

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 экономики

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УТВЕРЖДЕНО

решением Ученого совета ННГУ

протокол № 10 от 02.12.2024 г.

**Working programme of the discipline**

Physical Training and Sports (Elective Course)

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Higher education level

Bachelor degree

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Area of study / speciality

38.03.01 - Economics

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Focus /specialization of the study programme

World Economy

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Mode of study

full-time

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Nizhny Novgorod

Year of commencement of studies 2025

## 1. Место дисциплины в структуре ОПОП

Дисциплина Б1.В.17 Физическая культура и спорт (элективная дисциплина) относится к части, формируемой участниками образовательных отношений 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.Know: types of physical exercises; the role and importance of physical culture in human life and society.</p> <p>7.1.2 Be able to: apply in practice a variety of means of physical culture, sports for the preservation and promotion of health.</p> <p>7.1.3. To own:</p> <p>- methods of physical education for physical self-improvement,</p> <p>- master technical techniques and motor actions of basic sports, active application of them in physical education, recreational and competitive activities.</p> <p>УК-7.2:</p> <p>7.2.1.Know: health saving technologies to maintain 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 the norms.</p> <p>7.2.3. to own: -technologies for maintaining a healthy lifestyle, taking into account the physiological characteristics of</p>	<p>Тест</p> <p>Реферат</p>	<p>Зачёт:</p> <p>Тест</p> <p>Реферат</p>

		<i>the organism, - master the basic methods of self-monitoring of individual health indicators, physical performance, dynamics of physical development and physical qualities.</i>		
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### 3. Структура и содержание дисциплины

#### 3.1 Трудоемкость дисциплины

	<b>очная</b>
<b>Общая трудоемкость, з.е.</b>	<b>0</b>
<b>Часов по учебному плану</b>	<b>328</b>
в том числе	
<b>аудиторные занятия (контактная работа):</b>	
- занятия лекционного типа	<b>0</b>
- занятия семинарского типа (практические занятия / лабораторные работы)	<b>256</b>
- КСР	<b>4</b>
<b>самостоятельная работа</b>	<b>68</b>
<b>Промежуточная аттестация</b>	<b>0</b> <b>Зачёт</b>

#### 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			Самостоятельная работа обучающегося, часы
		Занятия лекционного типа	Занятия семинарского типа (практические занятия/лабораторные работы), часы	Всего	
	о ф о	о ф о	о ф о	о ф о	о ф о
Тема 1. Физическая культура и спорт. Основные термины и понятия. Виды спорта и их характеристика.	80		64	64	16
Тема 2. Всероссийский физкультурно-спортивный комплекс «Готов к труду и обороне». Профессионально-прикладная физическая подготовка студентов	80		64	64	16
Тема 3. Разновидности спортивных игр и их характеристика. Подвижные игры в тренировочном и образовательном процессах.	81		64	64	17

Тема 4. Циклические виды спорта и их характеристики	83		64	64	19
Аттестация	0				
КСР	4			4	
Итого	328	0	256	260	68

### **Contents of sections and topics of the discipline**

Тема 1. Обеспечение техники безопасности при занятиях спортивными играми. .Оказание первой помощи.

Тема 2. Система подготовки спортсменов в игровых видах спорта. Основы обучения технике, тактике в спортивных играх.

Тема 3. Методика развития физических качеств в спортивных играх. Техническая подготовка в спортивных играх.

Тема 4. Соревновательная деятельность в спортивных играх .

Тема 5. Контроль тренировочного процесса в спортивных играх.

Тема 6. Планирование тренировочной и соревновательной деятельности в спортивных играх

Тема 7. Техническая, тактическая, интегральная подготовка в спортивных играх.

### **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:

Спортивные игры, <https://e-learning.unn.ru/course/view.php?id=4616>.

Открытые онлайн-курсы MOOC:

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., <https://mooc.unn.ru/>."

Иные учебно-методические материалы:

To ensure independent work of students are used:

- e-course "To ensure the independent work of students, an e-course created in the NNNGU e-learning system - <https://e-learning.unn.ru/>, and/or in the system of open online courses - MEP - <https://mooc.unn.ru/> is used."

### **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 - Test) to assess the development of the competency YK-7:**

Test 1. Theory of physical culture.

Question 1: How many sections does the theory of physical culture and sport as an academic discipline have?

Choose one answer:

A. 2

B. 4

C. 5

D. 3

Question 2. Which of the components of physical culture refers to the St. Petersburg School (N.I.Ponomarev)?

Choose one answer:

a. Physical education

b. Background types of physical culture

c. Basic physical education

d. Sport as a component of physical education

Question 3. Recreation, entertainment, interesting leisure time activities, and health improvement through the pleasure of performing physical activities are ...?

Select one answer:

a. Physical education

b. Physical rehabilitation

c. Physical recreation

d. Physical training

Question 4: The outcome of physical training is ...?

Select one answer:

a. Physical fitness

b. Physical fitness

c. Physical fitness movements

d. Physical development of the individual

Question 5: Which tasks are among the objectives of physical education?

Select one answer:

- a. Educational
- b. Corrective
- c. Recreational
- d. Educational
- e. All of the above

Question 6. How many biomechanical characteristics of movements are distinguished?

Select one answer:

- a. 5
- b. 7
- c. 3
- d. 2

Question 7. The principles of consciousness and activity, visibility, accessibility and individualization refer to ...?

Choose one answer:

a. Specific principles of physical education

b. General principles of physical education

c. Methodological principles of physical education

Question 8. How many types of physical qualities are there?

Choose one answer:

a. 2

b. 4

c. 3

d. 5

Question 9. Which type of physical attribute does not exist?

Choose one answer:



a. Quickness

b. Endurance

c. Will

d. Agility

Question 10: Which is not a means of physical education?

Choose one answer:

a. Hygienic factors

b. Health-promoting forces of nature

c. Teacher's personal example

d. Physical exercise

Test 2. Athletics.

Question 1. In what year were the first international competitions of Soviet track and field athletes held?

Choose one answer:

A. 1928

B. 1924

C. 1923

D. 1922

Question 2: What is the weight of the hammer for women?

Choose one answer:

A. 7260 kg.

B. 600 r

C. 800 r

D. 4 kg

Question 3. In which year the All-Union GTO complex was introduced, in which athletics was the most widely represented of all the sports?

Choose one answer:

A. 1938

B. 1936

C. 1931

D. 1930

Question 4. Which of the following is an acronym for international amateur athletics federation?

Choose one answer:

A. FIBA

B. FIFA

C. IFG

D. IAAF

Question 5: Which throwing event in track and field is not currently part of a major competition program?

Select one answer:

A. Grenade throwing

B. Javelin throwing

C. Hammer throwing

D. Discus throw

Question 6. In which type of multi-sport event do men currently compete?

Choose one answer:

A. All of the above

B. Decathlon

C. Pentathlon

D. Semathlon

Question 7. What does a multiathlon include?

Choose one answer:

A. Various types of running

B. Throwing

C. Jumping

D. All of the above

Question 8. The first person in the history of athletics to set three world records at a single Olympics?

Choose one answer:

A. Usain Bolt

B. Kirani James

C. Yuri Borzakovsky

D. Tirunesh Dibaba

Question 9: Which athlete holds 28 world records?

Choose one answer:

A. Yelena Isinbayeva

B. Tatiana Lysenko

C. Oleg Kaniskin

D. Daria Klishina

Question 10: Which track and field athlete is the only Russian Olympic champion in men's cross-country in the history of Russia?

Choose one answer:

A. Kirani James

B. Ivan Ukhov

C. Yuri Borzakovsky

D. Usain Bolt

Test 3. Gymnastics.

Question 1. It is commonly thought that the place of origin of gymnastics is ...?

Choose one answer:

A. China

B. Sweden

C. Germany

D. Ancient Greece  
Question 2: A general-developmental tool, the use of which is aimed at developing coordination abilities, increasing endurance?

Choose one answer:

A. Formation exercises

B. Freestyle exercises

C. General developmental exercises

D. Applied exercises

Question 3. Which educator developed a system of physical national development and founded the first gymnastics community in Europe?

Choose one answer:

A. Ernst Eiselin

B. Friedrich Ludwig Jahn

C. N. Kuperus

Question 4. Which country was the birthplace of the emergence of modern artistic gymnastics?

Choose one answer:

A. Ancient Greece

B. Germany

C. China

D. Sweden

Question 5. When did the first indoor gymnasiums appear and the first official competitions began to be held?

Choose one answer:

A. In the middle of the 19th century.

B. In the 20th century

C. In the 1950s of the 20th century

D. In the 19th century.

Question 6. In what year was the European Gymnastics Union organized?

Choose one answer:

A. there is no correct answer

B. 1881



C. 1982

D. 1921

Question 7.What does the European Gymnastics Union organize?

Choose one answer:

A. European Championships

B. All of the above

C. Festivals

D. Other activities

Question 8: Uncomplicated motor activities used to keep classes more organized?

Select one answer:

A. Formation exercises

B. General developmental exercises

C. Applied exercises

D. Freestyle exercises Question 9: Exercises performed for the purpose of general physical fitness?

Select one answer:

A. General developmental exercises

B. Formation exercises

C. Free exercises

D. Applied exercises

Question 10: Gymnastics tools that build important motor skills and skills for active interaction with the environment?

Select one answer:

A. Formation exercises

B. Applied exercises

C. Floor exercises

D. General developmental exercises

Test 4. Sports games (part one).

Question 1. Which date is the official birth date of the game of volleyball?

Choose one answer:

A. 1500

B. 1897

C. 1866

D. 1895

Question 2: Which volleyball player is a Merited Master of Sports of Russia, World Championship bronze medalist, World Cup bronze medalist, Olympic silver medalist, and Grand Prix and European Championship gold medalist?

Choose one answer:

A. Olga Fateeva

B. Maria Sheshenina

C. Ekaterina Gamova

D. Evgenia Artamonova

Question 3. In which year the first official badminton tournament was held?

Choose one answer:

A. 1899

B. 1901

C. 1898

D. 1911

Question 4. In what year was the first major IBF tournament, the Thomas Cup, held?

Choose one answer:

A. 1996

B. 1981

C. 1948

D. 1934

Question 5: If one of the players in badminton scores 21 points and the score difference is 1 point (21-20), then ...?

Choose one answer:

- A. The game continues until a difference of 2 points
- B. Play continues as long as one side scores the first two points
- C. Play continues until 30 points are scored
- D. Play continues until the difference is 2 points or until one side scores 30 points

Question 6: What is the decisive moment in badminton in the game score at which the following draw results in a possible victory for one side in a given game?

Choose one answer:

- A. Match point
- B. Game point
- C. Over/under

D. Match BallQuestion 7.What is the decisive moment in badminton in the game score at which the following draw results in a possible victory for one side in the whole encounter?

Choose one answer:

- a. Match point

b. Game point

c. Over/under

d. Match Ball

Question 8.Over-under is the unofficial name in badminton for the score condition after ...?

Choose one answer:

A. 18-18

B. 21-21

C. 19-19

D. 20-20

Question 9.When in badminton is there a change of sides in the third game?

Choose one answer:

A. When one side scores 11 points

B. When one side scores 12 points

C. When one side scores 7 points

D. When one side scores 10 points

Question 10: Which prominent athlete has been elected vice-president of the European Badminton Confederation?

Choose one answer:

A. Vladimir Ivanov

B. Nina Vislova

C. Valeria Sorokina

D. Andrey Antropov

Question 11: Which badminton player performs in doubles with Valeria Sorokina?

Choose one answer:

A. Vladimir Malkov

B. Vladimir Ivanov

C. Dil Ella

D. Nina Vislova

Question 12. In what year was the first volleyball match between men's teams held in Moscow?

Choose one answer:

A. 1927

B. 1925

C. 1923

D. 1928

Question 13: Which athlete represents Nizhny Novgorod Oblast in badminton?

Choose one answer:

A. Dil Ella

B. Vladimir Malkov

C. Nina Vislova



D. Vladimir Ivanov

Question 14. In which year Dr. G. Le-Mana organized the international table tennis federation?

Choose one answer:

A. 1961

B. 1960

C. 1951

D. 1926

Question 15: In what year did the IOC include table tennis in the Summer Olympics?

Choose one answer:

A. 1927

B. 1961

C. 1988

D. 1960

Question 16. In what year did D. Jackves officially register the game's trademarked name, "ping pong"?

Choose one answer:

A. 1988

B. 1901

C. 1900

D. 1926

Question 17. To what height should the ball be tossed vertically upward from an open palm when serving in table tennis?

Choose one answer:

A. at least 14 cm

B. at least 12 cm

C. at least 16 cm

D. at least 18 cm

Question 18. If the ball catches the net when serving, but all other rules have been followed, then ...?

Choose one answer:

A. The serve is considered served and play continues

B. A service error

C. A re-serve is declared - the server must serve again

D. Considered a serving error, points are awarded to the opponent

Question 19: In table tennis, under modern rules, a game lasts until how many points?

Choose one answer:

A. up to 20

B. up to 11

C. up to 21

D. up to 7

Question 20: Which tennis player was the best singles player in the world from 1947 to 1949?

Choose one answer:

A. Othmura Iosira

B. Olga Rudnova

C. Farkosh Gizella

D. Johan Cel

Question 21: How many players can each of the two volleyball teams have in their lineup?

Choose one answer:

a. up to 16

b. up to 19

c. up to 18

d. up to 14

Question 22. The uniform of which player in volleyball is different from that of other players?

Choose one answer:

A. Attacker

B. Blocker

C. Libero

D. Tiebreaker

Question 23: In volleyball, how many timeouts can a coach ask for in each game?

Choose one answer:

A. 3

B. 1

C. 2

D. 4

Question 24. How many substitutions per game in volleyball is a coach authorized to make?

Choose one answer:

a. 2

b. 6

c. 8

d. 4Question 25. At the XXXI FIVB Congress in Dubai, changes to the rules of volleyball were approved, effective from the season of ...?

Choose one answer:

A. 2012

B. 2011

C. 2010

D. 2009

Question 26. Which of the sportswomen - volleyball players was awarded the Order of the II degree "For Services to the Fatherland" for her great contribution to the development of sports and physical culture, as well as for high sports achievements?

Choose one answer:

A. Olga Fateeva

B. Evgeniya Artamonova

C. Ekaterina Gamova

D. Maria Sheshenina

Question 27: Which athlete was recognized as the most effective volleyball player of the Russian Championship in 2008-2009?

Choose one answer:

a. Ekaterina Gamova

b. Maria Sheshenina

c. Evgenia Artamonova

d. Olga Fateeva

Test 5. Sports games (part two).

Question 1. According to many scholars, it is this game, common in ancient China, that preceded the emergence of soccer. Name it

Choose one answer:

a. Tsu-Chu

b. Pok-A-Tok

c. Tien-Jin

d. Chupa Chups

e. Kemari

Question 2: The birthplace of “Calcio” is ....

Choose one answer:

a. Italy

b. Ancient China

c. France

d. Holland

e. British EmpireQuestion 3. “To burn the participants of ball games” in Russia called for ....

Choose one answer:

a. Prince Vladimir

b. Vsevolod the Big Nest



c. Pilgrim

d. Patriarch Nikon

e. Protopope Avvakum

Question 4. The world's first soccer club was formed by ....

Choose one answer:

a. in 1846 at Rugby School

b. in 1871 in London

c. in 1857 in Sheffield

d. in 1869 in Glasgow

e. in 1862 in Nottingham.

Question 5: In 1904, at the initiative of Belgium, Denmark, the Netherlands, and Switzerland, the following was created

Select one answer:

a. IAAF

b. CAF

c. FIFA

d. UEFA

e. CONCACAF

Question 6: The top scorer in the history of World Cup soccer is ....

Choose one answer:

a. Miroslav Klose

b. Ronaldo

c. Raul

d. Cristiano Ronaldo

e. Lionel Messi

Question 7: The highest number of goals (5) in a single World Cup match was scored by ....

Choose one answer:

a. Pele

b. Oleg Salenko

c. Lothar Matthäus

d. Roger Milla

e. Michel Platini

Question 8: The generally recognized dimensions of a soccer field are ....

Select one answer:

a. 100x80 meters

b. 105x68 meters

c. 130x70 meters

d. 70x90 meters

e. 100x120 meters

Question 9: The weight of a soccer ball should not exceed ....

Choose one answer:

a. 450 grams

b. 700 grams

c. 300 grams

d. 200 grams

e. 500 grams

Question 10: A lineman is a ....

Choose one answer:

a. Reserve referee

b. Touch judge

c. Referee at the corner flag

d. The referee at the goal

e. Chief referee

Question 11. Which Russian writer enjoyed playing gorodki?

Choose one answer:

a. Gorky

b. Pushkin

c. Napoleon

d. Chaliapin

e. Stalin

Question 12: What is the name of the throwing stick in the game of townies?

Choose one answer:

a. Thrower

b. Kicker

c. The pruner

d. Bat

e. Stick

Question 13: Give the correct name of figure 9

Choose one answer:

- a. cancer
- b. artillery
- c. cannon
- d. machine gun nest
- e. well

Question 14: All pieces in the game of townies are built on the middle of the front line except one. Which one?

Choose one answer:

- a. letter
- b. crankshaft
- c. sentries
- d. airplane
- e. arrow

Question 15: A township is considered knocked out if ....

Choose one answer:

- a. it was touched by the bat
  - b. it was blown away by the wind
  - c. it went completely outside the square or whisker lines
  - d. all bats are thrown
  - e. he was completely out for a walk
- Test 6. Movable games.

Question 1. Which games are called movable games?

Choose one answer:

- A. Movable games are games whose content is a variety of running.
- B. Movable games are games whose content consists of various kinds of jumping.
- C. Movable games are games which contain various kinds of running, jumping, throwing and other movements.
- D. Movable games are games whose content consists of various types of throwing.

Question 2: What is the motivation for playing games?

Choose one answer:

A. competition between individual participants and entire teams

B. competition between a participant and a team

C. competition between individual participants

D. competition between entire collectives

Question 3: Who is the founder of the Russian system of physical education?

Choose one answer:

A. P.F. Kapterev

B. N.I. Pirogov

C. P.F.Lesgaft

D. E.N.Vodovozov

Question 4: The importance of mobile games



Choose one answer:

A. Educational

B. All of the above

C. Educational

D. Recreational

Question 5: What is an important prerequisite for successful play activities?

Select one answer:

A. clarity of understanding of the content of the game

B. a clear understanding of the rules of the game

C. no correct answer

D. clarity of understanding of the content and rules of the game

Question 6: According to which scientist, systematic playing of movement games develops a child's ability to control his movements and disciplines his body.

Choose one answer:

A. A. A. Leontiev

B. P. F. Lesgaft

C. V.V.Gorinevsky

D. D.B.Elkonin

Question 7. What are the methods used to determine the leaders and captains?

Choose one answer:

A. by the choice of students, according to the results of previous games

B. by appointment of the leader, by the choice of the students, by the results of previous games, by drawing lots

C. by choice of the students, by drawing lots, based on the results of previous games

D. by appointment of the manager

Question 8: What is the special value of moving games?

Choose one answer:

A. The special value of mobile games lies in the possibility of influencing the motor sphere of the personality of the occupants.

B. there is no correct answer

C. The special value of mobile games lies in the possibility of simultaneous impact on the motor and mental spheres of the personality of the occupants.

D. The special value of mobile games lies in the possibility of influencing the mental sphere of the students' personality.

Question 9: What kind of education do mobile games contribute to?

Choose one answer:

A. patriotic

B. mental

C. moral

D. aesthetic

Question 10. In which system were the origins of mobile games?

Choose one answer:

A. slavery

B. socialist

C. primitive communal

D. capitalist

#### Assessment criteria (assessment tool — Test)

Grade	Assessment criteria
pass	3scored - at least 70% of correct answers.
fail	No credit - 69% or less of correct answers.

#### 5.1.2 Model assignments (assessment tool - Abstract) to assess the development of the competency УК-7:

Abstract on a selected topic

#### Assessment criteria (assessment tool — Abstract)

Grade	Assessment criteria
pass	Pass - knowledge of the material, terminology, correct answers to additional questions.
fail	No credit - no knowledge of the material.

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

##### Шкала оценивания сформированности компетенций

Уровень сформированности компетенций (индикатора достижения компетенций)	плохо	неудовлетворительно	удовлетворительно	хорошо	очень хорошо	отлично	превосходно
	не зачтено		зачтено				
<u>Знания</u>	Отсутствие знаний теоретического материала. Невозможность оценить полноту знаний	Уровень знаний ниже минимальных требований. Имели место грубые ошибки	Минимально допустимый уровень знаний. Допущено много	Уровень знаний в объеме, соответствующем программе подготовки	Уровень знаний в объеме, соответствующем программе подготовки	Уровень знаний в объеме, соответствующем программе подготовки	Уровень знаний в объеме, превышающем программу подготовки.

	вследствие отказа обучающегося от ответа		негрубых ошибок	. Допущено несколько негрубых ошибок	. Допущено несколько несущественных ошибок	и. Ошибок нет.	
<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	Продемонстрированы основные умения. Решены типовые задачи с негрубыми ошибками. Выполнены все задания, но не в полном объеме	Продемонстрированы все основные умения. Решены все основные задачи с негрубыми ошибками. Выполнены все задания в полном объеме, но некоторые с недочетами	Продемонстрированы все основные умения. Решены все основные задачи. Выполнены все задания в полном объеме, но некоторые с недочетами	Продемонстрированы все основные умения. Решены все основные задачи с отдельным и несущественными недочетами, выполнены все задания в полном объеме	Продемонстрированы 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 некоторым и недочетами	Продемонстрированы базовые навыки при решении стандартных задач с некоторым и недочетами	Продемонстрированы базовые навыки при решении стандартных задач без ошибок и недочетов	Продемонстрированы навыки при решении нестандартных задач без ошибок и недочетов	Продемонстрирован 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

Типовые **тестовые** задание к *текущей* аттестации по дисциплине «Физическая культура и спорт (элективная дисциплина) для всех обучающихся всех форм подготовки.

#### 1.Элементы здорового образа жизни:

1. рациональное питание
2. отсутствие вредных привычек
3. занятия физической культурой
4. все перечисленное верно

#### 2.Понятие «низкая физическая активность» (гиподинамия) включает в себя:

1. отказ от занятий спортом
2. занятия в группах здоровья
3. малоподвижную деятельность на протяжении более чем 50% времени

#### 3. Термин «гигиена»:

1. наука о жилище
2. наука о форме и строении человека
3. наука о правильном и рациональном образе жизни
4. наука о жизнедеятельности живого организма

#### 4. Название лыжных ходов (попеременный или одновременные) даны по работе:

1. ног
2. туловища
3. рук
4. произвольно

#### 5. Оптимальное количество активных занятий физическими упражнениями для студентов в недельном цикле должно составлять...

1. 2-4 часа
2. 4-7 часа
3. 6-9 часов
4. 8-12 часов

#### 6. Самый быстрый вид техники лыжных ходов?

1. коньковый ход
2. одновременный бесшажный ход
3. одновременный одношажный ход
4. попеременный двухшажный ход

#### 7. Вероятность травм при занятиях физическими упражнениями снижается, если

обучающиеся...

1. переоценивают свои возможности,
2. следует указаниям преподавателя,
3. владеют навыками выполнения движений,
4. не умеют владеть своими эмоциями.

#### 8.Циклические виды спорта преимущественно развивают физические качества:

1. быстроту
2. силу
3. выносливость

**9.Элементы здорового образа жизни:**

1. рациональное питание
2. отсутствие вредных привычек
3. занятия физической культурой
4. все перечисленное верно

**10. Протяженность марафонской дистанции:**

1. 37 км 100 м
2. 42 км 195 м
3. 50 км 170 м
4. 54 км 230 м

**11. Какая температура считается оптимальной для проведения марафонского забега?**

1. 14-16С
2. 18-20С
3. 20-22С
4. 23-25С

**12. Какова должна быть продолжительность ходьбы, чтобы достичь оздоровительного эффекта?**

- 1) не менее 30 минут
- 2) более 5 часов
- 3) не более 10 минут
- 4) не более 30 минут

**13. Перечислите основные упражнения для развития мышц туловища (спины и брюшного пресса):**

- 1) поднятие верхней части туловища в положении лежа на спине+
- 2) поднятие ног и таза лежа на спине+
- 3) прыжки
- 4) подтягивание в висе на перекладине

**14. Какой процент от всего тела составляет мышечная масса среднестатистического здорового человека?**

- 1) до 40%; 2) около 50%; 3) 20%; 4) свыше 70%.

**Assessment criteria (assessment tool — Test)**

Grade	Assessment criteria
pass	Pass - at least 70% of correct answers.
fail	No credit - 69% or less of correct answers.

**5.3.2 Model assignments (assessment tool - Abstract) to assess the development of the competency УК-7**

Abstract on the chosen topic (to be agreed with the teacher)

**Assessment criteria (assessment tool — Abstract)**

Grade	Assessment criteria
pass	Pass - knowledge of the material, terminology, correct answers to additional questions
fail	No credit - no knowledge of the material.

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

Основная литература:

1. Бахарев Юрий Александрович. Адаптивная двигательная рекреация : учеб. пособие для студентов ННГУ, обучающихся по направлению подготовки "Физ. культура для лиц с отклонениями в состоянии здоровья (адаптив. физ. культура)" / ННГУ. - Н. Новгород : Изд-во ННГУ, 2017. - 120 с. - ISBN 978-5-91326-397-1 : 50.00., 1 экз.

Дополнительная литература:

1. Физическая культура успеха : учеб. пособие / Ю. А. Бахарев [и др.] ; ННГУ. - Нижний Новгород : Изд-во ННГУ, 2019. - 262 с. - ISBN 978-5-91326-510-4 : 210.71., 2 экз.

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

- 1.Samylichev A.S.Theory of physical culture and sport. Basic concepts and terms. Educational and methodical manual. Nizhny Novgorod: Nizhny Novgorod University, 2017-33с. Access mode: <https://studizba.com/files/show/pdf/113673-1-teoriya-fizicheskoy-kul-tury-i-sporta.html>
- 2.Basic provisions of adaptive physical culture : a teaching manual / A. S. Samylichev, Y. A. Bakharev, A. M. Morozov [and others]. - Nizhny Novgorod : N. I. Lobachevsky NNGU, 2022. - 88 с. - Text : electronic // Lan : electronic library system. - URL: <https://e.lanbook.com/book/283157> (access date: 25.05.2023). - Access mode: <http://www.fks.unn.ru/wp-content/uploads/sites/13/2022/04/Uchebno-metod.-posobie-Osnovy-AFK.pdf>
- 3.Bakharev Yu.A. Adaptive motor recreation: textbook : [in the direction of training 49.03.02 "Physical culture for persons with health conditions (adaptive physical culture)"] / Yu.A. Bakharev, M.V. Kurnikova, V.A. Orinchuk ; Ministry of Education and Science of the Russian Federation, National Research Institute of Physical Education. Ministry of Education and Science of the Russian Federation, Nat. Nizhny Novgorod State University named after N. I. Lobachev. N. I. Lobachevsky. - Nizhny Novgorod : Publishing house of Nizhny Novgorod State University, 2017. - 119 с. : ill. ; 21 cm. - Bibliography: p. 105. - Access mode: <http://www.fks.unn.ru/wp-content/uploads/sites/13/2022/04/Uchebno-metod.-posobie-Osnovy-AFK.pdf>

## 7. Материально-техническое обеспечение дисциплины (модуля)

Учебные аудитории для проведения учебных занятий, предусмотренных образовательной программой, оснащены мультимедийным оборудованием (проектор, экран), техническими средствами обучения, компьютерами, специализированным оборудованием: The premises are classrooms for conducting training sessions, provided by the program, equipped with equipment and technical facilities



The rooms for independent work of students are equipped with computer equipment with the possibility to connect to the Internet and provided with access to the Internet. computer equipment with the possibility to connect to the Internet and provided with access to the electronic information and educational environment. For training students in the discipline there are available: special rooms, equipped with multimedia teaching aids; a computer class, where there is a possibility to access the Internet; there are sports and sports facilities. possibility to access the Internet; there are sports halls, equipment necessary for teaching the techniques and tactics of sports games. and tactics of sports game.

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 ОС ННГУ по направлению подготовки/специальности 38.03.01 - Economics.

Авторы: Гутко Александр Владимирович, кандидат психологических наук, доцент.

Заведующий кафедрой: Кутасин Александр Николаевич, кандидат педагогических наук.

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