

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

**Federal State Autonomous Educational Institution of Higher Education
«National Research Lobachevsky State University of Nizhny Novgorod»**

Институт клинической медицины

УТВЕРЖДЕНО

решением Ученого совета ННГУ

протокол № 10 от 02.12.2024 г.

Working programme of the discipline

Physical Training and Sports

Higher education level

Specialist degree

Area of study / speciality

31.05.01 - General Medicine

Focus /specialization of the study programme

General Medicine

Mode of study

full-time

Nizhny Novgorod

Year of commencement of studies 2025

1. Место дисциплины в структуре ОПОП

Дисциплина Б1.О.54 Физическая культура и спорт относится к обязательной части образовательной программы.

2. Планируемые результаты обучения по дисциплине, соотнесенные с планируемыми результатами освоения образовательной программы (компетенциями и индикаторами достижения компетенций)

Формируемые компетенции (код, содержание компетенции)	Планируемые результаты обучения по дисциплине (модулю), в соответствии с индикатором достижения компетенции		Наименование оценочного средства	
	Индикатор достижения компетенции (код, содержание индикатора)	Результаты обучения по дисциплине	Для текущего контроля успеваемости	Для промежуточной аттестации
УК-7: Способен поддерживать должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности	<p>УК-7.1: Поддерживает должный уровень физической подготовленности для обеспечения полноценной социальной и профессиональной деятельности и соблюдает нормы здорового образа жизни.</p> <p>УК-7.2: Использует основы физической культуры для осознанного выбора здоровьесберегающих технологий с учетом внутренних и внешних условий реализации конкретной профессиональной деятельности.</p>	<p>УК-7.1:</p> <p>7.1.1.To know: types of physical exercises; the role and importance of physical culture in human and social life.</p> <p>7.1.2. Be able to: apply in practice a variety of means of physical culture and sports for the preservation and promotion of health.</p> <p>7.1.3. Own:</p> <p>- methods of physical education for physical self-improvement,</p> <p>- master the techniques and motor actions of basic sports, their active application in physical culture, recreation and competitive activities.</p> <p>УК-7.2:</p> <p>7.2.1.To know: health-saving technologies for maintaining a healthy lifestyle, taking into account the physiological characteristics of the body.</p> <p>7.2.2. . Be able to: choose health-saving technologies to maintain a healthy lifestyle, independently determine the content of preparation for passing the standards.</p> <p>7.2.3. Possess: -technologies for maintaining a healthy lifestyle, taking into account the physiological characteristics of the body, -possess the basic</p>	<p>Задания</p> <p>Тест</p>	<p>Зачёт:</p> <p>Тест</p>

		methods of self-control of individual health indicators, physical performance, dynamics of physical development and physical qualities.		
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3. Структура и содержание дисциплины

3.1 Трудоемкость дисциплины

	очная
Общая трудоемкость, з.е.	2
Часов по учебному плану	72
в том числе	
аудиторные занятия (контактная работа):	
- занятия лекционного типа	4
- занятия семинарского типа (практические занятия / лабораторные работы)	0
- КСР	1
электронный курс (ЭЛКУ)	67
Промежуточная аттестация	0 Зачёт

3.2. Содержание дисциплины

(структурированное по темам (разделам) с указанием отведенного на них количества академических часов и виды учебных занятий)

Наименование разделов и тем дисциплины	Всего (часы)	в том числе			
		Контактная работа (работа во взаимодействии с преподавателем), часы из них			Электронный курс (ЭЛКУ), часы
		Занятия лекционного типа	Занятия семинарского типа (практические занятия/лабораторные работы), часы	Всего	
	0 Ф 0	0 Ф 0	0 Ф 0	0 Ф 0	0 Ф 0
Тема 1. Physical education and sports. Basic terms and concepts. Types of gymnastics and their characteristics.	17	1		1	16
Тема 2. The All-Russian physical culture and sports complex "Ready for work and defense". Professional and applied physical training of students	18	1		1	17
Тема 3. Types of sports games and their characteristics. Outdoor games in training and educational processes.	18	1		1	17
Тема 4. Cyclic sports and their characteristics	18	1		1	17

Аттестация	0				
КСР	1			1	
Итого	72	4	0	5	67

Contents of sections and topics of the discipline

The educational process in groups of students is aimed at strengthening health, hardening the body and increasing the level of physical performance of students, eliminating functional abnormalities and deficiencies in physical development, eliminating residual effects after diseases, and professionally applied physical training. Students acquire the knowledge, skills, and abilities to independently perform morning exercises, a set of exercises during the day.

Topic 1. Physical culture and sports. Basic terms and concepts. Types of gymnastics and their characteristics.

Content:

1. Introduction to the theory of physical culture
2. The structure and forms of physical culture
3. Physical qualities and ways of their development
4. The system of physical education
5. Means and methods of physical education

Topic 2. The All-Russian physical culture and sports complex "Ready for work and defense".

Professional and applied physical training of students

1. All-Russian Physical culture and Sports complex "Ready for labor and defense" (VFSK TRP)

Content:

1. PREREQUISITES FOR THE EMERGENCE OF THE TRP COMPLEX
2. THE BIRTH OF THE TRP COMPLEX "UNDER THE WING" OF OSOAVIAKHIM
3. THE FIRST TRP COMPLEX AND ITS FURTHER DEVELOPMENT
4. THE TRP COMPLEX AND THE GREAT PATRIOTIC WAR
5. THE TRP COMPLEX IN THE POST-WAR PERIOD
6. THE REVIVAL OF THE TRP COMPLEX IN MODERN RUSSIA
7. WHY PERFORM THE TRP IN THE 21ST CENTURY?

8. Standards of the WFSK TRP

2. Professional and applied physical training of students

Content:

1. Professional and applied physical training (PPFP) in the system of physical education of students

2. Factors determining students' PPF

3. Students' PPF funds

3. The basics of organizing a healthy lifestyle for students

Content:

1. The concept of "health" and its content

2. Healthy lifestyle of students

3. Components of the characteristics of a healthy lifestyle

4. RUSSIAN STUDENT SPORTSRUSSIAN Union of Universities (RSSS)

5. Universiade

Content:

1. History

2. Requirements for participants

3. World University Games

4. Universiade Venues

Topic 3. Types of sports games and their characteristics. Outdoor games in training and educational processes.

1. Sports games (part one)

Content:

1. Safety requirements

2. Volleyball.

2.1. The history of volleyball

2.2. Rules of the game

2.3. Famous athletes

3. Badminton.

3.1. The history of badminton

3.2 Rules of the game

3.3 Famous athletes

4. Table tennis.

4.1. The history of table tennis

4.2. Rules of the game

4.3. Famous athletes

2. Sports games (part two)

Content:

1. Football

1.1. The history of football

1.2. Basic rules of the game

1.3. Famous athletes

2. Towns

2.1. History of the Gorodki game

2.2. Basic rules of the game

3. Sports games (part three)

Content:

1. Safety requirements

2. Basketball

2.1. The history of basketball

2.2. Rules of the game

2.3. Famous athletes

3. Streetball.

3.1. The history of streetball

3.2 Rules of the game

4. Outdoor games

Content:

Safety requirements

The history of outdoor games

Pedagogical classification of games

Educational, educational, health-improving value of outdoor games

Methods of teaching outdoor games

Topic 4. Cyclical sports and their characteristics

1. Athletics

Content:

Safety requirements

The history of athletics

Basic disciplines

Famous athletes

2. Gymnastics

Content:

Safety requirements

History of gymnastics

Characteristics of gymnastics facilities

Types of gymnastics

3. Ski racing

Content:

Safety requirements

The history of skiing

Basic disciplines

Famous athletes

4. Orienteering

Content:

1. The history of orienteering

2. Types of orienteering

3. Equipment

4. Orienteering in Russia

5. Types of competitions and the applied value of orienteering

4. Учебно-методическое обеспечение самостоятельной работы обучающихся

Самостоятельная работа обучающихся включает в себя подготовку к контрольным вопросам и заданиям для текущего контроля и промежуточной аттестации по итогам освоения дисциплины приведенным в п. 5.

Для обеспечения самостоятельной работы обучающихся используются:

Электронные курсы, созданные в системе электронного обучения ННГУ:

"Физическая культура и спорт", <https://e-learning.unn.ru>.

5. Assessment tools for ongoing monitoring of learning progress and interim certification in the discipline (module)

5.1 Model assignments required for assessment of learning outcomes during the ongoing monitoring of learning progress with the criteria for their assessment:

5.1.1 Model assignments (assessment tool - Assignments) to assess the development of the competency УК-7:

Задание 1. Часть

1. Anthropometry. Study the document on how anthropometry is performed. Make measurements, enter them in a table (answer form), and draw conclusions. The response form is attached in the response to the task on <https://e-learning.unn.ru> /.

Indicators	Received data	Evaluation
1. Mass-growth index		

2. BMI		
3. Broca's Index		
4. The Quetelet index		
5. Maximum permissible mass		

Вывод:

Task 1. Part 2. Determination of the properties of the nervous system.

The properties of temperament adequate to the basic properties of the nervous system can be determined using an adapted version of the Ya questionnaire. I'm shooting. The temperament questionnaire for Ya. The shooting consists of 134 questions related to various temperament properties. According to the test results of the subjects, a quantitative assessment of the strength of the process of excitation and inhibition, the mobility of the nervous processes of individuals is revealed, and the degree of balance of the nervous system is calculated. The order of work. The subjects are asked to answer a series of questions about the peculiarities of their behavior in various conditions and situations. The questions should be answered one at a time, without going back to the previous answers and without skipping each successive statement. The questions should be answered: "yes" (+), "no" (-), "I don't know" (?). The answer "I don't know (?)" should be given when the subject finds it difficult to give a positive (+) or negative (-) answer. Your answers should be recorded in table 1. You can also calculate the balance of the nervous system. The balance of the nervous system (K) is calculated as the ratio of the number of arousal points to the number of inhibition points.: $K = \frac{\text{Excitation force}}{\text{braking force}}$. The response form is attached in the response to the task on <https://e-learning.unn.ru/>. Table 1 - Answers to the questions

К =

Вывод:

Задание 2. Часть

1. Memory testing. Take a memory test, tabulate the results and draw conclusions. The response form is attached in the response to the task on <https://e-learning.unn.ru/>. Table 1 - Answers to the questions (4 possible answers: Never - 0, rarely – 1, sometimes – 2, often – 3).

Q	Answer	Evaluation
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1.	Is it difficult for you to recall events?	
2.	Do you ever painfully remember why you came into a room?	
3.	Does it happen that you forget about important scheduled tasks?	
4.	Do you find it difficult to remember the phone numbers that you use all the time?	
5.	Does it happen that you have forgotten the last name or the first name of a person with whom you often communicate?	
6.	Are you often unable to concentrate?	
7.	Do you have difficulty remembering where you put this or that thing?	
8.	Does it happen that you can't remember if you turned off the gas, lights, or water?	
9.	Do you happen to repeat the same thing several times, causing confusion to oth ers?	
10.	Do you find it difficult to remember the names of popular people or famous places?	
11.	Are you forced to write everything down because you don't rely on memory?	
12.	Is it difficult for you to memorize new games and recipes?	
13.	Are you losing things?	
14.	Is it difficult for you to follow the action of a movie, TV show, or book because you forgot what happened at the beginning ?	
15.	Does it happen that you instantly forget what you've just been told	

Total points = Conclusion: Task 2. Part 2. The human heart and behavior. Take a test questionnaire and determine your type of behavioral reaction. The results of the questionnaire are entered in the response form table. The response form is attached in the response to the tas

k on [https://e-learning.unn.ru /](https://e-learning.unn.ru/). The "Coronary Personality" test questionnaire includes 17 items. Each item is evaluated according to a 10-point system.

Q	Answer
1. During the game, he shows a competitive spirit and a desire to win.	
2. He works fast, energetically, rather than slowly, freely.	
3. If you have to wait, you are very impatient.	
4. Performs work in a hurry (sometimes fussily).	
5. It's hard for his friends to make him angry.	
6. He often interrupts others.	
7. Always strives to be a leader.	
8. Easily irritated.	
9. It works better if there is a competitive spirit.	
10. He likes to argue.	
11. He is calm and works better when he is around more inert people.	
12. He always strives to make others better.	
13. He can sit quietly for a long time.	
14. It is more important to win than to enjoy a game or activity.	
15. Others tend to accept his leadership.	
16. Strives to be better than others.	
17. Has a tendency to fight, aggression, conflict	

Total points = Conclusion:

Assessment criteria (assessment tool — Assignments)

Grade	Assessment criteria
pass	The student demonstrates a creative approach to solving the tasks set. The student confirmed the theoretical material by completing practical tasks.
fail	The student did not complete the assignment.

5.1.2 Model assignments (assessment tool - Test) to assess the development of the competency YK-7:

1. The "physical culture of a person" should be understood as: *

1. Knowledge of the laws of physics, which allows a person to more effectively solve the problems of using mechanical, radiation and muscular energy to achieve specific goals.

2. The culture of using sports and medical equipment by a particular person to promote health and physical development.

3. The degree of a person's familiarization with material and spiritual values in the field of physical improvement.

2. Physical education as a term is: *

1. Education of muscle strength, willpower and aesthetic qualities in the process of physical education lessons in schools and universities.

2. Pedagogical activity aimed at mastering the physical laws describing the movements of the human body and its individual parts as a result of the complex interaction of various elements in the musculoskeletal system.

3. A compulsory, long-term, state-regulated and socially regulated pedagogical process of psychophysical improvement and mastery of vital skills that allow achieving physical perfection.

3. Which of the above does not apply to general methodological principles: *

1. Visibility

2. Consciousness and activity

3. Accessibility and customization

4. Systemic alternation of exercise and rest 4. What is the means of physical education: *

1. The healing forces of nature

2. Healthy lifestyle

3. Nutrition

4. Exercise

5. The term "hygiene": *

1. The science of housing
2. The science of human form and structure
3. The science of a correct and rational lifestyle
4. The science of the vital activity of a living organism
- 6.Elements of a healthy lifestyle: *
 1. Rational nutrition
 2. No bad habits
 3. Physical education classes
 4. All of the above is true
7. The concept of "low physical activity" (physical inactivity) includes: *
 1. Giving up sports
 2. Classes in health groups
 3. Sedentary activity for more than 50% of the time
8. The optimal number of active physical exercises for students in a weekly cycle should be*

1.2-4 hours 2.4-7 hours 3.6-9 hours 4.8-12 hours
9. Choose two correct answers "Cyclic exercises include ...".*

1. Sports games 2. Swimming 3. Cycling 4. High jump 5. Figure skating 11. A healthy lifestyle is a type of life activity aimed at: 1.Maintaining high human performance 2.Preservation and improvement of human health 3 . Achieving high results in sports 12. What should be done to prevent overweight? 1. Exercise on Sundays. 2. There were more fats and sugary dishes in the diet. 3. Exercise regularly. 13. How long after exercising can I eat? 1.5-10 min. 2.30-45 min 3.1-2 hours 4.3-4 hours

Assessment criteria (assessment tool — Test)

Grade	Assessment criteria
pass	80% of correct answers
fail	79% or less correct answers

5.2. Description of scales for assessing learning outcomes in the discipline during interim certification

Шкала оценивания сформированности компетенций

Уровень сформированности компетенций (индикатора достижения)	плохо	неудовлетворительно	удовлетворительно	хорошо	очень хорошо	отлично	превосходно
	не зачтено		зачтено				

компет							
<u>Знания</u>	Отсутствие знаний теоретического материала. Невозможность оценить полноту знаний вследствие отказа обучающегося от ответа	Уровень знаний ниже минимальных требований. Имели место грубые ошибки	Минимально допустимый уровень знаний. Допущено много негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько негрубых ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Допущено несколько несущественных ошибок	Уровень знаний в объеме, соответствующем программе подготовки. Ошибок нет.	Уровень знаний в объеме, превышающем программу подготовки.
<u>Умения</u>	Отсутствие минимальных умений. Невозможность оценить наличие умений вследствие отказа обучающегося от ответа	При решении стандартных задач не продемонстрированы основные умения. Имели место грубые ошибки	Продemonстрированы основные умения. Решены типовые задачи с негрубыми ошибками. Выполнены все задания, но не в полном объеме	Продemonстрированы все основные умения. Решены все основные задачи с негрубыми ошибками. Выполнены все задания в полном объеме, но некоторые с недочетами	Продemonстрированы все основные умения. Решены все основные задачи. Выполнены все задания в полном объеме, но некоторые с недочетами.	Продemonстрированы все основные умения. Решены все основные задачи с отдельными и несущественными недочетами, выполнены все задания в полном объеме	Продemonстрированы все основные умения. Решены все основные задачи. Выполнены все задания, в полном объеме без недочетов
<u>Навыки</u>	Отсутствие базовых навыков. Невозможность оценить наличие навыков вследствие отказа обучающегося от ответа	При решении стандартных задач не продемонстрированы базовые навыки. Имели место грубые ошибки	Имеется минимальный набор навыков для решения стандартных задач с некоторыми недочетами	Продemonстрированы базовые навыки при решении стандартных задач с некоторыми недочетами	Продemonстрированы базовые навыки при решении стандартных задач без ошибок и недочетов	Продemonстрированы навыки при решении нестандартных задач без ошибок и недочетов	Продemonстрирован творческий подход к решению нестандартных задач

Scale of assessment for interim certification

Grade		Assessment criteria
pass	outstanding	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "outstanding", the knowledge and skills for the relevant competencies have been demonstrated at a level higher than the one set out in the programme.
	excellent	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "excellent",
	very good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "very good",
	good	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "good",

	satisfactory	All the competencies (parts of competencies) to be developed within the discipline have been developed at a level no lower than "satisfactory", with at least one competency developed at the "satisfactory" level.
fail	unsatisfactory	At least one competency has been developed at the "unsatisfactory" level.
	poor	At least one competency has been developed at the "poor" level.

5.3 Model control assignments or other materials required to assess learning outcomes during the interim certification with the criteria for their assessment:

5.3.1 Model assignments (assessment tool - Test) to assess the development of the competency УК-7

The task for the interim assessment is the Final test in the discipline "Physical culture and sports". The test consists of 153 three questions that cover all the topics of this course.

Assessment criteria (assessment tool — Test)

Grade	Assessment criteria
pass	80% of correct answers
fail	79% or less correct answers

6. Учебно-методическое и информационное обеспечение дисциплины (модуля)

Основная литература:

1. Физкультурно-оздоровительные технологии : учебное пособие / В. Л. Кондаков, А. А. Горелов, О. Г. Румба, Е. Н. Копейкина. - Москва : Юрайт, 2023. - 334 с. - (Высшее образование). - ISBN 978-5-534-13599-2. - Текст : электронный // ЭБС "Юрайт"., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=840810&idb=0>.
2. Физическое самосовершенствование : учебное пособие / А. А. Зайцев [и др.] ; под редакцией А. А. Зайцева. - 2-е изд. ; пер. и доп. - Москва : Юрайт, 2023. - 108 с. - (Высшее образование). - ISBN 978-5-534-12579-5. - Текст : электронный // ЭБС "Юрайт"., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=845293&idb=0>.
3. Tami Yaguri, Editor. Art Therapy Education: Teaching, Training, and Research. - Cambridge Scholars Publishing, 2021. - 1 online resource. - ISBN 9781527576490. - ISBN 9781527575004. - Текст : электронный., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=856056&idb=0>.

Дополнительная литература:

1. Туревский И. М. Физическая подготовка: сдача нормативов комплекса ГТО : учебное пособие / И. М. Туревский, В. Н. Бородаенко, Л. В. Тарасенко. - 2-е изд. - Москва : Юрайт, 2023. - 148 с. - (Профессиональное образование). - ISBN 978-5-534-11519-2. - Текст : электронный // ЭБС "Юрайт"., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=847453&idb=0>.

2. Физическая культура: словарь основных терминов и понятий : учебное пособие для вузов / Жидких Т. М., Кораблева Е. Н., Минеев В. С., Трунин В. В.; Жидких Т. М., Кораблева Е. Н., Трунин В. В. - Санкт-Петербург : Лань, 2023. - 128 с. - Допущено Региональным научно-методическим центром при РОО «Совет директоров СПО Санкт-Петербурга» в качестве учебного пособия для обучающихся по специальности «Физическая культура» (уровень бакалавриата). - Книга из коллекции Лань - Физкультура и Спорт. - ISBN 978-5-507-45330-6., <https://e-lib.unn.ru/MegaPro/UserEntry?Action=FindDocs&ids=831258&idb=0>.

Программное обеспечение и Интернет-ресурсы (в соответствии с содержанием дисциплины):

Ежеквартальный научно-методический журнал Российской Академии - Физическая культура: воспитание, образование, тренировка <http://www.infosport.ru/press/fkvot/>

7. Материально-техническое обеспечение дисциплины (модуля)

Учебные аудитории для проведения учебных занятий, предусмотренных образовательной программой, оснащены мультимедийным оборудованием (проектор, экран), техническими средствами обучения, компьютерами.

Помещения для самостоятельной работы обучающихся оснащены компьютерной техникой с возможностью подключения к сети "Интернет" и обеспечены доступом в электронную информационно-образовательную среду.

Программа составлена в соответствии с требованиями ФГОС ВО по направлению подготовки/специальности 31.05.01 - General Medicine.

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