular physical exercises and sports; mastering a system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and properties of the individual, self-determination in physical culture physical education and sports; acquisition of personal experience in improving motor and functional capabilities, ensuring general and professionally applied physical fitness for the future profession and everyday life; acquisition by students of the necessary knowledge on the basics of the theory, methodology and organization of physical education and sports training, preparation for work as public instructors, coaches and judges; creation of the basis for creative and professional development methodically based use of physical culture and sports activities for the purposes of subsequent life and professional achievements.

### **2. The place of practical training in the structure of the educational program of higher education**

The discipline «Физическая культура и спорт / Physical Culture and Sports» относится к обязательной части учебного плана refers to the mandatory part in the curriculum of the educational program of higher education (hereinafter referred to as the EP of HE) in the field of training / specialty 31.05.03 Стоматология, direction (profile) / specialization of the program «Dentistry».

Previous academic disciplines (modules) and (or) practices that form the knowledge, skills and abilities necessary for training in the discipline (module):

Knowledge, skills and abilities formed as a result of training in a discipline (module) are necessary when teaching in the following disciplines (modules) and (or) practices:

Общая физическая подготовка / General Physical Preparation

### **3. Planned learning outcomes in the discipline (module), correlated with the planned learning outcomes**

Planned learning outcomes in the discipline (module), correlated with the planned learning outcomes

Code and name of the competence	Code and name of the competence achievement	Descriptors for the indicator of competence achievement (learning)
УК-7 Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности / He/she is	УК-7.1 Способен оценивать состояние своего самочувствия / He/she is able to assess the state of his/her well-being	Знает основные способы оценки состояния здоровья и определения самочувствия. / Knows the main methods assessment of health status and determination of well-being.  Умеет адекватно оценить

able to maintain a proper level of physical fitness to ensure full social and professional activity		состояние здоровья и самочувствие. / Knows how to adequately assess the state of health and well-being. Применяет здоровьесберегающие технологии. / Applies health-saving technologies.
УК-7 Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности / He/she is able to maintain a proper level of physical fitness to ensure full social and professional activity	УК-7.2 Способен поддерживать должный уровень физической подготовленности, пропагандировать физкультуру, активно участвовать в спортивных мероприятиях / He/she is able to maintain a proper level of physical fitness, promote physical education, actively participate in sports activities	Понимает пользу физической культуры и спорта, здорового образа жизни. / Understands the benefits of physical culture and sports, and a healthy lifestyle.  Умеет применять физические упражнения для поддержания должного уровня физической подготовленности. / Knows how to apply physical exercises to maintain the proper level of physical fitness.  Пропагандирует физическую культуру, активно участвует в спортивных мероприятиях. / Promotes physical culture, actively participates in sports events.
УК-7 Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности / He/she is able to maintain a proper level of physical fitness to ensure full social and professional activity	УК-7.3 Способен планировать рабочее время для сочетания интеллектуальных и физических нагрузок с целью обеспечения высокой работоспособности в профессиональной деятельности / He/she is able to plan working hours to combine intellectual and physical loads in order to ensure high efficiency in professional activities	Понимает зависимость работоспособности от правильного распределения рабочего времени. / Understands the dependence of working capacity on the correct distribution of working hours. Умеет сочетать интеллектуальные и физические нагрузки в профессиональной деятельности. / He is able to combine intellectual and physical activities in his professional activities.  Владеет навыком использования имеющихся нематериальных ресурсов для обеспечения высокой работоспособности. / Has the ability to use existing intangible resources to ensure high

		performance.
ОПК-3 Способен к противодействию применения допинга в спорте и борьбе с ним / He/she is capable of counteracting the use of doping in sports and combating it	ОПК-3.1 Способен анализировать информацию о проблеме использовании допинга в спорте / He/she is able to analyze information about the problem of doping use in sports	
ОПК-3 Способен к противодействию применения допинга в спорте и борьбе с ним / He/she is capable of counteracting the use of doping in sports and combating it	ОПК-3.2 Способен планировать мероприятия направленные на профилактику использования допинга в спорте / He/she is able to plan activities aimed at preventing the use of doping in sports	
ОПК-3 Способен к противодействию применения допинга в спорте и борьбе с ним / He/she is capable of counteracting the use of doping in sports and combating it	ОПК-3.3 Способен проводить мероприятия направленные на профилактику использования допинга в спорте / He/she is able to carry out activities aimed at preventing the use of doping in sports	

#### 4. Structure, scope and content of the discipline (module)

Educational activities in the discipline (module) are carried out:

- in the form of students' face-to-face work with the teaching staff of the organization and (or) persons involved by the organization to implement the educational programs on other terms (hereinafter - contact work);

- in the form of students' independent work.

Face-to-face work can be classroom-based, extramural, as well as it can be conducted in an electronic information and educational environment (EIEE).

Learning sessions in the discipline (module) and interim assessment of students are conducted in the form of face-to-face work and in the form of students' independent work.

During learning sessions in the discipline (module) face-to-face work includes: lecture-type classes, seminar-type classes and (or) group consultations, and (or) individual work of students with the teaching staff of the organization and (or) persons involved by the organization to implement the educational programs on other terms (including individual consultations).

Legend:

Lec – lectures, Lab – laboratory work, Pr – practical classes, ICW – individual face-to-face work, IW – independent work.

#### 4.1. Content of the discipline (module)

Section name	The section's content	Formed competences	Competence achievement indicator
Теоретический	Physical culture in general cultural and professional training of students. Physical culture and sport as social phenomena of society, their functions. Federal Law "On PE and S in the Russian Federation". Physical culture as an academic discipline of professional education. The main provisions of the organization of physical education in higher education institutions. Value orientations and attitudes of students to PE and S. PC of the student's personality.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Socio-biological foundations of physical culture. The human body as a single self-developing and self-regulating biological system. Bone, muscle, cardiovascular, respiratory, digestive, excretory, endocrine, and nervous systems and their functions. The role of movements in human life. Patterns of education motor skills. The impact of natural and socio-ecological factors on the vital activity of the human body. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.		
	Fundamentals of a healthy lifestyle of a student. Physical culture in ensuring health. Human		

	<p>health as a value and its determining factors. Interrelation of the student's general culture and lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle (HLS) and its components. Personal attitude to health as a condition for the formation of healthy lifestyle. Basic requirements for the organization of healthy lifestyle. Physical self-education and self-improvement in healthy lifestyle. Criteria for the effectiveness of healthy lifestyle.</p>		
Теоретический	<p>Means and methods of physical culture. Methodological principles of Physical education (PE). PE methods. Fundamentals of movement training. Fundamentals of improving physical skills in the PE process: strength, speed, endurance, flexibility, coordination. Zones and intensity of physical activity. The value of muscle relaxation. The possibility and conditions of correction of physical development (PD), physique, motor and functional fitness by means of PE and S in student age. Forms of physical education classes. Training sessions as the main form of training in the technique of physical exercises (PE).</p> <p>Physical skills. General and special physical training in the system of physical education.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3

	<p>Strength, methods of its development and definition. Speed, methods of its development and definition. Endurance, methods of its development and determination. Dexterity (coordination abilities), methods of its development and definition. Flexibility, methods of its development and definition. General physical training (GPT), its goals and objectives. Special physical training (SPT) is its goal and objectives.</p>		
Теоретический	<p>Fundamentals of the methodology of independent physical exercises. Motivation and purposefulness of independent physical education classes culture and Sports (PES). Forms and content of independent PES classes. Organization of independent PES classes. The nature of the content of PES classes, depending on the age. Features of independent classes of PES for women. Planning and management of self-study sessions in PES. Limits of the intensity of loads in the conditions of independent exercises of PES in people of different ages. The relationship between the intensity of exercise and the level of physical fitness. Hygiene of independent classes of PES.</p> <p>Professional and applied physical training (PAPT) of students. Personal and</p>	УК-7	УК-7.1, УК-7.2, УК-7.3



	<p>socio-economic necessity of special psychophysical preparation of a person for work. Definition of the concept of psychophysical preparation of a person for work. Definition of the PAPT concept, its goals, objectives, and means. The place of PAPT in the system of students' PE. Factors that determine the specific content of the PAPT. Methodology selection of PAPT funds. Organization, forms, and means of teaching students' physical education programs at the university. Control over the effectiveness of students' PAPT. Features of students' professional development programs in their chosen field of study or specialty. The scheme of presentation of the section at each faculty: the main factors that determine the future specialist of this profile; additional factors that affect the content of the future specialist in the chosen profession; the main content of the future bachelor's and specialist's degree programs; applied sports and their elements.</p>		
Теоретический	<p>Individual choice of sports or exercise systems. Sports training, its goals and objectives. Structure of athlete's fitness. Sports conditions, their formation and maintenance. Mass sports and high-performance sports, their goals and objectives. Principles of sports training. Methods and means of sports training.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3

	<p>Aspects of athletes' training. Classification of training means in sports based on the details of the motor composition of the exercise. Features of organization and planning of sports training in higher education institutions. The system of student sports competitions. Public student sports organizations. Olympic Games and Universiades. Modern popular sports. Motivation and justification of students' individual choice of a sport or system of physical education for regular classes. Brief anatomical, physiological and psychological characteristics of the main groups of sports and systems of exercises. Features of participation in sports competitions. Doping and measures to counteract the use of doping in sports.</p>		
Практический	<p>Sprint running. Technique of low start, starting acceleration, distance running, finishing. Features of finishing in sprint running. Special running exercises. Development of high-speed skills.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3
	<p>Middle and long-distance running. High-start technique in middle and long-distance running. Running technique on a curve. Technique of running for medium and long distances on a stadium and rough terrain. Development of general and special endurance.</p>		
	<p>Running long jump. Long</p>		УК-7.1, УК-7.2,

	jump styles. Technique of run-up, take-off, flight, landing phases. Technique of standing long jump. Development of speed and strength skills.		УК-7.3
Практический	Development of strength. Circular training method. Exercises to develop strength with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Joint exercises.		
	Development of speed and strength skills. Interval and repeated methods of developing speed and strength skills. Exercises with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.		
	Development of coordination abilities. Gaming and competitive mode methods of developing coordination. Outdoor games. Sports games.		
	Development of endurance. Development of general and special endurance. Uniform, variable methods of developing endurance. Cross-country running.		
	The technique of classic ski moves. The technique of simulating simultaneous no-step, simultaneous one - and two-step, alternating two-step moves in place		

	and in motion. Classic ways of movement on skis: alternately two-step stroke, simultaneously no-step stroke, simultaneously one-step stroke, simultaneously two-step stroke, alternately four-step stroke.		
Практический	Technique of ascents and descents on skis. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high stance, medium and low stance.	УК-7	УК-7.1, УК-7.2, УК-7.3

#### 4.2. Scope of the discipline and types of academic work

Forms of control and types of academic work		Labor intensity of the discipline (module)	
		1	total
1. Face-to-face work:		32,2	32,2
In-class learning in total, including:		32	32
Лекционные занятия (Лек)		16	16
Практические занятия (Пр)		16	16
Индивидуальная контактная работа (ИКР)		0,2	0,2
2. Independent work of the student:		39,8	39,8
3. Intermediate certification (exam) (зачет)		3a	3a
Total:	academic hours	72	72
	credit units	2	2

№ item	The section's (theme's) name	Face-to face work, including in the electronic information and educational environment, academic hours				IW, academic hours	Total, academic hours
		Lect.	Pr.	Lab.	ICW		
	Теоретический						

1	Physical culture in general cultural and professional training of students. Physical culture and sport as social phenomena of society, their functions. Federal Law "On PE and S in the Russian Federation". Physical culture as an academic discipline of professional education. The main provisions of the organization of physical education in higher education institutions. Value orientations and attitudes of students to PE and S. PC of the student's personality.	2				2	4
2	Socio-biological foundations of physical culture. The human body as a single self- developing and self-regulating biological system. Bone, muscle, cardiovascular, respiratory, digestive, excretory, endocrine, and nervous systems and their functions. The role of movements in human life. Patterns of education motor skills. The impact of natural and socio-ecological factors on the vital activity of the human body. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.	2				2	4

3	<p>Fundamentals of a healthy lifestyle of a student. Physical culture in ensuring health. Human health as a value and its determining factors. Interrelation of the student's general culture and lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle (HLS) and its components. Personal attitude to health as a condition for the formation of healthy lifestyle. Basic requirements for the organization of healthy lifestyle. Physical self-education and self-improvement in healthy lifestyle. Criteria for the effectiveness of healthy lifestyle.</p>	2				2	4
4	<p>Means and methods of physical culture. Methodological principles of Physical education (PE). PE methods. Fundamentals of movement training. Fundamentals of improving physical skills in the PE process: strength, speed, endurance, flexibility, coordination. Zones and intensity of physical activity. The value of muscle relaxation. The possibility and conditions of correction of physical development (PD), physique, motor and functional fitness by means of PE and S in student age. Forms of physical education classes. Training sessions as the main form of training in the technique of physical exercises (PE).</p>	2				2	4

5	Physical skills. General and special physical training in the system of physical education. Strength, methods of its development and definition. Speed, methods of its development and definition. Endurance, methods of its development and determination. Dexterity (coordination abilities), methods of its development and definition. Flexibility, methods of its development and definition. General physical training (GPT), its goals and objectives. Special physical training (SPT) is its goal and objectives.	2				2	4
6	Fundamentals of the methodology of independent physical exercises. Motivation and purposefulness of independent physical education classes culture and Sports (PES). Forms and content of independent PES classes. Organization of independent PES classes. The nature of the content of PES classes, depending on the age. Features of independent classes of PES for women. Planning and management of self-study sessions in PES. Limits of the intensity of loads in the conditions of independent exercises of PES in people of different ages. The relationship between the intensity of exercise and the level of physical fitness. Hygiene of independent classes of PES.	2				2	4

7	<p>Professional and applied physical training (PAPT) of students. Personal and socio- economic necessity of special psychophysical preparation of a person for work. Definition of the concept of psychophysical preparation of a person for work. Definition of the PAPT concept, its goals, objectives, and means. The place of PAPT in the system of students' PE. Factors that determine the specific content of the PAPT. Methodology selection of PAPT funds. Organization, forms, and means of teaching students ' physical education programs at the university. Control over the effectiveness of students' PAPT. Features of students' professional development programs in their chosen field of study or specialty. The scheme of presentation of the section at each faculty: the main factors that determine the future specialist of this profile; additional factors that affect the content of the future specialist in the chosen profession; the main content of the future bachelor's and specialist's degree programs; applied sports and their elements.</p>	2					2	4
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8	Individual choice of sports or exercise systems. Sports training, its goals and objectives. Structure of athlete's fitness. Sports conditions, their formation and maintenance. Mass sports and high- performance sports, their goals and objectives. Principles of sports training. Methods and means of sports training. Aspects of athletes' training. Classification of training means in sports based on the details of the motor composition of the exercise. Features of organization and planning of sports training in higher education institutions. The system of student sports competitions. Public student sports organizations. Olympic Games and Universiades. Modern popular sports. Motivation and justification of students' individual choice of a sport or system of physical education for regular classes. Brief anatomical, physiological and psychological characteristics of the main groups of sports and systems of exercises. Features of participation in sports competitions. Doping and measures to counteract the use of doping in sports.	2			0,2	2	4,2
	Практический						
9	Sprint running. Technique of low start, starting acceleration, distance running, finishing. Features of finishing in sprint running. Special running exercises. Development of high-speed skills.		2			2	4

10	Middle and long-distance running. High-start technique in middle and long-distance running. Running technique on a curve. Technique of running for medium and long distances on a stadium and rough terrain. Development of general and special endurance.		2			2	4
11	Running long jump. Long jump styles. Technique of run-up, take-off, flight, landing phases. Technique of standing long jump. Development of speed and strength skills.		2			2	4
12	Development of strength. Circular training method. Exercises to develop strength with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.		2			2	4
13	Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Joint exercises.		2			2	4
14	Development of speed and strength skills. Interval and repeated methods of developing speed and strength skills. Exercises with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.		2			2	4
15	Development of coordination abilities. Gaming and competitive mode methods of developing coordination. Outdoor games. Sports games.		2			2	4
16	Development of endurance. Development of general and special endurance. Uniform, variable methods of developing endurance. Cross-country running.		2			2	4

17	The technique of classic ski moves. The technique of simulating simultaneous no-step, simultaneous one - and two-step, alternating two-step moves in place and in motion. Classic ways of movement on skis: alternately two-step stroke, simultaneously no-step stroke, simultaneously one-step stroke, simultaneously two-step stroke, alternately four-step stroke.					4	4
18	Technique of ascents and descents on skis. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high stance, medium and low stance.					3,8	3,8
Total academic hours		16	16		0,2	39,8	72

#### 4.3. Summary of the discipline (module), structured by sections (topics)

##### Раздел 1. Теоретический

**Тема 1. Physical culture in general cultural and professional training of students. Physical culture and sport as social phenomena of society, their functions. Federal Law "On PE and S in the Russian Federation". Physical culture as an academic discipline of professional education. The main provisions of the organization of physical education in higher education institutions. Value orientations and attitudes of students to PE and S. PC of the student's personality.**

Лекционное занятие. 1. Current state of physical culture and sports.

2. Physical education as an academic discipline of professional higher education and holistic personal development.

**Тема 2. Socio-biological foundations of physical culture. The human body as a single self-developing and self-regulating biological system. Bone, muscle, cardiovascular, respiratory, digestive, excretory, endocrine, and nervous systems and their functions. The role of movements in human life. Patterns of education motor skills. The impact of natural and socio-ecological factors on the vital activity of the human body. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.**

Лекционное занятие. 1. The human body as a single self-developing and self-regulating system.

2. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.

**Тема 3. Fundamentals of a healthy lifestyle of a student. Physical culture in ensuring health. Human health as a value and its determining factors. Interrelation of the student's general culture and lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle (HLS) and its components. Personal attitude to health as a condition for the formation of healthy lifestyle. Basic requirements for the organization of healthy lifestyle. Physical self-education and self-improvement in healthy lifestyle. Criteria for the effectiveness of healthy lifestyle.**

Лекционное занятие. 1. Human health as a value and its determining factors.  
2. Healthy lifestyle and its components.

**Тема 4. Means and methods of physical culture. Methodological principles of Physical education (PE). PE methods. Fundamentals of movement training. Fundamentals of improving physical skills in the PE process: strength, speed, endurance, flexibility, coordination. Zones and intensity of physical activity. The value of muscle relaxation. The possibility and conditions of correction of physical development (PD), physique, motor and functional fitness by means of PE and S in student age. Forms of physical education classes. Training sessions as the main form of training in the technique of physical exercises (PE).**

Лекционное занятие. 1. Means of physical culture.  
2. Methods of physical education.

**Тема 5. Physical skills. General and special physical training in the system of physical education. Strength, methods of its development and definition. Speed, methods of its development and definition. Endurance, methods of its development and determination. Dexterity (coordination abilities), methods of its development and definition. Flexibility, methods of its development and definition. General physical training (GPT), its goals and objectives. Special physical training (SPT) is its goal and objectives.**

Лекционное занятие. 1. Basic physical skills of a person.  
2. General physical training, its goals and objectives.  
3. Special physical training, its goals and objectives.

**Тема 6. Fundamentals of the methodology of independent physical exercises. Motivation and purposefulness of independent physical education classes culture and Sports (PES). Forms and content of independent PES classes. Organization of independent PES classes. The nature of the content of PES classes, depending on the age. Features of independent classes of PES for women. Planning and management of self-study sessions in PES. Limits of the intensity of loads in the conditions of independent exercises of PES in people of different ages. The relationship between the intensity of exercise and the level of physical fitness. Hygiene of independent classes of PES.**

Лекционное занятие. 1. Motivation and purposefulness of independent physical education and sports activities.  
2. Forms and content of independent classes.  
3. Hygiene of independent physical culture and sports activities.

**Тема 7. Professional and applied physical training (PAPT) of students. Personal and socio-economic necessity of special psychophysical preparation of a person for work. Definition of the concept of psychophysical preparation of a person for work.**

**Definition of the PAPT concept, its goals, objectives, and means. The place of PAPT in the system of students' PE. Factors that determine the specific content of the PAPT. Methodology selection of PAPT funds. Organization, forms, and means of teaching students' physical education programs at the university. Control over the effectiveness of students' PAPT. Features of students' professional development programs in their chosen field of study or specialty. The scheme of presentation of the section at each faculty: the main factors that determine the future specialist of this profile; additional factors that affect the content of the future specialist in the chosen profession; the main content of the future bachelor's and specialist's degree programs; applied sports and their elements.**

Лекционное занятие. 1. Definition of the PAPT concept, its purpose, objectives, and means.

2. Organization, forms and means of teaching students' PAPT at the university.

**Тема 8. Individual choice of sports or exercise systems. Sports training, its goals and objectives. Structure of athlete's fitness. Sports conditions, their formation and maintenance. Mass sports and high-performance sports, their goals and objectives. Principles of sports training. Methods and means of sports training. Aspects of athletes' training. Classification of training means in sports based on the details of the motor composition of the exercise. Features of organization and planning of sports training in higher education institutions. The system of student sports competitions. Public student sports organizations. Olympic Games and Universiades. Modern popular sports. Motivation and justification of students' individual choice of a sport or system of physical education for regular classes. Brief anatomical, physiological and psychological characteristics of the main groups of sports and systems of exercises. Features of participation in sports competitions. Doping and measures to counteract the use of doping in sports.**

Лекционное занятие. 1. Motivation and justification of individual student's choice of sport or system of physical education for regular classes.

2. Classification of sports.

3. The system of student sports competitions. Public student sports organizations.

## **Раздел 2. Практический**

**Тема 9. Sprint running. Technique of low start, starting acceleration, distance running, finishing. Features of finishing in sprint running. Special running exercises. Development of high-speed skills.**

Практическое занятие. 1. Learning the low-start technique.

2. Short-distance running technique.

3. Distance running. Finishing.

**Тема 10. Middle and long-distance running. High-start technique in middle and long-distance running. Running technique on a curve. Technique of running for medium and long distances on a stadium and rough terrain. Development of general and special endurance.**

Практическое занятие. 1. Learning the techniques of starting, running, and finishing.

2. Development of high-speed endurance.

3. Development of general endurance.

**Тема 11. Running long jump. Long jump styles. Technique of run-up, take-off, flight, landing phases. Technique of standing long jump. Development of speed and strength skills.**

Практическое занятие. 1. Technique of run-up and take-off.  
2. Technique of flight phase and landing.

**Тема 12. Development of strength. Circular training method. Exercises to develop strength with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.**

Практическое занятие. 1. Exercises to develop the muscles of the arms and shoulders.  
2. Exercises for the development of the abdominal press, back.  
3. Exercises for the development of the lower limbs.

**Тема 13. Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Joint exercises.**

Практическое занятие. 1. Developing active flexibility.  
2. Developing passive flexibility.

**Тема 14. Development of speed and strength skills. Interval and repeated methods of developing speed and strength skills. Exercises with weights, with overcoming your own body weight, with a partner resistance. Exercises with the use of training devices.**

Практическое занятие. 1. Special running and jumping exercises.  
2. Circuit training.

**Тема 15. Development of coordination abilities. Gaming and competitive mode methods of developing coordination. Outdoor games. Sports games.**

Практическое занятие. 1. Two-way basketball game.  
2. Exercises for developing coordination

**Тема 16. Development of endurance. Development of general and special endurance. Uniform, variable methods of developing endurance. Cross-country running.**

Практическое занятие. 1. Development of general endurance.  
2. Exercises for the development of special endurance.

## **5. Educational technologies**

To implement the competence-based approach in the study of the discipline (module), extensive use of active and interactive methods of conducting classes in the educational process is provided:

## **6. Forms of control and types of evaluation materials for the discipline (module)**

Intermediate attestation - evaluation of intermediate and final results of training in the

discipline (module).

**6.1. Sample list of questions for the credit test**

1. Physical culture and sport as social phenomena.
2. Physical culture – part of human culture.
3. Sport – the phenomenon cultural lives.
4. Components of physical culture.
5. Physical education.
6. Physical development.
7. Professionally applied physical culture.
8. Physical education of university students.
9. The concept of socio-biological basis of physical culture.
10. Natural basis of physical culture and sports.
11. Hypokinesia and physical inactivity.
12. Physical exercises.
13. Physiological classification of physical exercises.
14. Methodological principles of physical education.
15. Methods of physical education.
16. General physical preparation, its purposes and tasks.
17. Special physical preparation, its purpose and tasks.
18. Kinds of physical preparation (technical, physical, tactical, psychological, theoretical integral preparation).
19. Professionally applied physical preparation
20. Forms of physical exercises classes.
21. Construction and structure of a lesson.
22. Production line physical culture and gymnastic.
23. Features selection process of forms, methods in specialists' free time.
24. The concept about organs and physiological systems of the human body.
25. Vitamins and their role in exchange substances.
26. Common provisions of physical skills development.
27. Strength, methodology its development and definitions.
28. Speed, methodology its development and definitions.
29. Endurance, methodology its development and definitions.
30. Coordination, methodology its development and definitions.
31. Flexibility, methodology its development and definitions.
32. Sports gymnastic in physical education, its composite disciplines.
33. Athletics in physical education, its composite disciplines.
34. Sports games in physical education
35. Features of concepts "physical culture" and "sport".
36. Physical cultures and sports functions.
37. Functional systems of a human body.
38. Characteristic of concepts "adaptation", "reflex", "VO2 max", "homeostasis", "fatigue", "recovery".
39. Means for recovery (pedagogical, psychological, medico-biological ones).
40. Exchange substances and energy sources (assimilation, dissimulation, energy balance).
41. Proteins, fats, carbohydrates and their role in muscular activities.
42. Blood, her composition and functions.
43. Features of heart structure as muscle organ and its functions.
44. Features of cardiovascular system structure and its functions.
45. Features of respiratory system structure and its functions (external and internal breathing).
46. Features of digestive system structure and its functions

47. Features of muscular system structure and its functions.
48. Features of bone system structure and its functions.
49. Features of nervous system structure and its functions.
50. Features of endocrine system structure and its functions.
51. Health in the interpretation worldwide health organization (WHO).
52. Subjective health indicators.
53. Objective health indicators.
54. The idea of human biological rhythms.
55. Bad habits and their prevention.
56. Features of a healthy lifestyle.
57. Characteristics of concept "physical exercises" .
58. Characteristic of concept "technique of physical exercises" .
59. Phases of physical exercises.
60. Form of physical exercises.
61. External structure of physical exercises. Internal structure of physical exercises.
62. The basis of movement technique. The main link of movement technique. Details of movement techniques.
63. Educational classification of physical exercises.
64. Classification of physical exercises on the basis of historically established systems of physical education.
65. Classification of physical exercises according to their importance for solving educational problems.
66. Classification of physical exercises on the basis of the characteristics of muscle activity (peculiarities of the manifestation of individual physical skills).
67. Classification of physical exercises according to the anatomical feature or the sign of the predominant development of individual muscle groups.
68. Classification of physical exercises by sports.
69. Classification of physical exercises on the basis of physiological power zones.
70. Classification of physical exercises on the basis of the biomechanical structure of movement.
71. Stages of teaching motor actions.
72. The concepts of volume and intensity of physical activity and methods for their determination.
73. Meaning, types and methods of muscle relaxation.
74. Indicators of body fitness at rest, at standard and maximum loads.

## **6.2. Sample list of questions for the examination**

Exam is not provided.

## **6.3. Suggested themes of term papers (projects)**

Term paper is not provided.

## **6.4. Suggested themes of term projects**

Course project is not provided.

## **6.5. Suggested topics of calculation and graphic works**

Settlement and graphic work is not provided.



## 7. Educational, methodological, informational and software support of the discipline (module)

The electronic catalog and electronic information resources provided by the scientific library of the FSBEI of HE "I. N. Ulianov Chuvash State University" are available at the link <http://library.chuvsu.ru/>

### 7.1. Regulatory documents, standards and rules

1. Об образовании в Российской Федерации : федеральный закон от 29 декабря 2012 года № 273-ФЗ : в редакции от 31 июля 2020 года № 303-ФЗ. – Текст : электронный // ГАРАНТ : информационно-правовое обеспечение. – URL: [http://mobileonline.garant.ru/#/document/70291362/paragraph/1/highlight/об\\_образовании:2](http://mobileonline.garant.ru/#/document/70291362/paragraph/1/highlight/об_образовании:2) (дата обращения: 11.04.2022).

2. О физической культуре и спорте в Российской Федерации : федеральный закон от 4 декабря 2007 года № 329-ФЗ : в редакции от 31 июля 2020 года № 274-ФЗ. – Текст : электронный // КонсультантПлюс: надежная правовая поддержка : официальный сайт. – URL: [http://www.consultant.ru/document/cons\\_doc\\_LAW\\_73038/](http://www.consultant.ru/document/cons_doc_LAW_73038/) (дата обращения: 11.04.2022 ).

3. О физической культуре и спорте : закон Чувашской Республики от 27 июня 2008 года № 31 : в редакции от 11 сентября 2019 года № 66. – Текст : электронный // ГАРАНТ : информационно-правовое обеспечение. – URL: <http://base.garant.ru/17625571/> (дата обращения: 11.04.2022).

4. Об основах охраны здоровья граждан в Российской Федерации : федеральный закон от 21 ноября 2011 года № 323-ФЗ : в редакции от 31 июля 2020 года № 303-ФЗ. – Текст : электронный // ГАРАНТ : информационно-правовое обеспечение. – URL: <http://ivo.garant.ru/#/document/12191967/> (дата обращения: 11.04.2022).

### 7.2. Recommended basic educational and methodological literature

№ item	Name
1	Стриханов, Савинков Физическая культура и спорт в вузах [Электронный ресурс]:учебное пособие. - Москва: Юрайт, 2022. - 160 с – Режим доступа: <a href="https://urait.ru/bcode/493629">https://urait.ru/bcode/493629</a>
2	Муллер, Дядичкина, Богащенко Физическая культура [Электронный ресурс]:учебник и практикум для спо. - Москва: Юрайт, 2022. - 424 с – Режим доступа: <a href="https://urait.ru/bcode/489849">https://urait.ru/bcode/489849</a>

### 7.3. Recommended supplementary educational and methodological literature

№ item	Name
1	Письменский, Аллянов Ю. Н. Физическая культура [Электронный ресурс]:Учебник для вузов. - Москва: Юрайт, 2022. - 450 с – Режим доступа: <a href="https://urait.ru/bcode/489224">https://urait.ru/bcode/489224</a>
2	Конеева, Зайцев Н. В., Томашевская, Покровская, Почечура, Романов, Колтан, Лизогубенко, Пельменев, Зайцева, Жигарева, Горячева Физическая культура [Электронный ресурс]:учебное пособие для вузов. - Москва: Юрайт, 2022. - 599 с – Режим доступа: <a href="https://urait.ru/bcode/494126">https://urait.ru/bcode/494126</a>
3	Андриянова Профилактика допинга в спорте [Электронный ресурс]:учебное пособие для вузов. - Москва: Юрайт, 2022. - 134 с – Режим доступа: <a href="https://urait.ru/bcode/496350">https://urait.ru/bcode/496350</a>

#### 7.4. List of resources of the "Internet" information and telecommunication network

№ item	Name	Link to the resource
1	Министерство спорта РФ	<a href="https://www.minsport.gov.ru">https://www.minsport.gov.ru</a>
2	Министерство физической культуры и спорта ЧР	<a href="http://sport.cap.ru">http://sport.cap.ru</a>
3	Российского журнала «Теория и практика физической культуры»	<a href="http://www.teoriya.ru/ru/taxonomy/term/3">http://www.teoriya.ru/ru/taxonomy/term/3</a>
4	Всероссийская федерация волейбола	<a href="http://www.volley.ru">http://www.volley.ru</a>
5	Российская федерация баскетбола	<a href="https://russiabasket.ru">https://russiabasket.ru</a>
6	Российского футбольный союза	<a href="https://rfs.ru">https://rfs.ru</a>

#### 7.5. Software, professional databases, information and reference systems, electronic educational resources and electronic library systems

Software, professional databases, information and reference systems provided by the Informatization Department of the FSBEI of HE "I.N. Ulianov Chuvash State University" are available for download at the link <http://ui.chuvsu.ru> //. The Unified Register of Russian programs for electronic computers and databases, including freely distributed ones, is available at the link [reestr.minsvyaz.ru/reestr](http://reestr.minsvyaz.ru/reestr) /.

##### 7.5.1. Licensed and freely distributed software

Microsoft Windows operating System and/or Unix-like operating system and/or mobile operating system;

Office software packages:

Microsoft Office and/or LibreOffice

and (or) OpenOffice and (or) analogues;

Browsers, including Yandex.Browser.

List of software:

##### 7.5.2. Lists of professional databases and (or) information reference systems and (or) electronic library systems and (or) electronic educational resources

#### 8. Material and technical support of the discipline

Classrooms for lecture-type classes in the discipline are equipped with a teacher's automated workplace consisting of: a personal computer/laptop, multimedia equipment with a screen and (or) SMART interactive whiteboard/SMART TV.

The premises for students' independent work are equipped with computer equipment enabling to connect to the Internet and provide access to the electronic information and educational environment of the FSBEI of HE "I.N. Ulianov Chuvash State University".

№ item	Lesson type	Brief description and characteristics of the composition of
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		installations, measuring and diagnostic equipment, computer equipment and experimental automation tools
1	Зачёт	<p>Спортивный зал:</p> <p>- многофункциональный зал игровых видов спорта мини-футбол, баскетбол, волейбол, бадминтон.</p> <p>Зал оборудован: стенки гимнастические; перекладины навесные универсальные для стенки гимнастической; гимнастические снаряды (перекладина, брусья,); тренажеры для занятий атлетической гимнастикой; маты гимнастические; ковер борцовский или татами; кольца баскетбольные, стойки баскетбольные, волейбольные, футбольные ворота, защита для баскетбольного щита и стоек, плакаты и рисунки для освоения техники различных видов спорта; информационные материалы по тестовым и зачетным нормативам.</p> <p>Зал оборудован инвентарем для спортивных игр: скакалки, палки гимнастические, мячи набивные, мячи для метания, гантели (разные); гири 16, 24 кг; секундомеры; мячи баскетбольные, волейбольные футбольные</p>
2	ИКР	<p>Учебная аудитория для занятий семинарского типа, текущего контроля и промежуточной аттестации.</p> <p>Оборудование: учебная доска, учебная мебель, переносное мультимедийное оборудование (проектор, экран, персональный компьютер или ноутбук с необходимым программным обеспечением для тематических иллюстраций и демонстраций, соответствующих программе дисциплины), лабораторные стенды</p>
3	Лек	<p>Учебные аудитории для занятий лекционного типа, семинарского типа.</p> <p>Оборудование: учебная доска, учебная мебель, мультимедийное оборудование (проектор, экран, персональный компьютер или ноутбук с необходимым программным обеспечением для тематических иллюстраций и демонстраций, соответствующих программе дисциплины)</p>
4	Пр	Спортивная площадка (многофункциональная): баскетбольные щиты, волейбольная сетка, мячи футбольные, баскетбольные, волейбольные, стол для настольного тенниса, гимнастические тренажеры
5		Спортивная площадка (мини-футбол): футбольные ворота, мячи футбольные
6		<p>Мячи звенящие: футбольный, баскетбольный, волейбольный, для гандбола, настольный теннис для слепых «Шоудаун» (стол, ракетки, мячи).</p> <p>Парта для инвалидов с нарушениями опорно-двигательного аппарата, рабочий стол с регулируемыми ножками, парта универсальная с регулировкой высоты.</p> <p>Шашки 64-клеточные для незрячих спортсменов, настольная игра шахматы тактильные с применением системы Брайля; тактильное домино для незрячих и слабовидящих; парта для инвалидов с нарушениями опорно-двигательного аппарата.</p>

7	Пр	Баскетбольные щиты, гимнастические стенки, гимнастические скамейки, волейбольная сетка, гимнастические маты, столы для настольного тенниса, мячи футбольные, баскетбольные, волейбольные, теннисные, бадминтонные ракетки, ракетки для настольного тенниса, гимнастические обручи, скакалки и другое <u>спортивное оборудование</u>
8		Баскетбольные щиты, гимнастические скамейки, гимнастические маты, мячи футбольные, баскетбольные, волейбольные, бадминтонные ракетки, гимнастические обручи, скакалки
9		Силовые тренажеры, беговые дорожки, гири, гантели, штанги, диски, тренажерные приспособления «Правило», перекладина, канат
10	Ср	Помещение для самостоятельной работы обучающихся. Оборудование: компьютерная техника с подключением к сети Интернет и доступом к электронной информационно-образовательной среде ФГБОУ ВО «Чувашский государственный университет имени И.Н. Ульянова»

## 9. Means of adapting the discipline teaching to the needs of persons with physical conditions

If necessary, persons with physical conditions can be offered one of the following options for perceiving information, taking into account their individual psychophysical characteristics:

- 1) using e-learning and distance learning technologies.
- 2) using special equipment (enginery) and software in accordance with the students' health restrictions in the Training Centers for Persons with Disabilities and Physical Conditions (hereinafter referred to as special needs) available at the university.

In the course of training, if necessary, the following conditions are provided for persons with visual, hearing and musculoskeletal disorders:

- for persons with visual impairments: educational and methodological materials in printed form in enlarged font; in the form of an electronic document; in the form of an audio file (conversion of educational materials into audio format); in printed form in Braille; individual consultations involving a tactile interpreter; individual assignments and consultations.
- for people with hearing impairments: educational and methodological materials in printed form; in the form of an electronic document; video materials with subtitles; individual consultations involving a sign language interpreter; individual assignments and consultations.
- for persons with disorders of the musculoskeletal system: educational and methodological materials in printed form; in the form of an electronic document; in the form of an audio file; individual assignments and consultations.

## 10. Guidelines for students to perform independent work

The purpose of the student's independent work (IW) is to consolidate the theoretical knowledge gained and to acquire practical skills in using and performing research of algorithms and data structures when designing application software programs. IW includes independent study of educational issues, preparation for laboratory classes, performing calculation and graphic work, preparation for a test and an exam.

The list of questions and tasks for independent work to prepare for laboratory classes is given in the corresponding methodological instructive regulations in the description of each laboratory work.

The list of questions and tasks for independent work to carry out calculation and graphic work is given in the relevant methodological instructive regulations.

The purpose of independent work of the student (IW) is to consolidate the acquired theoretical knowledge and acquire practical skills in the application and research of algorithms and data structures in the design of applied programs. IW includes independent study of educational questions, preparation for laboratory classes, performing calculation and graphic work, preparation for the test and exam.

The list of questions and tasks for independent work in preparation for laboratory classes is given in the corresponding guidelines in the description of each laboratory work.

The list of questions and tasks for independent work on the implementation of calculation and graphic work is given in the relevant guidelines.

At the beginning of the course, the teacher informs students about the forms, types and content of independent work, explains the requirements for the results of independent work, as well as the forms and methods of control.

Independent work of students is an integral part of the educational process. The purpose of independent work of students is to master knowledge, professional skills, experience in creative and research activities.

The main forms of organizing independent work of students are: classroom independent work under the guidance and supervision of a teacher (at lectures, practical, laboratory classes, etc. and consultations); extracurricular independent work under the guidance and supervision of a teacher (during consultations, when conducting research work), extracurricular independent work-planned educational, educational and research work, research work of students performed during extracurricular hours on assignment and with the methodical guidance of the teacher, but without his direct participation.

When performing independent work, students should rely mainly on the knowledge and skills acquired in lectures, practical, laboratory classes, group and individual classes. This provides the necessary basis for further in-depth study of other disciplines. However, this knowledge needs to be activated.

The forms of independent work of students provided for in the discipline include::

- Preparation for practical, laboratory classes, group and individual classes.
- Independent study of educational issues.
- Preparation for the test/exam.

The following sources are recommended for independent preparation for practical, laboratory, group and individual classes, studying academic questions, preparing for the test and exam:

- lecture notes and materials of practical, laboratory, group and individual classes;
- educational (scientific) literature of the corresponding profile;
- Internet resources.

According to the questions proposed by the teacher, the student studies the content of recommended sections, chapters, paragraphs, textbooks, manuals and monographs; statistical collections; reviews; articles in periodicals. Regulatory legal acts are studied using the legal bases "Consultant-Plus" or "Garant", as well as Internet resources. The forms of control of such individual work are surveys in practical, group and individual classes, checking notes and conclusions.

Test tasks are a form of ongoing control. They are designed to highlight the main provisions of the discipline, to understand the features based on theory, repetition and consolidation of educational material, testing of knowledge, control of residual knowledge.

## **11. Methodological instructive regulations for students studying the discipline (module)**

A practical lesson is one of the forms of educational work that is focused on consolidating the studied theoretical material, its deeper assimilation and the formation of the ability to apply theoretical knowledge for practical, applied purposes. Special attention is paid to the development of educational or professional skills in practical classes. Such skills are formed in the process of performing specific tasks – exercises, tasks, etc. - under the guidance and supervision of the teacher. The main goal of practical training is to develop skills and gain practical experience aimed at the formation of professional competencies (the ability to perform certain actions, operations necessary in professional activities) or general competencies (general competencies are necessary for successful activity in both professional and non-professional spheres).

The content of practical classes is the formation of motor skills, the development of physical qualities.

To prepare for a practical lesson, the student needs to study theoretical material on this topic. To consolidate the completed material, the student must complete homework in accordance with the task received in the previous practical lesson. In case of difficulties in its implementation, it is recommended to seek help from the teacher during the time allotted for consultations.

Stages of preparation for the practical lesson:

- study of theoretical material obtained in the classroom and in the course of independent work;
- completing homework.
- self-test on control questions of the topic.

### **11.1. Methodological instructive regulations for preparing for seminar-type classes**

Not provided.

### **11.2. Methodological instructive regulations for preparing for an examination**

Not provided.

### **11.3. Methodological instructive regulations for preparing for a test**

Preparation of students for passing the test includes::

- view the training course program.
- identification of the necessary sources (textbooks, additional literature, etc.) and their study;
- use of materials from practical classes;
- consulting with a teacher.

Preparation for the test begins with the first lesson in the discipline, where students receive a general teacher's instruction and a list of basic requirements for current and final reporting. At the same time, it is important to systematically master the material from the very beginning, being guided, first of all, by the list of questions for the test (exam), and take notes on sources that are important for solving educational problems. During the semester, students complete, systematize and correct their best practices, learn new things and consolidate the material they have already studied.

### **11.4. Methodological instructive regulations for performing computational and graphical**

Not provided.

**11.5. Methodological instructive regulations for performing a control work**

Not provided.

**11.6. Methodological instructive regulations for performing a course work (project)**

Not provided.

### List of additions and changes

The name and details (if any) of the document attached to the Working Program of the discipline (module) containing the text of updates	Department's decision		Full name of department head:
	Date	Protocol №	