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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)
«ИГРОВЫЕ ВИДЫ СПОРТА / Team 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, 2, 3

Term – 1, 3, 4, 5, 6

Total academic hours/credit points – 328/0

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 № 3а

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 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 «Игровые виды спорта / Team 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):

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. 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. Умеет применять физические упражнения для поддержания должного уровня физической подготовленности. / Understands the benefits of physical culture and sports, and a healthy lifestyle. 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. 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.</p>

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
Волейбол	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.	УК-7	УК-7.1, УК-7.2, УК-7.3
	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.		
	Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own body weight, with partner's resistance.		
	Development of dexterity and coordination of movements. Outdoor games. Playing volleyball.		

Волейбол	Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.		
	Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.		
	Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.		
	Development of coordination abilities. Serves by zone. Playing volleyball.		
	Mastering the technique of attacking shots in volleyball. Discount. Side attack. Direct attack.		
	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.		
	Organization and conduct of volleyball competitions. Types of competitions. Competition rules. Actions of judges. Inventory. Platform.		
Development of speed and strength abilities. Exercises with weights, exercise equipment, and resistance bands.			
Баскетбол	Movement techniques in		УК-7.1, УК-7.2,

	<p>basketball. Walking, running, jumping, stopping, turning. A combination of movement methods.</p>		YK-7.3
Баскетбол	<p>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.</p> <p>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.</p> <p>Passing the ball in basketball. Passing from the chest. Passing with a bounce. Passing from behind the head. Passing from behind. "Hidden" Passing.</p> <p>Development of coordination abilities. Free throws. Shots from different points out of the three-point arc. A game of basketball.</p> <p>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.</p> <p>Taking the ball in basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.</p> <p>Technical and tactical training in basketball. Individual, group and team actions in attack and defense.</p> <p>Organization and conduct of basketball competitions. Competition rules. Rights</p>	YK-7	YK-7.1, YK-7.2, YK-7.3

	and obligations of participants. Equipment and inventory. Interaction of judges.		
Баскетбол	Mastering technical and tactical training in basketball. Individual, group, and team actions in attack and defense. The zone defence. Personal defence. Positional attack. Rapid attack.	УК-7	УК-7.1, УК-7.2, УК-7.3
Футбол	<p>Movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.</p> <p>Ball dribbling in soccer. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.</p> <p>Development of high-speed qualities. Running with acceleration. Handicap run. Relay race.</p> <p>Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.</p> <p>Stopping and taking the ball in soccer. 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>Technique and tactics of defense in soccer. Individual, group, or team actions. Defense game systems.</p> <p>Development of the muscles of the lower limbs. Exercises for</p>		

	developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.		
Футбол	Development of coordination abilities. Throw-ins. Free kicks. An eleven-yard shot. Futsal.	УК-7	УК-7.1, УК-7.2, УК-7.3
	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.		
	Mastering movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.		
	Mastering technique and tactics of playing defense in soccer. Focused defense. Dispersed protection. Personal protection. Zone protection. Combined protection. Group selection of the ball. Actions against the player with the ball.		
	Mastering technique and tactics of playing offense in soccer. Individual, group, or team actions. Basic player placements.		
	Development of dexterity. Mastering passing and stopping the ball in various ways. Playing football using technical and tactical actions.		
	Mastering technique of driving the ball in soccer. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.		
	Mastering technique of		

	stopping and taking the ball in soccer. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".		УК-7.3
Футбол	<p>Mastering technique and tactics of the goalkeeper's game. Catching and hitting the ball with hands, flying from different directions.</p> <p>Mastering technique of hitting the ball with foot, head in soccer. Strike a ball flying towards you with the middle of the forehead from a place, in motion, in a jump with a push of one and two legs.</p> <p>Mastering technique of driving the ball in soccer. Leading the external and internal parts of the instep, the inner side of the foot, and the toe.</p> <p>Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.</p> <p>Mastering technical and tactical training in soccer. Modern systems of tactical and technical training in soccer.</p>	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)					
	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)		3a		3a			
Total:	academic hours	0	0	0	0	0	328
	credit units	0	0	0	0	0	0

№ 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, academ ic hours
		Lect.	Pr.	Lab.	ICW		
	Волейбол						
1	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.		4			4	8
2	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.		4			4	8
3	Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own body weight, with partner's resistance.		4			4	8
4	Development of dexterity and coordination of movements. Outdoor games. Playing volleyball.		4		0,2	3,8	8
5	Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.		4			4	8
6	Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.		4			4	8

7	Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.		4			4	8
8	Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.		2			2	4
9	Development of coordination abilities. Serves by zone. Playing volleyball.		2			2	4
10	Mastering the technique of attacking shots in volleyball. Discount. Side attack. Direct attack.		6			6	12
11	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.		6			6	12
12	Organization and conduct of volleyball competitions. Types of competitions. Competition rules. Actions of judges. Inventory. Platform.		4			4	8
13	Development of speed and strength abilities. Exercises with weights, exercise equipment, and resistance bands.		4			4	8
	Баскетбол						
14	Movement techniques in basketball. Walking, running, jumping, stopping, turning. A combination of movement methods.		2			2	4
15	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.		4			4	8

16	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.		4			4	8
17	Passing the ball in basketball. Passing from the chest. Passing with a bounce. Passing from behind the head. Passing from behind. "Hidden" Passing.		4			4	8
18	Development of coordination abilities. Free throws. Shots from different points out of the three-point arc. A game of basketball.		2			2	4
19	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
20	Taking the ball in basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.		4			4	8
21	Technical and tactical training in basketball. Individual, group and team actions in attack and defense.		4			4	8
22	Organization and conduct of basketball competitions. Competition rules. Rights and obligations of participants. Equipment and inventory. Interaction of judges.		4		0,2	3,8	8
23	Mastering 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			6	10
	Футбол						
24	Movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.		4			4	8

25	Ball dribbling in soccer. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.		4			4	8
26	Development of high-speed qualities. Running with acceleration. Handicap run. Relay race.		4			4	8
27	Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.		4			4	8
28	Stopping and taking the ball in soccer. Stopping the rolling ball. Stopping the descending ball. Stopping a flying ball. Taking the ball by pushing. Taking the ball by rolling.		4			4	8
29	Goalkeeper's technique and tactics. Goalkeeper's stance. Movements of the goalkeeper. Catching, batting, transferring, and throwing the ball.		4			4	8
30	Technique and tactics of defense in soccer. Individual, group, or team actions. Defense game systems.		4			4	8
31	Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.		2			2	4
32	Development of coordination abilities. Throw-ins. Free kicks. An eleven-yard shot. Futsal.		2			2	4
33	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.		4			4	8
34	Mastering movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.		2			2	4

35	Mastering technique and tactics of playing defense in soccer. Focused defense. Dispersed protection. Personal protection. Zone protection. Combined protection. Group selection of the ball. Actions against the player with the ball.		4			4	8
36	Mastering technique and tactics of playing offense in soccer. Individual, group, or team actions. Basic player placements.		4		0,2	3,8	8
37	Development of dexterity. Mastering passing and stopping the ball in various ways. Playing football using technical and tactical actions.		2			2	4
38	Mastering technique of driving the ball in soccer. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.		4			4	8
39	Mastering technique of stopping and taking the ball in soccer. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".		4			4	8
40	Mastering technique and tactics of the goalkeeper's game. Catching and hitting the ball with hands, flying from different directions.		4			4	8
41	Mastering technique of hitting the ball with foot, head in soccer. Strike a ball flying towards you with the middle of the forehead from a place, in motion, in a jump with a push of one and two legs.		2			4	6
42	Mastering technique of driving the ball in soccer. Leading the external and internal parts of the instep, the inner side of the foot, and the toe.		2			4	6
43	Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.		4			4	8

44	Mastering technical and tactical training in soccer. Modern systems of tactical and technical training in soccer.		4			6	10
Total academic hours			160		0,6	167, 4	328

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

Раздел 1. Волейбол

Тема 1. 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. Summing up exercises for teaching Receiving and passing techniques.

Тема 2. 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 3. Development of upper limb muscles. Exercises to develop the strength of the muscles of the arms and shoulders, with weights, with overcoming your own body weight, with partner's resistance.

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

Тема 4. Development of dexterity and coordination of movements. Outdoor games. Playing volleyball.

- Практическое занятие. 1. Coordination exercises.
2. Outdoor games for developing dexterity.
3. Two-way game with the use of elements of attack and defense.

Тема 5. Serving the ball in volleyball. Lower direct serve. Top straight serve. Upper side serve. Lower side serve.

- Практическое занятие. 1. Serving the ball with one hand in different directions, while standing and jumping.
2. Serving the ball by zone.

Тема 6. Attacking strikes in volleyball. Direct attacking strike. Side forward strike. Swipe with translation to the right or left.

- Практическое занятие. 1. Leading exercises, exercises for mastering technique of strikes. Typical errors.
2. Attacking strikes by zones. Attacking strikes over the net from a standstill, after

moving, and while jumping.

Тема 7. Technique of defense in volleyball. Stances and moves, ball possession techniques, counteractions. Blocking.

- Практическое занятие. 1. Blocking.
2. Receiving an offensive line kick.
3. Picking up abatement.

Тема 8. Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.

- Практическое занятие. 1. Squats, lunges.
2. Jumping exercises.

Тема 9. Development of coordination abilities. 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 10. Mastering the technique of attacking shots in volleyball. Discount. Side attack. Direct attack.

- Практическое занятие. 1. Attacking strikes in various ways.
2. Exercises for mastering technique of attacking strikes. Typical mistakes in offensive strikes.

Тема 11. 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. Exercises for mastering technical and tactical actions in interaction with a teammate and in opposition from the opponent.
2. Modern tactical systems of playing the game in attack and defense.

Тема 12. 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 13. Development of speed and strength abilities. Exercises with weights, exercise equipment, and resistance bands.

- Практическое занятие. 1. Two-way game with elements of attack and defense techniques.
2. Development of speed and strength abilities.

Раздел 2. Баскетбол

Тема 14. 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 15. 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. Dribbling the ball with your right and left hands. Dribbling the ball with changing speed and direction of movement.
2. Summing up exercises for dribbling the ball.

Тема 16. 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. Summing up exercises for catching the ball.
2. Catching the ball with two and one hands, flying from different directions, while standing and moving.

Тема 17. 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. Summing up exercises for teaching ball passes.
2. Passing the ball with two or one hand in different directions while standing and moving.

Тема 18. Development of coordination abilities. Free throws. Shots from different points out of the three-point arc. A game of basketball.

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

Тема 19. 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. Summing up exercises for training throws.
2. One- and two-handed throws while standing, moving, and after dribbling.

Тема 20. Taking the ball in basketball. Interception. Knocking out. Pulling out. Fight for the ball after bouncing off the shield.

- Практическое занятие. 1. Summing up exercises for teaching ball taking techniques.
2. Taking the ball by "knocking out", "pulling out", "interception".

Тема 21. Technical and tactical training in basketball. Individual, group and team actions in attack and defense.

- Практическое занятие. 1. Exercises for mastering 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 22. 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 23. Mastering 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.

Раздел 3. Футбол

Тема 24. Movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.

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

2. Combining movement methods.

Тема 25. Ball dribbling in soccer. 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. Dribbling the ball with changing speed and direction of movement.

Тема 26. Development of high-speed qualities. Running with acceleration. Handicap run. Relay race.

Практическое занятие. 1. Running for 30 m from a low start.

2. Variable running.

3. Interval running.

Тема 27. Development of dexterity and coordination of movements. Outdoor games. Shuttle run. Futsal.

Практическое занятие. 1. Coordination exercises.

2. Outdoor games for developing dexterity.

3. Two-way game with the use of elements of attack and defense.

Тема 28. Stopping and taking the ball in soccer. 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. Stopping a flying ball with your chest, hip, or inner side of the foot.

Тема 29. Goalkeeper's technique and tactics. Goalkeeper's stance. Movements of the goalkeeper. Catching, batting, transferring, and throwing the ball.

- Практическое занятие. 1. The goalkeeper's stance. Movements of the goalkeeper.
2. Catching a rolling ball, a ball flying at waist level, chest, above the head.
 3. Throwing the ball with your hand. Catching high-flying balls in a jump.

Тема 30. Technique and tactics of defense in soccer. Individual, group, or team actions. Defense game systems.

- Практическое занятие. 1. Blocking.
2. Exercises for improving technical and tactical actions in interaction with a teammate and in opposition from the opponent.

Тема 31. Development of the muscles of the lower limbs. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with partner's resistance.

- Практическое занятие. 1. Squats, lunges with weights.
2. Jumping exercises in pairs.

Тема 32. Development of coordination abilities. Throw-ins. Free kicks. An eleven-yard shot. Futsal.

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

Тема 33. 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 side of the foot. Kick with the inner side of the foot.
2. Kicking the rolling and flying ball. Summing up exercises for teaching kicking the ball.

Тема 34. Mastering movement techniques in soccer. Walking, running, jumping, stopping, turning. A combination of movement methods.

- Практическое занятие. 1. Mastering combinations of movement methods.
2. Development of speed.

Тема 35. Mastering technique and tactics of playing defense in soccer. Focused defense. Dispersed protection. Personal protection. Zone protection. Combined protection. Group selection of the ball. Actions against the player with the ball.

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

Тема 36. Mastering technique and tactics of playing offense in soccer. 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.

Тема 37. Development of dexterity. Mastering passing and stopping the ball in various ways. Playing football using technical and tactical actions.

Практическое занятие. 1. Two-way game of football using elements of offensive and defensive techniques.

2. Exercises for developing dexterity.

Тема 38. Mastering technique of driving the ball in soccer. Dribbling with the inner, outer side of the foot, sole. Dribbling from a standstill, after high-speed ball handling, after feints.

Практическое занятие. 1. Exercises mastering dribbling the ball technique. Typical errors when dribbling the ball.

2. Development of speed and strength abilities.

Тема 39. Mastering technique of stopping and taking the ball in soccer. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".

Практическое занятие. 1. Mastering technique of counteraction in football.

2. Taking the ball by "kicking out", "putting the sole on the ball", "pushing shoulder to shoulder".

Тема 40. Mastering technique and tactics of the goalkeeper's game. Catching and hitting the ball with hands, flying from different directions.

Практическое занятие. 1. Mastering catching and hitting the ball with hands, flying from different directions.

2. Kicking the ball. Typical mistakes in the goalkeeper's game.

Тема 41. Mastering technique of hitting the ball with foot, head in soccer. Strike a ball flying towards you with the middle of the forehead from a place, in motion, in a jump with a push of one and two legs.

Практическое занятие. 1. Kicking the ball flying towards you with the middle of the forehead from a place, in motion, in a jump with a push of one and two legs.

2. Means and methodological features of teaching the technique of kicking and stopping the ball, taking into account the didactic principles and stages of training.

Тема 42. Mastering technique of driving the ball in soccer. Leading the external and internal parts of the instep, the inner side of the foot, and the toe.

Практическое занятие. 1. Exercises to mastering technique of dribbling the ball in soccer.

2. Typical errors when dribbling the ball.

Тема 43. Organization and conduct of football competitions. Competition rules. Interaction of judges. Inventory and equipment.

Практическое занятие. 1. Rules of football competitions. Umpire in the field and umpires on the line. Interaction of judges. Conducting mass football competitions.
2. Two-way soccer game.

Тема 44. Mastering technical and tactical training in soccer. Modern systems of tactical and technical training in soccer.

Практическое занятие. 1. Exercises for mastering technical and tactical actions in interaction with a teammate and in opposition from the opponent.

2. Two-way game with elements of attack and defense techniques.

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. Characteristics of volleyball as a sport game.
2. Health-improving and applied value of the sports game "volleyball".
3. Personal hygiene and injury prevention in volleyball classes.
4. Characteristics of basketball as a sport game.
5. Health-improving and applied value of the sports game "basketball".
6. Personal hygiene and injury prevention in basketball classes.
7. Characteristics of soccer as a sport game.
8. Health-improving and applied value of the sports game "soccer".
9. Personal hygiene and injury prevention in soccer classes.
10. Technique for receiving and passing a ball with two hands from above in volleyball.
11. Technique for receiving and passing a ball with two hands from below in volleyball.
12. Methods of serving the ball over the volleyball net and serving technique.
13. Volleyball hitting technique.
14. Blocking technique in volleyball.
15. Characteristics of tactics of competitive activity in volleyball.
16. Individual, pair and group tactics and combinations in defense in volleyball.
17. Individual, pair and group tactics and combinations in attack in volleyball.
18. Technique for receiving and passing a ball with two hands from the chest in basketball.
19. Technique for receiving and passing a ball with one hand from the shoulder in basketball.
20. Basketball dribbling technique.
21. Penalty throw technique in basketball.
22. Technique of throwing the ball into the basket in motion.
23. Characteristics of the tactics of competitive activity in basketball.
24. Individual, pair and group tactics and combinations in defense in basketball.
25. Individual, pair and group tactics and combinations in attack in basketball.

26. Technique of dribbling a soccer ball.
27. Technique of hitting the ball with the middle, outer and inner part of the foot.
28. Technique for hitting the ball with the inner part of the foot.
29. Technique of hitting the ball with the middle of the forehead.
30. Technique for stopping a falling ball with the inner part of the foot.
31. Technique of stopping a rolling ball with the sole.
32. Characteristics of the tactics of competitive activity in soccer.
33. Individual, pair and group tactics and combinations in soccer defense.
34. Individual, pair and group tactics and combinations in attacking in soccer.

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
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1	Письменный, 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 вузов. - Москва: Юрайт, 2022. - 424 с – Режим доступа: https://urait.ru/bcode/488898

7.3. Recommended supplementary educational and methodological literature

№ item	Name
1	Аллянов, Письменный Физическая культура [Электронный ресурс]: учебник для спо. - Москва: Юрайт, 2022. - 493 с – Режим доступа: https://urait.ru/bcode/491233
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: https://urait.ru/bcode/494126
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	Российского журнала «Теория и практика физической культуры»	http://www.teoriya.ru/ru/taxonomy/term/3
4	Всероссийская федерация волейбола	http://www.volley.ru
5	Российская федерация баскетбола	https://russiabasket.ru
6	Российского футбольный союза	https://rfs.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:</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	Пр	<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>
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		<p>Спортивная площадка (многофункциональная): баскетбольные щиты, волейбольная сетка, мячи футбольные, баскетбольные, волейбольные, стол для настольного тенниса, гимнастические тренажеры</p>
8		<p>Силовые тренажеры, беговые дорожки, гири, гантели, штанги, диски, тренажерные приспособления «Правило», перекладина, канат</p>
9	Ср	<p>Помещение для самостоятельной работы обучающихся.</p> <p>Оборудование: компьютерная техника с подключением к сети Интернет и доступом к электронной информационно-образовательной среде ФГБОУ ВО «Чувашский государственный университет имени И.Н. Ульянова»</p>

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 №	