

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
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Approved by:

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

08.02.2022, protocol № 3a

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

The purpose of the discipline - to form the physical culture of the individual and the ability to use various means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future 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 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, etc. 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; formation of special knowledge about the structure of competitive gaming activities, techniques and tactics of the game in the learning process; formation of students' sustained interest in sports games; acquisition of students' necessary knowledge on the basics of theory methods and organization of physical education and sports training, preparation for work as public instructors, coaches and judges; creation of a basis for creative and methodically sound use of physical culture and sports activities for subsequent life and professional achievements.

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

The discipline «Общая физическая подготовка / General Physical Preparation» 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):

Физическая культура и спорт / Physical Culture and Sport

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:

Подготовка к сдаче и сдача государственного экзамена / Preparation for passing and passing the state exam

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	УК-7.1 Способен оценивать состояние своего самочувствия /	Знает основные способы оценки состояния здоровья и определения самочувствия. /

<p>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</p>	<p>He/she is able to assess the state of his/her well-being</p>	<p>Knows the main methods assessment of health status and determination of well-being. Умеет адекватно оценить состояние здоровья и самочувствие. / Knows how to adequately assess the state of health and well-being.</p> <p>Применяет здоровьесберегающие технологии. / Applies health-saving technologies.</p>
<p>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</p>	<p>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</p>	<p>Понимает пользу физической культуры и спорта, здорового образа жизни. / Understands the benefits of physical culture and sports, and a healthy lifestyle.</p> <p>Умеет применять физические упражнения для поддержания должного уровня физической подготовленности. / Understands the benefits of physical culture and sports, and a healthy lifestyle.</p> <p>Пропагандирует физическую культуру, активно участвует в спортивных мероприятиях. / Promotes physical culture, actively participates in sports events.</p>
<p>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</p>	<p>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</p>	<p>Понимает зависимость работоспособности от правильного распределения рабочего времени. / Understands the dependence of working capacity on the correct distribution of working hours.</p> <p>Умеет сочетать интеллектуальные и физические нагрузки в профессиональной деятельности. / He is able to combine intellectual and physical activities in his professional activities.</p> <p>Владеет навыком использования имеющихся нематериальных ресурсов для обеспечения высокой работоспособности. / Has the</p>

		ability to use existing intangible resources to ensure high performance.
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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
ЛЫЖНЫЙ СПОРТ	Classic styles of ski strokes. Simultaneous silent running. Simultaneous single-step stroke. Simultaneous two-step stroke. Alternate two-step stroke. Alternate four-step stroke.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Drill exercises with skis and on skis. Drill stand with skis. Turns on the spot: around the heels and toes of skis, swing, jump. Transportation of skis.		
	Techniques of descents, ascents, turns, and braking. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion:		

	stop, step over. Technique of braking on skis: plow, semi-plow, slip, stick, fall, combined.		
Лыжный спорт	<p>Skate styles of ski strokes. The technique of simultaneously single-step skating. Two-step speed skating technique at the same time. Alternate two-step skating technique.</p> <p>Technique of changing strokes. Technique of switching from variable strokes to simultaneous ones. Technique for switching from simultaneous strokes to variables.</p> <p>The technique of a half-pointed move. Training in the technique of simultaneous push-off with your hands, push-off with your foot with a sliding stop and free single-support sliding.</p> <p>Mastering the technique of ski strokes. Covering distances using various skiing methods.</p> <p>Mastering the technique of descents, ascents, and turns. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion: stop, step over.</p> <p>Organization and conduct of cross-country skiing competitions. Competition rules. Interaction of judges. Inventory and equipment.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3
Гимнастика	Drill and general development exercises. Drill exercises on the spot and in motion. Varieties of		

	<p>the system, elements of the system. Techniques and movements in the formation. Modes of transportation. General development exercises on the spot and in motion.</p>		
Гимнастика	<p>Acrobatic (free) exercises. Gymnastic combinations with the use of acrobatic elements. Develop active flexibility.</p> <p>Exercises with gymnastic objects. Exercises with a hoop. Skipping rope exercises. Exercises with a gymnastic stick.</p> <p>Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in pairs.</p> <p>Mastering the drill exercises on the spot and on the move.</p> <p>Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own weight, with a partner's resistance.</p> <p>Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own weight, with a partner's resistance.</p> <p>Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own weight, with a partner's resistance.</p> <p>Developing flexibility. Developing active and passive flexibility.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3

	Developing static and dynamic flexibility.		
Гимнастика	Athletic gymnastics. A set of exercises for developing strength with the use of weights and training devices.	УК-7	УК-7.1, УК-7.2, УК-7.3
Плавание	Exercises to master with water. Technique of performing the "float" exercise. Technique of performing the exercise "asterisk". Technique of performing the "arrow" exercise.		
	Backstroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.		
	"Crawl" swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Breathing technique. Starting technique. Closed turn technique.		
	Breaststroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Open turn technique.		
	Butterfly swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.		

Плавание	Starting technique, distance swimming technique, "open turn", "closed turn", "somersault turn", "finishing".	УК-7	УК-7.1, УК-7.2, УК-7.3
	Rescue of a drowning man. Rescue equipment. Methods of transportation of drowning people. Methods of extracting the victim from the water. First aid to the victim.		
Легкая атлетика	Relay race. Methods of passing the baton: top, bottom, top over the shoulder. Relay race technique with and without shifting.		
	Technique of standing and running long jumps. Long jump styles. Phases of the running long jump: run-up, push - off, flight, landing.		
	Tactics in short, medium and long distance running. Individual and group tactical actions. Finish acceleration.		
	Mastering the technique of short-distance running. 30m, 60m, 100m acceleration run. Handicap run.		
	Throwing grenades. Technique of holding and releasing grenades. Final effort technique. Run-up technique.		
	Mastering the technique of medium and long distance running. Technique of leg and arm movements. Breathing technique. Fast start, lead, and fast running.		
	Mastering the technique of relay running. The technique of passing the wand in various ways. Relay 4 x 100 m, 4x400 m, "Swedish" relay.		
	Organization and conduct		

	of athletics competitions. Types of competitions. Competition rules. Actions of judges. Inventory and equipment.		УК-7.3
Спортивные игры	<p>Ball dribbling in football. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.</p> <p>Stopping and taking the ball in football. Stopping the rolling ball. Stopping the descending ball. Stopping a flying ball. Taking the ball by pushing. Taking the ball by rolling.</p> <p>Goalkeeper's technique and tactics. Goalkeeper's stance. Movements of the goalkeeper. Catching, batting, transferring, and throwing the ball.</p> <p>Movement techniques in football. Walking, running, jumping, stopping, turning. A combination of movement methods.</p> <p>Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.</p> <p>Kicking the ball with your foot or head in soccer. Hits with the inner and outer sides of the foot, the middle, the inner and outer parts of the instep, the toe, the heel. Flying ball hit.</p> <p>Mastering technique of stopping and taking the ball in football. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".</p> <p>Technique and tactics of defense in football. Individual, group, or team actions. Defense game systems.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3

Спортивные игры	Technique and tactics of attack in football. Individual, group, or team actions. Basic player placements.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.		
	Receiving and passing the ball in volleyball. Passing the ball from above, from below with one and both hands, ball receiving techniques from above and below.		
	Movement techniques in volleyball. The main ways of movement: side steps to the left, right, forward and backward, double step forward and backward, jump, run, stop after moving.		
	Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.		
	Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.		
	Blocking technique in volleyball. Single block. A group block.		
	Mastering technique of serving the ball in volleyball. Paragliding serve. Serving the ball spinning forward ("swirled"). High serve with reverse rotation of the ball. Power serve.		
	Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.		

Спортивные игры	Technical and tactical training in volleyball. Individual actions. Group actions. Command actions. Actions of the player without the ball and actions of the player with the ball.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Development of coordination. Serves by zone. Playing volleyball.		
	Organization and conduct of volleyball competitions. Types of competitions. Competition rules. Actions of judges. Inventory. Platform.		
	Dribbling the ball in basketball. Dribbling with a high bounce of the ball from the floor, with a low bounce of the ball and a combined dribbling technique.		
	Movement techniques in basketball. Walking, running, jumping, stopping, turning. A combination of movement methods.		
	Catching the ball in basketball. Catching the ball with both hands. Catching the ball with one hand. Catching the ball from a half-bounce. Catching a rolling ball.		
	Passing the ball in basketball. Passing from the chest. Passing with a bounce. Passing from behind the head. Passing from behind. "Hidden" Passing.		
	Shots in basketball. Penalty shot. Jump shot. A slam dunk. Hook throw. One- and two-handed throws while standing still, in motion, and after leading.		
	Taking the ball in		УК-7.1, УК-7.2,

	basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.		УК-7.3
Спортивные игры	Technical and tactical training in basketball. Individual, group and team actions in attack and defense.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Development of coordination abilities. Penalty shots. Shots from different points of the three-point arc. A game of basketball.		
	Organization and conduct of basketball competitions. Competition rules. Rights and obligations of participants. Equipment and inventory. Interaction of judges.		
	Mastering of technical and tactical training in basketball. Individual, group, and team actions in attack and defense. The zone defence. Personal defence. Positional attack. Rapid attack.		

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)					
	2	3	4	5	6	total
1. Face-to-face work:	32,2	32	32,2	32	32,2	160,6
In-class learning in total, including:	32	32	32	32	32	160
Практические занятия (Пр)	32	32	32	32	32	160
Индивидуальная контактная работа (ИКР)	0,2		0,2		0,2	0,6
2. Independent work of the student:	31,8	32	31,8	32	39,8	167,4
3. Intermediate certification (exam) (зачет)	3а		3а			
Total: academic hours	0	0	0	0	0	328

	credit units	0	0	0	0	0	0
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№ 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		
	Льжжный спорт						
1	Classic styles of ski strokes. Simultaneous silent running. Simultaneous single-step stroke. Simultaneous two-step stroke. Alternate two-step stroke. Alternate four-step stroke.		4			4	8
2	Drill exercises with skis and on skis. Drill stand with skis. Turns on the spot: around the heels and toes of skis, swing, jump. Transportation of skis.		2			2	4
3	Techniques of descents, ascents, turns, and braking. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion: stop, step over. Technique of braking on skis: plow, semi-plow, slip, stick, fall, combined.		4			4	8
4	Skate styles of ski strokes. The technique of simultaneously single-step skating. Two-step speed skating technique at the same time. Alternate two-step skating technique.		4			4	8
5	Technique of changing strokes. Technique of switching from variable strokes to simultaneous ones. Technique for switching from simultaneous strokes to variables.		4			4	8

6	The technique of a half-pointed move. Training in the technique of simultaneous push-off with your hands, push-off with your foot with a sliding stop and free single-support sliding.		4			4	8
7	Mastering the technique of ski strokes. Covering distances using various skiing methods.		4			4	8
8	Mastering the technique of descents, ascents, and turns. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion: stop, step over.		4			4	8
9	Organization and conduct of cross-country skiing competitions. Competition rules. Interaction of judges. Inventory and equipment.		2			2	4
	Гимнастика						
10	Drill and general development exercises. Drill exercises on the spot and in motion. Varieties of the system, elements of the system. Techniques and movements in the formation. Modes of transportation. General development exercises on the spot and in motion.		2			2	4
11	Acrobatic (free) exercises. Gymnastic combinations with the use of acrobatic elements. Develop active flexibility.		2			2	4
12	Exercises with gymnastic objects. Exercises with a hoop. Skipping rope exercises. Exercises with a gymnastic stick.		2			2	4
13	Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in pairs.		2			2	4
14	Mastering the drill exercises on the spot and on the move.		2			2	4

15	Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own weight, with a partner's resistance.		2			2	4
16	Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own weight, with a partner's resistance.		2			2	4
17	Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own weight, with a partner's resistance.		2			2	4
18	Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility.		2			2	4
19	Athletic gymnastics. A set of exercises for developing strength with the use of weights and training devices.		2			2	4
	Плавание						
20	Exercises to master with water. Technique of performing the "float" exercise. Technique of performing the exercise "asterisk". Technique of performing the "arrow" exercise.		2			2	4
21	Backstroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.		2			2	4
22	"Crawl" swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Breathing technique. Starting technique. Closed turn technique.		4			4	8

23	Breaststroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Open turn technique.		2			2	4
24	Butterfly swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.		2			4	6
25	Starting technique, distance swimming technique, "open turn", "closed turn", "somersault turn", "finishing".		2			4	6
26	Rescue of a drowning man. Rescue equipment. Methods of transportation of drowning people. Methods of extracting the victim from the water. First aid to the victim.		2			4	6
	Легкая атлетика						
27	Relay race. Methods of passing the baton: top, bottom, top over the shoulder. Relay race technique with and without shifting.		4			4	8
28	Technique of standing and running long jumps. Long jump styles. Phases of the running long jump: run-up, push - off, flight, landing.		4			4	8
29	Tactics in short, medium and long distance running. Individual and group tactical actions. Finish acceleration.		4			4	8
30	Mastering the technique of short-distance running. 30m, 60m, 100m acceleration run. Handicap run.		2		0,2	1,8	4
31	Throwing grenades. Technique of holding and releasing grenades. Final effort technique. Run-up technique.		4		0,2	3,8	8

32	Mastering the technique of medium and long distance running. Technique of leg and arm movements. Breathing technique. Fast start, lead, and fast running.		4			4	8
33	Mastering the technique of relay running. The technique of passing the wand in various ways. Relay 4 x 100 m, 4x400 m, "Swedish" relay.		4			4	8
34	Organization and conduct of athletics competitions. Types of competitions. Competition rules. Actions of judges. Inventory and equipment.		2		0,2	3,8	6
Спортивные игры							
35	Ball dribbling in football. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.		2			2	4
36	Stopping and taking the ball in football. Stopping the rolling ball. Stopping the descending ball. Stopping a flying ball. Taking the ball by pushing. Taking the ball by rolling.		2			2	4
37	Goalkeeper's technique and tactics. Goalkeeper's stance. Movements of the goalkeeper. Catching, batting, transferring, and throwing the ball.		2			2	4
38	Movement techniques in football. Walking, running, jumping, stopping, turning. A combination of movement methods.		2			2	4
39	Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.		2			2	4
40	Kicking the ball with your foot or head in soccer. Hits with the inner and outer sides of the foot, the middle, the inner and outer parts of the instep, the toe, the heel. Flying ball hit.		2			2	4

41	Mastering technique of stopping and taking the ball in football. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".		2			2	4
42	Technique and tactics of defense in football. Individual, group, or team actions. Defense game systems.		2			2	4
43	Technique and tactics of attack in football. Individual, group, or team actions. Basic player placements.		2			2	4
44	Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.		2			2	4
45	Receiving and passing the ball in volleyball. Passing the ball from above, from below with one and both hands, ball receiving techniques from above and below.		2			2	4
46	Movement techniques in volleyball. The main ways of movement: side steps to the left, right, forward and backward, double step forward and backward, jump, run, stop after moving.		2			2	4
47	Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.		2			2	4
48	Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.		2			2	4
49	Blocking technique in volleyball. Single block. A group block.		2			2	4
50	Mastering technique of serving the ball in volleyball. Paragliding serve. Serving the ball spinning forward ("swirled"). High serve with reverse rotation of the ball. Power serve.		2			2	4

51	Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.		2			2	4
52	Technical and tactical training in volleyball. Individual actions. Group actions. Command actions. Actions of the player without the ball and actions of the player with the ball.		2			2	4
53	Development of coordination. Serves by zone. Playing volleyball.		2			2	4
54	Organization and conduct of volleyball competitions. Types of competitions. Competition rules. Actions of judges. Inventory. Platform.		2			2	4
55	Dribbling the ball in basketball. Dribbling with a high bounce of the ball from the floor, with a low bounce of the ball and a combined dribbling technique.		2			2	4
56	Movement techniques in basketball. Walking, running, jumping, stopping, turning. A combination of movement methods.		2			2	4
57	Catching the ball in basketball. Catching the ball with both hands. Catching the ball with one hand. Catching the ball from a half-bounce. Catching a rolling ball.		2			2	4
58	Passing the ball in basketball. Passing from the chest. Passing with a bounce. Passing from behind the head. Passing from behind. "Hidden" Passing.		2			2	4
59	Shots in basketball. Penalty shot. Jump shot. A slam dunk. Hook throw. One-and two- handed throws while standing still, in motion, and after leading.		4			4	8
60	Taking the ball in basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.		2			2	4

61	Technical and tactical training in basketball. Individual, group and team actions in attack and defense.		2			2	4
62	Development of coordination abilities. Penalty shots. Shots from different points of the three-point arc. A game of basketball.		2			2	4
63	Organization and conduct of basketball competitions. Competition rules. Rights and obligations of participants. Equipment and inventory. Interaction of judges.		4			4	8
64	Mastering of technical and tactical training in basketball. Individual, group, and team actions in attack and defense. The zone defence. Personal defence. Positional attack. Rapid attack.		2			2	4
Total academic hours			160		0,6	167, 4	328

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

Раздел 1. Лыжный спорт

Тема 1. Classic styles of ski strokes. Simultaneous silent running. Simultaneous single- step stroke. Simultaneous two-step stroke. Alternate two-step stroke. Alternate four-step stroke.

Практическое занятие. 1. The technique of classic styles (simultaneous no - step, simultaneous one-and two-step, alternate two-step stroke).

2. Passing the distance.

Тема 2. Drill exercises with skis and on skis. Drill stand with skis. Turns on the spot: around the heels and toes of skis, swing, jump. Transportation of skis.

Практическое занятие. 1. Drill exercises with skis in place. Turns on the spot: around the heels and toes of skis, swing, jump.

2. Development of endurance.

Тема 3. Techniques of descents, ascents, turns, and braking. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion: stop, step over. Technique of braking on skis: plow, semi-plow, slip, stick, fall, combined.

Практическое занятие. 1. Teaching the technique of downhill skiing.

2. Teaching the technique of climbing.

3. Teaching the technique of turn on the spot, on the move.

4. "Plow" and "half-plow" braking.

Тема 4. Skate styles of ski strokes. The technique of simultaneously single-step skating. Two-step speed skating technique at the same time. Alternate two-step skating technique.

- Практическое занятие. 1. Teaching the skating technique.
2. Passing the distance in a skating style.

Тема 5. Technique of changing strokes. Technique of switching from variable strokes to simultaneous ones. Technique for switching from simultaneous strokes to variables.

- Практическое занятие. 1. Teaching the technique of switching from variable moves to simultaneous ones.
2. Learning the technique of switching from simultaneous strokes to variables.
3. Development of general endurance.

Тема 6. The technique of a half-pointed move. Training in the technique of simultaneous push-off with your hands, push-off with your foot with a sliding stop and free single-support sliding.

- Практическое занятие. 1. Teaching the technique of simultaneous push-off with both hands, push-off with the foot with a sliding stop and free single-support sliding.
2. Passing a distance using a half-step move.

Тема 7. Mastering the technique of ski strokes. Covering distances using various skiing methods.

- Практическое занятие. 1. Mastering the technique of classic moves.
2. Mastering the skating technique.

Тема 8. Mastering the technique of descents, ascents, and turns. The technique of climbing a mountain with a ladder, a herringbone, a half-bow, and walking steps. Technique of downhill skiing in high, medium and low stance. Technique of turns on skis in motion: stop, step over.

- Практическое занятие. 1. Mastering the technique of downhill skiing.
2. Mastering the technique of climbing.
3. Mastering of turns on the spot, in motion.
4. Mastering of "plow" and "half-plow" braking.

Тема 9. Organization and conduct of cross-country skiing competitions. Competition rules. Interaction of judges. Inventory and equipment.

- Практическое занятие. 1. Types of competitions. Rules of cross-country skiing competitions.
2. Judges. Interaction of judges. Conducting mass competitions in cross-country skiing.

Раздел 2. Гимнастика

Тема 10. Drill and general development exercises. Drill exercises on the spot and in motion. Varieties of the system, elements of the system. Techniques and movements in

the formation. Modes of transportation. General development exercises on the spot and in motion.

- Практическое занятие. 1. Drill exercises on the spot and in motion.
2. General exercises on the spot and in motion.

Тема 11. Acrobatic (free) exercises. Gymnastic combinations with the use of acrobatic elements. Develop active flexibility.

- Практическое занятие. 1. Exercises for the development active flexibility.
2. Exercises for the development of coordination of movements.

Тема 12. Exercises with gymnastic objects. Exercises with a hoop. Skipping rope exercises. Exercises with a gymnastic stick.

- Практическое занятие. 1. Exercises with skipping ropes.
2. Exercises with hoops.
3. Developing passive flexibility.

Тема 13. Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in pairs.

- Практическое занятие. 1. Learning the basic complex of rhythmic gymnastics.
2. Exercises for developing flexibility in pairs.

Тема 14. Mastering the drill exercises on the spot and on the move.

- Практическое занятие. 1. Exercises for mastering drill exercises on the spot and in motion.
2. Exercises to develop flexibility.

Тема 15. Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own weight, with a partner's resistance.

- Практическое занятие. 1. Push-ups from the gym bench, parallel bars.
2. Pull-up on the crossbar with different grips.
3. Exercises with dumbbells.

Тема 16. Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own weight, with a partner's resistance.

- Практическое занятие. 1. Bending at the waist in different starting positions.
2. Exercise on machines.

Тема 17. Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own weight, with a partner's resistance.

- Практическое занятие. 1. Squats, lunges.
2. Exercises with dumbbells and resistance bands.

Тема 18. Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility.

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

Тема 19. Athletic gymnastics. A set of exercises for developing strength with the use of weights and training devices.

- Практическое занятие. 1. Exercises on training devices.
2. Partner resistance exercises.

Раздел 3. Плавание

Тема 20. Exercises to master with water. Technique of performing the "float" exercise. Technique of performing the exercise "asterisk".

Technique of performing the "arrow" exercise.

- Практическое занятие. 1. Moves, diving, surfacing and lying down.
2. Exercises "float", "asterisk".
3. Sliding (on the chest, on the back, on the side), "arrow" exercise.

Тема 21. Backstroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.

- Практическое занятие. 1. Teaching the technique of body position in water.
2. Teaching legs movement technique.
3. Teaching arms movements technique.
4. Teaching whole body movements technique.

Тема 22. "Crawl" swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Breathing technique. Starting technique. Closed turn technique.

- Практическое занятие. 1. Teaching the technique of body position in water.
2. Teaching legs movement technique.
3. Teaching arms movements technique.
4. Teaching breathing techniques.
5. Teaching whole body movements technique.

Тема 23. Breaststroke swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Open turn technique.

- Практическое занятие. 1. Teaching the technique of body position in water.
2. Teaching legs movement technique.
3. Teaching arms movements technique.
4. The technique of immersion in water and breathing.
5. Learning how to move underwater.

Тема 24. Butterfly swimming technique. Technique of foot movements. Technique of hand movements. Technique of general coordination of movements. Starting technique. Turning technique.

- Практическое занятие. 1. Teaching the technique of body position in water.
2. Teaching legs movement technique.
3. Teaching arms movements technique.
4. Teaching breathing and general coordination of movements.

Тема 25. Starting technique, distance swimming technique, "open turn", "closed turn", "somersault turn", "finishing".

- Практическое занятие. 1. Teaching starting technique.
2. Teaching turning techniques.
3. Distance swimming technique.
4. Finishing technique.

Тема 26. Rescue of a drowning man. Rescue equipment. Methods of transportation of drowning people. Methods of extracting the victim from the water. First aid to the victim.

- Практическое занятие. 1. The technique of using rescue equipment.
2. Teaching methods of transporting drowning people.
3. Teaching of how to remove the victim from the water.
4. Teaching first aid to the victim.

Раздел 4. Легкая атлетика

Тема 27. Relay race. Methods of passing the baton: top, bottom, top over the shoulder. Relay race technique with and without shifting.

- Практическое занятие. 1. Methods of passing the baton: top, bottom, top over the shoulder.
2. Relay race technique with and without shifting.
3. Baton transfer zone.

Тема 28. Technique of standing and running long jumps. Long jump styles. Phases of the running long jump: run-up, push - off, flight, landing.

- Практическое занятие. 1. Mastering technique of the running long jump phases.
2. Mastering standing long jump.
3. Development of speed and strength abilities.

Тема 29. Tactics in short, medium and long distance running. Individual and group tactical actions. Finish acceleration.

- Практическое занятие. 1. Characteristics of competitive activity tactics.
2. Individual tactical actions and techniques in short, medium and long distance running.
3. Pair and group tactical actions and techniques in short, medium and long distance running.

Тема 30. Mastering the technique of short-distance running. 30m, 60m, 100m acceleration run. Handicap run.

- Практическое занятие. 1. Mastering the low-start technique.
2. Mastering distance running and finishing techniques.
Development of speed.

Тема 31. Throwing grenades. Technique of holding and releasing grenades. Final effort technique. Run-up technique.

- Практическое занятие. 1. Technique of holding and releasing grenades.
2. Final effort technique.
3. Run-up technique.

Тема 32. Mastering the technique of medium and long distance running. Technique of leg and arm movements. Breathing technique. Fast start, lead, and fast running.

- Практическое занятие. 1. Cross-country running, technique and tactics of running.
2. Development of endurance.

Тема 33. Mastering the technique of relay running. The technique of passing the wand in various ways. Relay 4 x 100 m, 4x400 m, "Swedish" relay.

- Практическое занятие. 1. Mastering the technique of passing the baton.
2. Relay 4x100m, 4x400m.
3. Development of speed and strength abilities.

Тема 34. Organization and conduct of athletics competitions. Types of competitions. Competition rules. Actions of judges. Inventory and equipment.

- Практическое занятие. 1. Rules of athletics competitions. Rights and obligations of participants. Equipment and inventory.
2. Judges and their interaction.

Раздел 5. Спортивные игры

Тема 35. Ball dribbling in football. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.

- Практическое занятие. 1. Dribbling the ball with the middle, outer and inner part of the foot.
2. Driving the ball with changing speed and direction of movement.

Тема 36. Stopping and taking the ball in football. Stopping the rolling ball. Stopping the descending ball. Stopping a flying ball. Taking the ball by pushing. Taking the ball by rolling.

- Практическое занятие. 1. Stopping the rolling and falling ball after bouncing off the ground with the sole, outer and inner part of the foot.
2. Development of speed.

Тема 37. Goalkeeper's technique and tactics. Goalkeeper's stance. Movements of the goalkeeper. Catching, batting, transferring, and throwing the ball.

- Практическое занятие. 1. The goalkeeper stance.
2. Movements of the goalkeeper.
3. Development of endurance.

Тема 38. Movement techniques in football. Walking, running, jumping, stopping, turning. A combination of movement methods.

- Практическое занятие. 1. Types of walking and running, stopping, turning, jumping, falling.

2. A combination of movement methods.

Тема 39. Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.

- Практическое занятие. 1. Two-way game of football using elements of attack and defense techniques.
2. Development of coordination.

Тема 40. Kicking the ball with your foot or head in soccer. Hits with the inner and outer sides of the foot, the middle, the inner and outer parts of the instep, the toe, the heel. Flying ball hit.

- Практическое занятие. 1. Kicks with the middle, inner and outer part of the foot. Kick with the inner side of the foot.
2. Hitting the rolling and flying ball. Summing up exercises for learning how to kick the ball.

Тема 41. Mastering technique of stopping and taking the ball in football. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".

- Практическое занятие. 1. Mastering the technique of counteraction in football.
2. Taking the ball by "kicking out", putting the sole on the ball", "pushing shoulder to shoulder".

Тема 42. Technique and tactics of defense in football. Individual, group, or team actions. Defense game systems.

- Практическое занятие. 1. Modern tactical systems of playing defense.
2. Group tactical actions in defense ("diagonal insurance", "switching").

Тема 43. Technique and tactics of attack in football. Individual, group, or team actions. Basic player placements.

- Практическое занятие. 1. Group tactical actions in attack (passing the ball "in the cut", tactical combinations "wall", "wall on the third", "crossing").
2. The dependence of setting tactical tasks on the level of technique proficiency.
3. Two-way game with elements of attack and defense techniques and tactics.

Тема 44. Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.

- Практическое занятие. 1. Rules of football competitions. Field and line umpires. Conducting mass football competitions.
2. Mastering technical and tactical actions in interaction with a teammate and in opposition from the opponent.

Тема 45. Receiving and passing the ball in volleyball. Passing the ball from above, from below with one and both hands, ball receiving techniques from above and below.

- Практическое занятие. 1. Receiving and passing the ball and their varieties.
2. Technique of receiving and passing the ball with two hands from above.
3. Technique of receiving and passing the ball with two hands from below.

Тема 46. Movement techniques in volleyball. The main ways of movement: side steps to the left, right, forward and backward, double step forward and backward, jump, run, stop after moving.

Практическое занятие. 1. Types of walking and running, stopping, turning, jumping, falling.

2. A combination of movement methods.

Тема 47. Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.

Практическое занятие. 1. Methods of serving the ball over the volleyball net and the technique of their implementation.

2. Serves the ball by zone.

Тема 48. Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.

Практическое занятие. 1. Leading exercises, exercises to master the technique of strikes. Typical errors.

2. Attacking strikes by zones. Attacking strikes over the net from a standstill, after moving, and while jumping.

Тема 49. Blocking technique in volleyball. Single block. A group block.

Практическое занятие. 1. Single blocking technique.

2. Group blocking technique.

Тема 50. Mastering technique of serving the ball in volleyball. Paragliding serve. Serving the ball spinning forward ("swirled"). High serve with reverse rotation of the ball. Power serve.

Практическое занятие. 1. Serve the ball in different directions, standing still and jumping.

2. Ball serves by zone.

Тема 51. Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.

Практическое занятие. 1. Blocking.

2. Receiving a line kick.

3. Selection of abatements.

Тема 52. Technical and tactical training in volleyball. Individual actions. Group actions. Command actions. Actions of the player without the ball and actions of the player with the ball.

Практическое занятие. 1. Individual, pair and group tactics and defensive combinations in volleyball.

2. Individual, pair, and group tactics and offensive combinations in volleyball.

Тема 53. Development of coordination. Serves by zone. Playing volleyball.

- Практическое занятие. 1. Exercises to develop coordination.
2. Two-way game with the use of elements of attack and defense.

Тема 54. Organization and conduct of volleyball competitions. Types of competitions. Competition rules. Actions of judges. Inventory. Platform.

- Практическое занятие. 1. Types of competitions. Rules of volleyball competitions.
2. Judges. Interaction of judges. Conducting mass volleyball competitions.

Тема 55. Dribbling the ball in basketball. Dribbling with a high bounce of the ball from the floor, with a low bounce of the ball and a combined dribbling technique.

- Практическое занятие. 1. Exercises for learning the ball dribbling.
2. Dribbling the ball with your right and left hands. Dribbling the ball while changing speed and direction of movement.

Тема 56. Movement techniques in basketball. Walking, running, jumping, stopping, turning. A combination of movement methods.

- Практическое занятие. 1. Types of walking and running, stopping, turning, jumping, falling.
2. A combination of movement methods.

Тема 57. Catching the ball in basketball. Catching the ball with both hands. Catching the ball with one hand. Catching the ball from a half-bounce. Catching a rolling ball.

- Практическое занятие. 1. Exercises for learning how to catch a ball.
2. Catching the ball with two and one hands, flying it from different directions, while standing still and moving.

Тема 58. Passing the ball in basketball. Passing from the chest. Passing with a bounce. Passing from behind the head. Passing from behind. "Hidden" Passing.

- Практическое занятие. 1. Technique of receiving and passing a ball with two hands from the chest.
2. Technique of receiving and passing a ball with one hand from the shoulder.

Тема 59. Shots in basketball. Penalty shot. Jump shot. A slam dunk. Hook throw. One- and two-handed throws while standing still, in motion, and after leading.

- Практическое занятие. 1. Technique of throwing the ball into the basket from a standstill.
2. Technique of throwing the ball into the basket in motion.
3. Technique of "penalty throw".

Тема 60. Taking the ball in basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.

- Практическое занятие. 1. Taking the ball by "knocking out", "pulling out", "interception".
2. Development of speed and strength abilities.

Тема 61. Technical and tactical training in basketball. Individual, group and team actions in attack and defense.

Практическое занятие. 1. Passing and receiving the ball with two and one hands. Exercises for improving technical and tactical actions in interaction with a teammate and in opposition from the opponent.

2. Individual tactical actions in attack and defense. Technique of countering possession of the ball.

Тема 62. Development of coordination abilities. Penalty shots. Shots from different points of the three-point arc. A game of basketball.

Практическое занятие. 1. One- and two-handed throws while standing still, moving, and after leading.

2. Development of dexterity.

Тема 63. Organization and conduct of basketball competitions. Competition rules. Rights and obligations of participants. Equipment and inventory. Interaction of judges.

Практическое занятие. 1. Rules of basketball competitions. Rights and obligations of participants. Equipment and inventory.

2. Interaction of judges. Holding mass basketball competitions. Two-way basketball game.

Тема 64. Mastering of technical and tactical training in basketball. Individual, group, and team actions in attack and defense. The zone defence. Personal defence. Positional attack. Rapid attack.

Практическое занятие. 1. Group tactical actions in attack and defense. Team tactics in attack and defense.

2. Modern tactical systems of playing the game in attack and defense.

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. Athletics and her composite disciplines.
2. Personal hygiene and warning injuries on athletics classes.
3. Technic of sprint running.
4. Technic low start.
5. Technic of medium and long distance running.
6. Technic of relay race running.
7. Technic of race walking.
8. Tactics in running on short, medium and long distances.
9. Technic of standing and running long jumps.
10. Technic of throwing grenades.
11. Characteristics of "volleyball".

12. Personal hygiene and prevention injuries on volleyball classes.
 13. Characteristic of "basketball".
 14. Personal hygiene and prevention injuries on basketball classes.
 15. Characteristic of "soccer".
 16. Personal hygiene and prevention injuries on soccer classes.
 17. Technic of receiving and passing in volleyball.
 18. Kinds of serving the ball over the net and their technics.
 19. Strike technique in volleyball.
 20. Blocking technique in volleyball.
 21. Characteristic tactics competitive activities in volleyball.
 22. Receiving and passing technic in basketball.
 23. Dribbling technic in basketball.
 24. Penalty shot technique.
 25. Technique of throwing the ball into the basket in motion.
 26. Competitive tactics in basketball.
 27. Dribbling technic in soccer.
 28. Kicking ball technic in soccer.
 29. Stopping ball technic in soccer.
 30. Competitive tactics in soccer.
 31. Characteristic of ski sport as a competitive activity.
 32. Prevention injuries and frostbite on ski classes at school.
 33. Combat exercises with skis and on skis, methods carrying ski.
 34. Classic ski styles.
 35. Methods of changing strokes while moving on skies.
 36. Skating ski styles.
 37. The technique of climbing uphill ladder style, herringbone, half-herringbone, stepping steps.
 38. Downhill skiing technique in high stance, medium and low stance.
 39. Technique of turns on skis in motion:: with a stop, by stepping over it.
 40. Technique of braking on skis: with a plow, semi-plough, by sliding off, with sticks, by falling, combined.
 41. Gymnastics in the system of physical education and sport.
 42. Characteristics of gymnastics as a type of competitive exercises.
 43. Classification of gymnastics disciplines.
 44. Characteristic of swimming as a type of competitive exercises.
 45. Characteristic of sport swimming styles.
 46. Technique of crawl swimming style.
 47. Technique of crawl on back swimming style.
 48. Technique of breaststroke swimming style.
 49. Technique of butterfly swimming style.
 50. Technique of start, open turn in the swimming pool.
 51. Technique and tactics of rescue a drowning man.

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 (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/ (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	Аллянов, Письменский Физическая культура [Электронный ресурс]:учебник для спо. - Москва: Юрайт, 2022. - 493 с – Режим доступа: https://urait.ru/bcode/491233
2	Стриханов, Савинков Физическая культура и спорт в вузах [Электронный ресурс]:учебное пособие. - Москва: Юрайт, 2022. - 160 с – Режим доступа: https://urait.ru/bcode/493629

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: https://urait.ru/bcode/489224
2	Муллер, Дядичкина, Богащенко Физическая культура [Электронный ресурс]:учебник и практикум для спо. - Москва: Юрайт, 2022. - 424 с – Режим доступа: https://urait.ru/bcode/489849
3	Андриянова Профилактика допинга в спорте [Электронный ресурс]:учебное пособие для вузов. - Москва: Юрайт, 2022. - 134 с – Режим доступа: https://urait.ru/bcode/496350

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

№ item	Name	Link to the resource
1	Министерство спорта РФ	https://www.minsport.gov.ru
2	Министерство физической культуры и спорта ЧР	http://sport.cap.ru
3	Всероссийская федерация волейбола	http://www.volley.ru
4	Российская федерация баскетбола	https://russiabasket.ru
5	Российского футбольный союза	https://rfs.ru
6	Всероссийская федерация легкой атлетики	http://rusathletics.info
7	Федерация спортивной гимнастики России	http://sportgymrus.ru

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 /.

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 installations, measuring and diagnostic equipment, computer equipment and experimental automation tools
1	Зачёт	<p>Спортивный зал: - многофункциональный зал игровых видов спорта мини-футбол, баскетбол, волейбол, бадминтон. 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. 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. 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	Пр	<p>Мячи звенящие: футбольный, баскетбольный, волейбольный, для гандбола, настольный теннис для слепых «Шоудаун» (стол, ракетки, мячи). Парта для инвалидов с нарушениями опорно-двигательного аппарата, рабочий стол с регулируемыми ножками, парта универсальная с регулировкой высоты. 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>
4		<p>Баскетбольные щиты, гимнастические скамейки, гимнастические маты, мячи футбольные, баскетбольные, волейбольные, бадминтонные ракетки, гимнастические обручи, скакалки</p>
5		<p>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 спортивное оборудование</p>
6		<p>Спортивная площадка (мини-футбол): футбольные ворота, мячи футбольные</p>

7	Пр	Спортивная площадка (многофункциональная): баскетбольные щиты, волейбольная сетка, мячи футбольные, баскетбольные, волейбольные, стол для настольного тенниса, гимнастические тренажеры
8		Силовые тренажеры, беговые дорожки, гири, гантели, штанги, диски, тренажерные приспособления «Правило», перекладина, канат
9	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

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 №	