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ФИО: Поверинов Игорь Егорович  
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**MINISTRY OF EDUCATION AND SCIENCE OF RUSSIA**  
**Federal State Budgetary Educational Institution**  
**of higher education**

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

Medical Faculty  
Department of Physical Culture and Sports

«APPROVE»  
Vice-rector for Academic Affairs

  
I. E. Poverinov

« 13 » 04 2022

**Working programs of the discipline (module)**  
**«Адаптивная физическая культура / Adaptive Physical Culture»**

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 № 3a

Head of the department V.F. Tikhonov

Approved by

Dean of the Medical Faculty V.N. Diomidova

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

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

The purpose of the discipline - to develop the viability of a student who has stable deviations in the state of health, by ensuring the optimal mode of functioning of the physical abilities and spiritual forces released by nature, and their harmonization for maximum self-realization as a socially and individually significant subject.

The objectives of the discipline - to preserve and strengthen the health of students, promote proper formation and comprehensive development of the body, maintain high performance throughout the entire period of training; understand the social significance of applied physical culture and its role in personal development and preparation for professional activities; acquire knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle implementation of mainstream programs at the university: inclusion of students with disabilities in joint physical culture and recreation activities with healthy students, that is, in inclusive physical recreation; acquisition of personal experience in improving motor and functional capabilities, ensuring general and professionally applied physical fitness for the future profession and everyday life; development of individual physical rehabilitation programs, depending on the age of the individual. development and implementation of methods aimed at restoring and developing body functions that have been completely or partially lost by the student after an illness or injury; development of compensatory functions, including motor functions, in the presence of congenital pathologies; holding sports and mass events for people with disabilities in accordance with the following criteria: various types of adaptive sports, formation of judging skills; involvement of students in adaptive sports.

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

The discipline «Адаптивная физическая культура / Adaptive Physical Culture» 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 подготовленности для	УК-7.1 Способен оценивать состояние своего самочувствия / He/she is able to assess the	Знает основные способы оценки состояния здоровья и определения самочувствия. / Knows the main methods

<p>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>state of his/her well-being</p>	<p>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. / Knows how to apply physical exercises to maintain the proper level of physical fitness. Пропагандирует физическую культуру, активно участвует в спортивных мероприятиях. / Promotes physical culture, actively participates in sports events.</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
Гимнастика	Arrayal and general development exercises. Array exercises on a place and in motion. Varieties of arrayal, elements of arrayal. Techniques and movements in the array. Modes of transportation. General development exercises on a place and in motion.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Joint exercises. Exercises in pairs for the joints of the lower limbs, hips, trunk, shoulders and upper limbs. Developing passive flexibility.		
	Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Exercises with and without objects. Exercises in pairs.		
	Breathing gymnastics. Types of breathing gymnastics. Strelnikova's		

	breathing gymnastics. Buteyko's breathing gymnastics. Yoga breathing gymnastics.		
Гимнастика	Developing of upper limb muscles. Strength training exercises for arms and shoulder muscles, with weights, with overcoming your own body weight, with resistance and in pairs.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with the use of training devices.		
	Development of lower limb muscles. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with elastic bands.		
	Breathing gymnastics. A complex of breathing gymnastics Bodyflex. Breathing gymnastics for the abdomen. Gymnastics for the lungs. Full breath of yogis.		
	Breathing gymnastics. Clavicular breathing. Diaphragmatic breathing. Strelnikova's breathing gymnastics. Buteyko's breathing gymnastics. Breathing gymnastics for relaxation and anxiety relief. Breathing exercises to improve attention.		
	Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in		

	pairs.			
Спортивные игры.	Checkers. Moves and taking pieces. Variants of checkers. Field designations. General principles. Main features. Recording moves, symbols. Open and double moves. Algorithm of the move.	УК-7	УК-7.1, УК-7.2, УК-7.3	
	Checkers. General principles of playing a game. The concept of a draughts tournament. Rules of conduct when playing in draughts tournaments. Analysis of training games.			
	Checkers. Tactical techniques and features of their application. Extreme horizontal weakness, double strike, open attack. Enticement, distraction, destruction of pawn overlap, freeing up space, destroying defenses.			
	Checkers. Methods of defence. Backward checkers and board fields. The power of central fields. Weakness of the extreme horizontal. Game practice.			
	Checkers. General principles of playing a game. Rules. Rules of conduct when playing in draughts tournaments. Rules of conduct in competitions.			
	Checkers. Features of the queen's move. Didactic games along the route and their capture, taking into account the control of the fields, to limit the mobility of pieces. Training exercises to consolidate knowledge about the chessboard.			
	Checkers. The concept of a			УК-7.1, УК-7.2,

	combination. The role of a combination in a draughts game. Combination goals. Ideological content of the combination. Simple combinations. Combination techniques.		УК-7.3
Спортивные игры.	Checkers. Encirclement tactics. Using backward and isolated checkers. Principles of correct and consistent environment of the central position. Encirclement as a defensive tactic.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Checkers. Ways to find and prepare a checkers combination. The concept of the final blow. Logical connection of motive, idea and combination mechanism. Methods of finding and preparing a combination by combining its motive, idea, and mechanism.		
	Badminton. Fundamentals of technology. Racket grip. Stances, movements. Types of serves. Serve from the right. Serve with a circular swing of the racket.		
	Badminton. Development of dexterity and coordination. Juggling a shuttlecock with a badminton racket. Outdoor games.		
	Badminton. Fundamentals of technique. Basic strikes. Preparatory strikes. Attacking strikes. Strikes from right, left, with open and closed side of the racket.		
	Badminton. Technical and tactical training. Low serve with the open and closed sides of the racket. Posting information. Smash and semi-smash.		

	Top kick with the closed side of the racket. A flat kick.		
Спортивные игры.	<p>Badminton. Mastering technical and tactical techniques. Modern tactical systems of playing the game in attack and defense. Badminton game with the use of technical and tactical techniques.</p> <p>Chess. Initial placement of shapes. Initial position. Relationship between horizontal lines, verticals, diagonals, and the initial placement of shapes.</p> <p>Chess. Moves and taking pieces. Rules for the move and capture of each of the pieces. Light and heavy pieces, rook, knight, bishop, queen, king pawns, capture on the pass, turning a pawn.</p> <p>Chess. Tactics of attack and defense. Checkmate, stalemate, draw, checkmate in one move. Long and short castling.</p> <p>Chess combination. Checkmate achievement by sacrificing chess material (checkmate combinations). Types of mate combinations. Chess combinations that lead to the achievement of a material advantage. Combinations to achieve a draw.</p> <p>Chess. Basics of the debut. Two-and three-way batches. Checkmate game from the first moves. Principles of the opening game. The concept of tempo. Gambits. A bundle in the opening game.</p> <p>Chess. Mittelspiel basics. Tactical techniques. A bundle in the middlegame.</p>	УК-7	УК-7.1, УК-7.2, УК-7.3

	Double whammy. Open assault. Open check. Double check. Combinations to achieve a draw.		
Спортивные игры.	Chess. Endgame basics. Elementary endings. Queen vs bishop, knight. Pawn versus king. The opposition. Key fields. General recommendations on how to play the endgame.лe.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Darts. Fundamentals of technology. Main racks. Dart grip options. Manufacturing. Aiming. Release. Breath management.		
	Darts. Dart throwing technique. Throws to a specific area. Throws in a specific sector. The game "American cricket" with the application of the basics of technology. The game "Score points".		
	Darts. Improvement of the dart throwing technique. Throws according to the game format (on the result) without an opponent. Throws according to the game format (on the result) with the opponent. Throwing into the upper, lower, and side sectors of the target with increasing distance.		
	Darts. Improvement of the dart throwing technique. Throws to the center of the target. Games "Score points", "Bull", "Round" using the basics of technology.		
Table tennis. Fundamentals of technology. Ways to grip a racket. Stances, movements. Types of serves. Twisted feed.			

	Sliced feed.		
Спортивные игры.	Table tennis. Techniques. Push. Rack. Knurling with a closed and open racket. Pruning with a closed and open racket. Top spin.	УК-7	УК-7.1, УК-7.2, УК-7.3
	Table tennis. Technical and tactical training. Types of combinations used by defenders and attackers. Tactics of a single-player game with opponents: defenders, attackers, combination players.		
	Table tennis. Improvement of technical and tactical training. Features of paired games and mixed game tactics. Improve the tactics of the game in different zones. Modern systems of technical and tactical training in table tennis.		
Легкая атлетика.	Development of endurance. Basics of running techniques. Nordic walking. Development of general endurance by uniform and variable methods.		
	Tennis ball throwing. Technique of holding and releasing the projectile. Final effort technique. Run-up technique. Development of speed and strength qualities.		
	Cross-country walking. Overcoming bumps and obstacles in cross-country walking. Walking at a variable speed. Development of general endurance.		
	Throwing a stuffed ball. Basics of throwing techniques. Throwing a stuffed ball from different starting positions. Development of dexterity.		
	Health-improving walking. Nordic walking. Walking		

	at a variable and uniform speed. Development of special endurance.		
Легкая атлетика.	Running evenly. Alternating between walking and running. Running at a variable speed.	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)	3а		3а				
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, academic hours
		Lect.	Pr.	Lab.	ICW		
	Гимнастика						
1	Arrayal and general development exercises. Array exercises on a place and in motion. Varieties of arrayal, elements of arrayal. Techniques and movements in the array. Modes of transportation. General development exercises on a place and in motion.		4			4	8

2	Joint exercises. Exercises in pairs for the joints of the lower limbs, hips, trunk, shoulders and upper limbs. Developing passive flexibility.		4			4	8
3	Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Exercises with and without objects. Exercises in pairs.		4			4	8
4	Breathing gymnastics. Types of breathing gymnastics. Strelnikova's breathing gymnastics. Buteyko's breathing gymnastics. Yoga breathing gymnastics.		4			4	8
5	Developing of upper limb muscles. Strength training exercises for arms and shoulder muscles, with weights, with overcoming your own body weight, with resistance and in pairs.		4			4	8
6	Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with the use of training devices.		4			4	8
7	Development of lower limb muscles. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with elastic bands.		4			4	8
8	Breathing gymnastics. A complex of breathing gymnastics Bodyflex. Breathing gymnastics for the abdomen. Gymnastics for the lungs. Full breath of yogis.		4			4	8

9	Breathing gymnastics. Clavicular breathing. Diaphragmatic breathing. Strelnikova's breathing gymnastics. Buteyko's breathing gymnastics. Breathing gymnastics for relaxation and anxiety relief. Breathing exercises to improve attention.		4			4	8
10	Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in pairs.		4			4	8
	Спортивные игры.						
11	Checkers. Moves and taking pieces. Variants of checkers. Field designations. General principles. Main features. Recording moves, symbols. Open and double moves. Algorithm of the move.		4			4	8
12	Checkers. General principles of playing a game. The concept of a draughts tournament. Rules of conduct when playing in draughts tournaments. Analysis of training games.		6			6	12
13	Checkers. Tactical techniques and features of their application. Extreme horizontal weakness, double strike, open attack. Enticement, distraction, destruction of pawn overlap, freeing up space, destroying defenses.		4			4	8
14	Checkers. Methods of defence. Backward checkers and board fields. The power of central fields. Weakness of the extreme horizontal. Game practice.		4			4	8
15	Checkers. General principles of playing a game. Rules. Rules of conduct when playing in draughts tournaments. Rules of conduct in competitions.		4			4	8

16	Checkers. Features of the queen's move. Didactic games along the route and their capture, taking into account the control of the fields, to limit the mobility of pieces. Training exercises to consolidate knowledge about the chessboard.		4			4	8
17	Checkers. The concept of a combination. The role of a combination in a draughts game. Combination goals. Ideological content of the combination. Simple combinations. Combination techniques.		4			6	10
18	Checkers. Encirclement tactics. Using backward and isolated checkers. Principles of correct and consistent environment of the central position. Encirclement as a defensive tactic.		4			6	10
19	Checkers. Ways to find and prepare a checkers combination. The concept of the final blow. Logical connection of motive, idea and combination mechanism. Methods of finding and preparing a combination by combining its motive, idea, and mechanism.		6			6	12
20	Badminton. Fundamentals of technology. Racket grip. Stances, movements. Types of serves. Serve from the right. Serve with a circular swing of the racket.		4			4	8
21	Badminton. Development of dexterity and coordination. Juggling a shuttlecock with a badminton racket. Outdoor games.		2		0,2	1,8	4
22	Badminton. Fundamentals of technique. Basic strikes. Preparatory strikes. Attacking strikes. Strikes from right, left, with open and closed side of the racket.		4		0,2	3,8	8

23	Badminton. Technical and tactical training. Low serve with the open and closed sides of the racket. Posting information. Smash and semi-smash. Top kick with the closed side of the racket. A flat kick.		4			6	10
24	Badminton. Mastering technical and tactical techniques. Modern tactical systems of playing the game in attack and defense. Badminton game with the use of technical and tactical techniques.		2		0,2	3,8	6
25	Chess. Initial placement of shapes. Initial position. Relationship between horizontal lines, verticals, diagonals, and the initial placement of shapes.		4			4	8
26	Chess. Moves and taking pieces. Rules for the move and capture of each of the pieces. Light and heavy pieces, rook, knight, bishop, queen, king pawns, capture on the pass, turning a pawn.		2			2	4
27	Chess. Tactics of attack and defense. Checkmate, stalemate, draw, checkmate in one move. Long and short castling.		2			2	4
28	Chess combination. Checkmate achievement by sacrificing chess material (checkmate combinations). Types of matte combinations. Chess combinations that lead to the achievement of a material advantage. Combinations to achieve a draw.		4			4	8
29	Chess. Basics of the debut. Two-and three-way batches. Checkmate game from the first moves. Principles of the opening game. The concept of tempo. Gambits. A bundle in the opening game.		4			4	8

30	Chess. Mittelspiel basics. Tactical techniques. A bundle in the middlegame. Double whammy. Open assault. Open check. Double check. Combinations to achieve a draw.		4			4	8
31	Chess. Endgame basics. Elementary endings. Queen vs bishop, knight. Pawn versus king. The opposition. Key fields. General recommendations on how to play the endgame.иe.		4			4	8
32	Darts. Fundamentals of technology. Main racks. Dart grip options. Manufacturing. Aiming. Release. Breath management.		2			2	4
33	Darts. Dart throwing technique. Throws to a specific area. Throws in a specific sector. The game "American cricket" with the application of the basics of technology. The game "Score points".		2			2	4
34	Darts. Improvement of the dart throwing technique. Throws according to the game format (on the result) without an opponent. Throws according to the game format (on the result) with the opponent. Throwing into the upper, lower, and side sectors of the target with increasing distance.		2			2	4
35	Darts. Improvement of the dart throwing technique. Throws to the center of the target. Games "Score points", "Bull", "Round" using the basics of technology.		2			2	4
36	Table tennis. Fundamentals of technology. Ways to grip a racket. Stances, movements. Types of serves. Twisted feed. Sliced feed.		2			2	4
37	Table tennis. Techniques. Push. Rack. Knurling with a closed and open racket. Pruning with a closed and open racket. Top spin.		2			2	4

38	Table tennis. Technical and tactical training. Types of combinations used by defenders and attackers. Tactics of a single-player game with opponents: defenders, attackers, combination players.		2			2	4
39	Table tennis. Improvement of technical and tactical training. Features of paired games and mixed game tactics. Improve the tactics of the game in different zones. Modern systems of technical and tactical training in table tennis.		2			2	4
	Легкая атлетика.						
40	Development of endurance. Basics of running techniques. Nordic walking. Development of general endurance by uniform and variable methods.		4			4	8
41	Tennis ball throwing. Technique of holding and releasing the projectile. Final effort technique. Run-up technique. Development of speed and strength qualities.		4			4	8
42	Cross-country walking. Overcoming bumps and obstacles in cross-country walking. Walking at a variable speed. Development of general endurance.		4			4	8
43	Throwing a stuffed ball. Basics of throwing techniques. Throwing a stuffed ball from different starting positions. Development of dexterity.		4			4	8
44	Health-improving walking. Nordic walking. Walking at a variable and uniform speed. Development of special endurance.		4			4	8
45	Running evenly. Alternating between walking and running. Running at a variable speed.		4			4	8
Total academic hours			160		0,6	167, 4	328

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

## **Раздел 1. Гимнастика**

**Тема 1. Arrayal and general development exercises. Array exercises on a place and in motion. Varieties of arrayal, elements of arrayal. Techniques and movements in the array. Modes of transportation. General development exercises on a place and in motion.**

Практическое занятие. 1. Arrayal exercises on a place.  
2. General development exercises on a place.

**Тема 2. Joint exercises. Exercises in pairs for the joints of the lower limbs, hips, trunk, shoulders and upper limbs. Developing passive flexibility.**

Практическое занятие. 1. Joint gymnastics in pairs.  
2. Developing passive flexibility.

**Тема 3. Developing flexibility. Developing active and passive flexibility. Developing static and dynamic flexibility. Exercises with and without objects. Exercises in pairs.**

Практическое занятие. 1. Sets of corrective exercises with objects.  
2. Complexes of corrective exercises without objects.

**Тема 4. Breathing gymnastics. Types of breathing gymnastics. Strelnikova's breathing gymnastics. Buteyko's breathing gymnastics. Yoga breathing gymnastics.**

Практическое занятие. 1. Full variable breathing.  
2. Accentuated breathing.

**Тема 5. Developing of upper limb muscles. Strength training exercises for arms and shoulder muscles, with weights, with overcoming your own body weight, with resistance and in pairs.**

Практическое занятие. 1. Using weights and elastic bands.  
2. Exercises with partner's resistance.

**Тема 6. Development of trunk muscles. Exercises to develop the strength of the back, abdominal press with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with the use of training devices.**

Практическое занятие. 1. Exercises on the gym bench.  
2. A set of exercises on training devices.

**Тема 7. Development of lower limb muscles. Exercises for developing leg muscle strength with weights, with overcoming your own body weight, with resistance and in pairs. Exercises with elastic bands.**

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

**Тема 8. Breathing gymnastics. A complex of breathing gymnastics Bodyflex. Breathing gymnastics for the abdomen. Gymnastics for the lungs. Full breath of yogis.**

- Практическое занятие. 1. Complete yoga breathing.  
2. Exercises with elements of hatha yoga.

**Тема 9. Breathing gymnastics. Clavicular breathing. Diaphragmatic breathing. Strelnikova's breathing gymnastics. Buteyko's breathing gymnastics. Breathing gymnastics for relaxation and anxiety relief. Breathing exercises to improve attention.**

- Практическое занятие. 1. Breathing by Strelnikova.  
2. Developing active flexibility.

**Тема 10. Rhythmic gymnastics. Exercises to music with a given rhythm and tempo. Developing flexibility in pairs.**

- Практическое занятие. 1. General development exercises with musical accompaniment.  
2. A combination of isometric exercises and stretching.

**Раздел 2. Спортивные игры.**

**Тема 11. Checkers. Moves and taking pieces. Variants of checkers. Field designations. General principles. Main features. Recording moves, symbols. Open and double moves. Algorithm of the move.**

- Практическое занятие. 1. Exercises for making checkers moves.  
2. Didactic games along the route, limiting the mobility of pieces.

**Тема 12. Checkers. General principles of playing a game. The concept of a draughts tournament. Rules of conduct when playing in draughts tournaments. Analysis of training games.**

- Практическое занятие. 1. Analysis of training games, game practice.  
2. Exercises for the back muscles.

**Тема 13. Checkers. Tactical techniques and features of their application. Extreme horizontal weakness, double strike, open attack. Enticement, distraction, destruction of pawn overlap, freeing up space, destroying defenses.**

- Практическое занятие. 1. Extreme horizontal weakness, double strike, open attack. Enticement, distraction, destruction of pawn overlap, freeing up space, destroying defenses.  
2. Tactical strikes, application in game practice.

**Тема 14. Checkers. Methods of defence. Backward checkers and board fields. The power of central fields. Weakness of the extreme horizontal. Game practice.**

- Практическое занятие. 1. Methods of defence.  
2. Open and double moves. Teaching the move algorithm.

**Тема 15. Checkers. General principles of playing a game. Rules. Rules of conduct when playing in draughts tournaments. Rules of conduct in competitions.**

- Практическое занятие. 1. The concept of a draughts tournament.  
2. Rules of conduct when playing checkers. Analysis of training batches.

**Тема 16. Checkers. Features of the queen's move. Didactic games along the route and their capture, taking into account the control of the fields, to limit the mobility of pieces. Training exercises to consolidate knowledge about the chessboard.**

Практическое занятие. 1. Exercises for performing "queen" moves.  
2. Training exercises. Ability to use a queen against simple checkers.

**Тема 17. Checkers. The concept of a combination. The role of a combination in a draughts game. Combination goals. Ideological content of the combination. Simple combinations. Combination techniques.**

Практическое занятие. 1. The concept of combination.  
2. Solving test positions containing tactical strikes.

**Тема 18. Checkers. Encirclement tactics. Using backward and isolated checkers. Principles of correct and consistent environment of the central position. Encirclement as a defensive tactic.**

Практическое занятие. 1. Tactics of encirclement (coverage) of enemy forces.  
2. Principles of correct and consistent environment of the central position. Encirclement as a defensive tactic.

**Тема 19. Checkers. Ways to find and prepare a checkers combination. The concept of the final blow. Logical connection of motive, idea and combination mechanism. Methods of finding and preparing a combination by combining its motive, idea, and mechanism.**

Практическое занятие. 1. The role of a combination in a draughts game. Combination goals. Ideological content of the combination.  
2. The concept of the final blow. Logical connection of motive, idea and combination mechanism.  
3. Ways to find and prepare a combination by combining its motive, idea and mechanism.

**Тема 20. Badminton. Fundamentals of technology. Racket grip. Stances, movements. Types of serves. Serve from the right. Serve with a circular swing of the racket.**

Практическое занятие. 1. The player's stance. Ways to move around the court.  
2. Serves. Types of serves.

**Тема 21. Badminton. Development of dexterity and coordination. Juggling a shuttlecock with a badminton racket. Outdoor games.**

Практическое занятие. 1. Juggling a shuttlecock with a badminton racket.  
2. Outdoor games for developing dexterity.

**Тема 22. Badminton. Fundamentals of technique. Basic strikes. Preparatory strikes. Attacking strikes. Strikes from right, left, with open and closed side of the racket.**

Практическое занятие. 1. Strikes from right, left, with open and closed side of the racket.

2. A combination of serve and kick techniques.

**Тема 23. Badminton. Technical and tactical training. Low serve with the open and closed sides of the racket. Posting information. Smash and semi-smash. Top kick with the closed side of the racket. A flat kick.**

- Практическое занятие. 1. Mastering serves and kicks.  
2. A combination of techniques in an educational game.

**Тема 24. Badminton. Mastering technical and tactical techniques. Modern tactical systems of playing the game in attack and defense. Badminton game with the use of technical and tactical techniques.**

- Практическое занятие. 1. Two-way game with the use of technical and tactical techniques.  
2. Modern tactical systems of playing the game in attack and defense.

**Тема 25. Chess. Initial placement of shapes. Initial position. Relationship between horizontal lines, verticals, diagonals, and the initial placement of shapes.**

- Практическое занятие. 1. Starting position; starting position of each of the shapes.  
2. Relationship between horizontal lines, verticals, diagonals, and the initial placement of shapes.

**Тема 26. Chess. Moves and taking pieces. Rules for the move and capture of each of the pieces. Light and heavy pieces, rook, knight, bishop, queen, king pawns, capture on the pass, turning a pawn.**

- Практическое занятие. 1. Rules for the move and capture of each of the pieces.  
2. Light and heavy pieces, rook, knight, bishop, queen, king pieces, pawns, capture on the pass, turning a pawn.

**Тема 27. Chess. Tactics of attack and defense. Checkmate, stalemate, draw, checkmate in one move. Long and short castling.**

- Практическое занятие. 1. Checkmate, stalemate, draw, checkmate in one move.  
2. Long and short castling.

**Тема 28. Chess combination. Checkmate achievement by sacrificing chess material (checkmate combinations). Types of matte combinations. Chess combinations that lead to the achievement of a material advantage. Combinations to achieve a draw.**

- Практическое занятие. 1. Reaching the checkmate by sacrificing chess material (checkmate combinations). Types of matte combinations.  
2. Chess combinations leading to the achievement of a material advantage. Combinations to achieve a draw.

**Тема 29. Chess. Basics of the debut. Two-and three-way batches. Checkmate game from the first moves. Principles of the opening game. The concept of tempo. Gambits. A bundle in the opening game.**

- Практическое занятие. 1. Two-and three-way batches. Checkmate game from the first moves. Principles of the opening game.  
2. The concept of tempo. Gambits. A bundle in the opening game.

**Тема 30. Chess. Mittelspiel basics. Tactical techniques. A bundle in the middlegame. Double whammy. Open assault. Open check. Double check. Combinations to achieve a draw.**

Практическое занятие. 1. Tactical techniques. A bundle in the middlegame. Double whammy. Open assault. Open check. Double check.

2. Combinations to achieve a draw.

**Тема 31. Chess. Endgame basics. Elementary endings. Queen vs bishop, knight. Pawn versus king. The opposition. Key fields. General recommendations on how to play the endgame.**

Практическое занятие. 1. Elementary endings. Queen vs bishop, knight. Pawn versus king. The opposition.

2. Key fields. General recommendations on how to play the endgame.

**Тема 32. Darts. Fundamentals of technology. Main racks. Dart grip options. Manufacturing. Aiming. Release. Breath management.**

Практическое занятие. 1. Main racks.

2. Dart grip options.

**Тема 33. Darts. Dart throwing technique. Throws to a specific area. Throws in a specific sector. The game "American cricket" with the application of the basics of technology. The game "Score points".**

Практическое занятие. 1. Throwing into the upper, lower, and side sectors of the target.

2. The game "American cricket" with the application of the basics of technology.

3. The game "Score points".

**Тема 34. Darts. Improvement of the dart throwing technique. Throws according to the game format (on the result) without an opponent. Throws according to the game format (on the result) with the opponent. Throwing into the upper, lower, and side sectors of the target with increasing distance.**

Практическое занятие. 1. Throwing in the upper, lower, side sectors of the target with increasing distance.

2. Exercises for the accuracy of the dart hit.

**Тема 35. Darts. Improvement of the dart throwing technique. Throws to the center of the target. Games "Score points", "Bull", "Round" using the basics of technology.**

Практическое занятие. 1. Exercises for hitting the center of the target.

2. The game "Score points" with the application of the basics of technology.

**Тема 36. Table tennis. Fundamentals of technology. Ways to grip a racket. Stances, movements. Types of serves. Twisted feed. Sliced feed.**

Практическое занятие. 1. Types of serves. Technique of a tennis player's stance.

2. Left and right clipping options. Individual and group practice of pruning techniques with an open and closed racket.

**Тема 37. Table tennis. Techniques. Push. Rack. Knurling with a closed and open**

**racket. Pruning with a closed and open racket. Top spin.**

- Практическое занятие. 1. Push. Perform the stroke in individual and pair modes.  
2. Roll-ups. Performing the "Roll-up" technique.

**Тема 38. Table tennis. Technical and tactical training. Types of combinations used by defenders and attackers. Tactics of a single-player game with opponents: defenders, attackers, combination players.**

- Практическое занятие. 1. Types of combinations used by defenders and attackers.  
2. Tactics of a single-player game with opponents: defenders, attackers, combination players.

**Тема 39. Table tennis. Improvement of technical and tactical training. Features of paired games and mixed game tactics. Improve the tactics of the game in different zones. Modern systems of technical and tactical training in table tennis.**

- Практическое занятие. 1. Features of paired games and tactics of mixed games.  
2. Improve the tactics of the game in different zones.

**Раздел 3. Легкая атлетика.**

**Тема 40. Development of endurance. Basics of running techniques. Nordic walking. Development of general endurance by uniform and variable methods.**

- Практическое занятие. 1. Alternation of recreational walking with running.  
2. Running at variable speed.

**Тема 41. Tennis ball throwing. Technique of holding and releasing the projectile. Final effort technique. Run-up technique. Development of speed and strength qualities.**

- Практическое занятие. 1. Final effort technique.  
2. Projectile ejection technique. Maintaining balance.

**Тема 42. Cross-country walking. Overcoming bumps and obstacles in cross-country walking. Walking at a variable speed. Development of general endurance.**

- Практическое занятие. 1. Overcoming bumps and obstacles in cross-country walking.  
2. Development of general endurance.

**Тема 43. Throwing a stuffed ball. Basics of throwing techniques. Throwing a stuffed ball from different starting positions. Development of dexterity.**

- Практическое занятие. 1. Throwing a stuffed ball from different starting positions.  
2. Development of coordination.

**Тема 44. Health-improving walking. Nordic walking. Walking at a variable and uniform speed. Development of special endurance.**

- Практическое занятие. 1. Walking at variable speed.  
2. Development of special endurance.

## **Тема 45. Running evenly. Alternating between walking and running. Running at a variable speed.**

1. Running at a steady pace.
2. Alternate running and walking.

## **5. Educational technologies**

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

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

Intermediate attestation - evaluation of intermediate and final results of training in the discipline (module).

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

1. Physical information culture and sport as social phenomena.
2. Physical culture is a part of universal culture.
3. Sport – phenomenon of cultural life.
4. Components of physical culture.
5. Physical education.
6. Physical development.
7. Professionally applied physical culture.
8. Physical education in a higher educational institution.
9. The concept of socio-biological foundations of physical culture.
10. Natural-scientific foundations of physical culture and sports.
11. Hypokinesia and physical inactivity.
12. Tools of physical cultures.
13. Physiological classification of physical exercises.
14. Methodological principles of physical education.
15. Methods of physical education.
16. General physical preparation, its purpose and tasks.
17. Special physical preparation, its purpose and tasks.
18. Sides of sport preparation (technical, physical, tactical, psychological, integral).
19. Professionally applied physical preparation.
20. Forms of physical exercises classes.
21. Construction and structure of the training session.
22. Industrial physical culture and gymnastics.
23. Features of the choice of forms, methods and means of physical culture in the free time of specialists.
24. The concept of organs and physiological systems of the human body.
25. Vitamins and their role in exchange substances.
26. Common provisions of development of physical abilities.
27. Strength, methodology of its development and registration.
28. Speed, methodology of its development and registration.
29. Endurance, methodology of its development and registration.
30. Dexterity (coordination), methodology of its development and registration.
31. Flexibility, methodology of its development and registration.
32. Sports gymnastic in physical education, its composite disciplines.
33. Athletics in physical education, its composite disciplines.
34. Sports games in physical education.

35. Features of concepts "physical culture" and "sport".
  36. Functions of physical culture and sports.
  37. Functional systems of the human body.
  38. Characteristics of concepts "adaptation", "reflex", "VO<sub>2</sub> max", "homeostasis", "fatigue", "recovery".
  39. Tools for recovery (pedagogical, psychological, medico-biological).
  40. Exchange substances and energy means (assimilation, dissimilation, energy balance).
  41. Proteins, fats, carbohydrates and their role in muscle activity.
  42. Blood, its structure and functions.
  43. Features of the structure of the heart as a muscular organ and its functions.
  44. Features of the structure and function of the cardiovascular system
  45. Features of the structure and function of the respiratory system (external and internal respiration).
  46. Features of the structure and function of the digestive system.
  47. Features of the structure and function of the muscular system.
  48. Features of the structure and function of the skeletal system.
  49. Features of the structure and function of the nervous system.
  50. Features of the structure and function of the endocrine system.
  51. Health in interpretation worldwide health organization (WHO).
  52. Subjective indicators of health.
  53. Objective indicators of health.
  54. The idea of human biological rhythms.
  55. Harmful habits and their prevention.
  56. Features of a healthy lifestyle.
  57. Characteristic of concept "physical exercises"
  58. Characteristic of concept "technique of physical exercises"
  59. Phases of physical exercises.
  60. Form of physical exercises.
  61. External structure of physical exercises. Internal structure of physical exercises.
  62. Fundamentals of movement technique. The main link in the technique of movements.
- Details of movement technique.
  63. Pedagogical classification of physical exercises.
  64. Classification of physical exercises on the basis of historically established systems of physical education.
  65. Classification of physical exercises according to their importance for solving educational problems.
  66. Classification of physical exercises on the basis of the characteristics of muscle activity (peculiarities of the manifestation of individual physical abilities).
  67. Classification of physical exercises according to the anatomical feature or the sign of the predominant development of individual muscle groups.
  68. Classification of physical exercises by sports.
  69. Classification of physical exercises on the basis of physiological power zones.
  70. Classification of physical exercises on the basis of the biomechanical structure of movement.
  71. Stages of learning motor actions.
  72. The concepts of volume and intensity of physical activity and methods for their registration.
  73. Meaning, types and methods of muscle relaxation.
  74. Indicators of body fitness at rest, at standard and maximum loads.

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

Exam is not provided.

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

Term paper is not provided.

### 6.4. Suggested themes of term projects

Course project is not provided.

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

Settlement and graphic work is not provided.

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

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

### 7.1. Regulatory documents, standards and rules

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

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

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

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

### 7.2. Recommended basic educational and methodological literature

№ item	Name
1	Аллянов, Письменный Физическая культура [Электронный ресурс]:учебник для спо. - Москва: Юрайт, 2022. - 493 с – Режим доступа: <a href="https://urait.ru/bcode/491233">https://urait.ru/bcode/491233</a>
2	Муллер, Дядичкина, Богашенко Физическая культура [Электронный ресурс]:учебник и практикум для вузов. - Москва: Юрайт, 2022. - 424 с – Режим доступа: <a href="https://urait.ru/bcode/488898">https://urait.ru/bcode/488898</a>

### 7.3. Recommended supplementary educational and methodological literature

№ item	Name
1	Литош Адаптивная физическая культура для детей с нарушениями в развитии [Электронный ресурс]:учебное пособие для спо. - Москва: Юрайт, 2022. - 156 с – Режим доступа: <a href="https://urait.ru/bcode/496408">https://urait.ru/bcode/496408</a>

2	Епифанов В. А., Епифанов А. В. Лечебная физическая культура [Электронный ресурс]: учебное пособие. - Москва: ГЭОТАР-Медиа, 2020. - 704 с. – Режим доступа: <a href="https://www.studentlibrary.ru/book/ISBN9785970455760.html">https://www.studentlibrary.ru/book/ISBN9785970455760.html</a>
3	Конеева, Зайцев Н. В., Томашевская, Покровская, Почечура, Романов, Колтан, Лизогубенко, Пельменев, Зайцева, Жигарева, Горячева Физическая культура [Электронный ресурс]: учебное пособие для вузов. - Москва: Юрайт, 2022. - 599 с – Режим доступа: <a href="https://urait.ru/bcode/494126">https://urait.ru/bcode/494126</a>

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

№ item	Name	Link to the resource
1	Паралимпийский комитет России	<a href="https://paralymp.ru">https://paralymp.ru</a>

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

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

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

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

Office software packages:

Microsoft Office and/or LibreOffice  
and (or) OpenOffice and (or) analogues;

Browsers, including Yandex.Browser.

List of software:

File archiver 7-Zip

Far Manager v2.0 or v1.75

Browsers (Google Chrome, Firefox, Opera)

OpenOffice 3.3.0

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

Electronic library system «Lan Publishing House»

Electronic library system IPRbooks

Legal reference system «Consultant Plus»

Consultant of a Student. Student Electronic Library

Legal search system «Garant»

#### 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	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
2	ИКР	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
3		Спортивная площадка (мини-футбол): футбольные ворота, мячи футбольные
4		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.
5	Пр	Спортивная площадка (многофункциональная): баскетбольные щиты, волейбольная сетка, мячи футбольные, баскетбольные, волейбольные, стол для настольного тенниса, гимнастические тренажеры
6		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
7		Баскетбольные щиты, гимнастические скамейки, гимнастические маты, мячи футбольные, баскетбольные, волейбольные, бадминтонные ракетки, гимнастические обручи, скакалки

8	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»
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## 9. Means of adapting the discipline teaching to the needs of persons with physical conditions

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

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

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

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

## 10. Guidelines for students to perform independent work

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Stages of preparation for the practical lesson:

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

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

Not provided.

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

Not provided.

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

Preparation of students for passing the test includes::

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

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

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

Not provided.

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

Not provided.

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

Not provided.

### List of additions and changes

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