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MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

Federal State Autonomous Educational Institution of Higher Education

"Moscow Polytechnic University"

APPROVE
Vice-President
for International Affairs
_____ /Yu.D. Davydova/
"15" февраля 2024

Dean of the Faculty
of Economics and Management
_____ /A.V. Nazarenko/
"15" февраля 2024

WORKING PROGRAM OF THE DISCIPLINE

"Physical Education and Sports"

Field of study
38.03.02 Management

Educational program (profile)
"Business Process Management"

Qualification (degree)
Bachelor

Form of study
Part-time

Moscow 2024

Developer(s):

Head of the department, Ph.D. , assistant professor  /A.A. Pleshakov/

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Agreed:

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1. Goals, objectives and planned learning outcomes in the discipline

Purpose mastering the discipline "Physical Culture and Sports" is the formation of the individual's physical culture and the ability to purposefully use a variety of means of physical culture, sports and tourism to preserve and strengthen health, psychophysical preparation and self-preparation for future life and professional activities.

Achieving this goal involves solving the following educational, educational, developmental and health-improving tasks:

- understanding the social significance of physical culture and its role in personal development and preparation for professional activity;
- knowledge of the biological, psychological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude towards physical culture, an attitude towards a healthy lifestyle, physical improvement and self-education of the habit of regular exercise and sports;
- mastering a system of practical skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports;
- acquiring personal experience in improving motor and functional capabilities, ensuring general and professionally applied physical preparedness for a future profession and everyday life;
- creating a basis for the creative and methodologically sound use of physical culture and sports activities for the purpose of subsequent life and professional achievements.

Planned learning outcomes in the discipline.

The graduate must:

know:

- scientific and practical foundations of physical culture and a healthy lifestyle.

be able to:

- use means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy image and lifestyle.

own:

- means and methods of strengthening individual health, physical self-improvement, values of physical culture of the individual for successful socio-cultural and professional activities.

Training in the discipline "Physical Culture and Sports" is aimed at developing the following competencies in students:

Code and name of competencies	Indicators of Competency Achievement
UK-7 Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	IUC-7.1. Competently chooses health-preserving methods to maintain a healthy lifestyle, taking into account the physiological characteristics of the body and the conditions for the implementation of professional activities IUC-7.2. Maintains an optimal level of physical activity to ensure full social and professional functioning IUC-7.3. Complies with healthy lifestyle standards in various life situations and in professional activities

2. Place of discipline in the structure of the educational program

The discipline "Physical Culture and Sports" is one of the academic disciplines of the compulsory part of the basic cycle (B1) of the main educational program of a bachelor's/specialist's degree.

"Physical Culture and Sports" is logically, substantively and methodologically interconnected with the following disciplines of the educational program:

- Story;
– Philosophy;
– Life safety.

3. Structure and content of the discipline

The total labor intensity of the discipline is 2 credit units (72 hours).

3.1 Types of educational work and labor intensity
(according to forms of study)

3.1.2. Part-time education

No.	Type of educational work	Number of hours	Semesters	
	Auditory lessons	**10**	1	
	Including:			
1	Lectures			
2	Seminars/practical classes using distance learning technologies	10	1	
3	Laboratory exercises			
	Independent work	**62**	1	
	Including:			
1	Using distance learning technologies	62	1	
	Interim certification		1	
	Test		1	
	Total	**72**	1	

3.2 Thematic plan for studying the discipline

(according to forms of study)

3.2.2. Part-time education

No.	Sections/topics disciplines	Labor intensity, hour					
		Total	Classroom work				Independent work
			Lectures	Seminars, practical sessions	Laboratory exercises	Practical training	
1.	**Physical culture and sports in general cultural and professional training of students**	**4**		**2**			2
1.1	Physical culture and sports in the system of vocational education	1					1
1.2	Basic scientific concepts and structure of physical culture	1					1
1.3	Physical culture of the individual and methods of self-assessment of its formation	2		2			
2.	**Healthy lifestyle and lifestyle of students**	**4**					4
2.1	Health structure and criteria for managing human health	1					1
2.2	The concepts of healthy lifestyle and healthy lifestyle of students and its components	1					1
2.3	Assessment of work and rest schedule	1					1
2.4	Assessment of human motor activity	1					1
3.	**Socio-biological foundations of physical culture**	**10**		**2**			8
3.1	Physical culture in the socio-biological development of man.	1					1
3.2	Anatomical systems of the body and the influence of physical education and sports on them.	1					1
3.3	Psychophysiological characteristics of students' work	1					1
3.4	Physiological indicators of fitness	1					1
3.5	Methods for assessing physical development and correcting posture and physique	2					2
3.6	Methods of self-monitoring of the functional state of the body	2		2			
3.7	Methods for assessing somatic health. Express assessment according to G.L. Apanasenko	2					2

4.	**General physical training in the physical education system**	**4**					4
4.1	General issues of purposeful pedagogical process of physical education	1					1
4.2	Development of physical and formation of mental qualities inprocess of physical education	2					2
4.3	Methodology for self-assessment of the level and dynamics of general physical fitness	1					1
5.	**Therapeutic (physical therapy) and adaptive (APC) physical culture in the system of physical education**	**15**		2			13
5.1	Current state of exercise therapy and physical therapy	1					1
5.2	Medical control and self-control of those involved in physical exercises and sports	1					1
5.3	Organization and conduct of practical classes with persons with disabilities	1					1
5.4	Scientific search and abstracting of literary sources on the topic of the use of physical exercises for a specific nosology	8		2			6
5.5	Complexes of exercise therapy and ROS for various nosologies	2					2
5.6	Complexes of exercise therapy and physical therapy for various nosologies using sports equipment, training and special devices.	2					2
6.	**Fundamentals of methods of independent exercise**	**24**		**2**			22
6.1	Organization of independent physical exercises	2					2
6.2	Methodology for compiling a complex of morning hygienic gymnastics	2					2
6.3	Methodology for drawing up and implementing an individual health program	20		2			18
7.	**Sports training in the physical education system**	**6**					6
7.1	Sports: mass, elite, Olympic, student. Main groups of sports.	1					1
7.2	Paralympic movement	2					2
7.3	Studying the needs and attitudes towards physical education and sports activities.	1					1
7.4	Individual choice of sports or physical activity	1					1

7.5	Means and methods of muscle relaxation in sports	1					1
8.	**Professional applied physical training of students**	**5**		**2**			3
8.1	Fundamentals of professional applied physical training	1					1
8.2	Methods for studying the elements of the structure of psychophysical readiness for a future profession	2		2			
8.3	Methodology for conducting industrial gymnastics, taking into account the given conditions and nature of work	1					1
8.4	Methods for regulating psycho-emotional state	1					1
	Total	**72**		**10**			**62**

3.3 Contents of the discipline

Section 1. Physical culture and sports in general cultural and professional training of students

Topic 1.Physical culture and sports in the system of vocational education

Regulatory and legal foundations of the discipline "Physical Culture and Sports" in educational institutions of the Russian Federation. Physical culture and sports in the system of vocational education. Application of scientific knowledge of the theory of physical culture. Organization of physical education at the university.

Topic 2.Basic scientific concepts and structure of physical culture

Basic scientific concepts of physical culture in connection with historical development. Physical culture as part of universal human culture. Structure of physical culture. Non-special physical education. Sport. Physical recreation. Motor rehabilitation.

Topic 3. Physical culture of the individual and methods of self-assessment of its formation

Studying the structural elements and levels of formation of a person's physical culture. Mastering the methodology for self-assessment of the level of development of a person's physical culture.

Section 2. Healthy lifestyle and lifestyle of students

Topic 1.Health structure and criteria for managing human health

Modern ideas about human health in various sciences. The structure of health and criteria for managing human health. Physical health. Mental health. Social health. Professional health. Factors ensuring the health of modern man: heredity, ecology, medicine, lifestyle.

Topic 2. Pconcepts of healthy lifestyle and healthy lifestyle of students and its components.

The concept of a healthy lifestyle and healthy lifestyle of students and its components. Work and rest schedule. Rational nutrition Personal hygiene. Hardening. Optimal physical activity. Rejection of bad habits. Culture of interpersonal relations.

Topic 3. Assessment of work and rest regime

Studying the basics of organizing a rational daily routine for students. Mastering the methodology for assessing your work and rest regime.

Topic 4. Assessment of human motor activity

Study of physical activity as a fundamental factor in preventing the occurrence of non-communicable diseases. Familiarization with the reasons for the lack of movement in the modern world. Mastering the methodology for assessing motor activity.

Section 3. Socio-biological foundations of physical culture

Topic 1. Physical culture in the socio-biological development of man.

Physical culture and sport as social phenomena of society.The importance of physical education and sports in the socialization of the individual.Biological component of physical culture. Biological patterns of the positive effect of physical exercise on the human body, physiological and biochemical laws of this phenomenon. An organism is a complex biological system, with no less complex evolutionarily formed regulatory mechanisms. Examples of self-regulation at different levels of organization of living matter.Comparison of nervous and humoral regulatory mechanisms in the body.

Topic 2. Anatomical systems of the body and the influence of physical education and sports on them.

The positive effect of physical exercise on the following body systems: skeletal (human skeleton), muscular, blood system, cardiovascular, respiratory, digestive, excretory, nervous, endocrine, analyzer system. Environmental factors affecting living organisms. Substances necessary for its life, as well as irritants (useful and harmful) that disrupt the constancy of the internal environment.

Topic 3. Psychophysiological characteristics of students' work

Mastering your future profession. Educational, cognitive and work activities of students. Physical and mental work. Contents of physiological processes of performance, fatigue, tiredness, overwork, recovery.Hypokinesia and physical inactivity. Biological rhythms.

Topic 4. Physiological indicators of fitness

Energy processes in muscles and health training. Characteristics of the body's energy systems in highly qualified athletes. Power and capacity of the energy system. Basic rules of health training. Physiological indicators of fitness in a state of relative rest, when performing a standard load, at maximum load. Economization of functions. Response to standard (testing) loads. Fitness indicators when performing maximum load.

Topic 5. Methods for assessing physical development and correcting posture and physique

The importance of physical development at different stages of human ontogenesis. Basic methods for determining and assessing physical development. Somatoscopy. Body type. The influence of physical education and sports on somatoscopy indicators. Measuring anthropometric indicators. Description of the

main anthropometric indicators. Calculation of anthropometric indices.

Topic 6. Methods of self-monitoring of the functional state of the body

Self-monitoring of the functional state of the cardiovascular system. Heart rate as an important indicator of self-control. Blood pressure as one of the indicators of the functional state of the cardiovascular system. Test procedure with standard load. Respiration rate as an important indicator of self-control. Vital capacity of the lungs as one of the indicators of the functional state of the respiratory system. Other indicators of the functional state of the respiratory system. Methodology for conducting functional tests.

Topic 7. Methods for assessing physical health. Express assessment according to G.L. Apanasenko

Possibility of quantitative assessment of human health.Methods for quantitative assessment of somatic health.Advantages of assessing the level of somatic health according to G.L. Apanasenko. Methodology for express assessment of the level of somatic health according to G.L. Apanasenko. Formationprograms of health-improving activities in accordance with the level of somatic health.

Section 4. General physical training in the physical education system

Topic 1. General issues of purposeful pedagogical process of physical education

Methodological principles of physical education. The concept of physical education methods and their structural basis. Fundamentals of movement training. Motor abilities and skills as a subject of study in physical education. Means of physical education.

Topic 2. Development of physical and formation of mental qualities inprocess of physical education

Physical abilities and physical qualities. Education of physical qualities. Formation of mental qualities and personality traits in the process of physical education. General physical training (GPP). Goals and objectives of general physical training. Patterns of development of physical qualities of persons with disabilities.

Topic 8. Methodology for self-assessment of the level and dynamics of general physical fitness

Structure of physical fitness. Physical readiness index. Methodology for monitoring the level of development of physical qualities and related abilities. Self-assessment of the level and dynamics of general physical fitness to assess the effectiveness of the training process. Comprehensive assessment of physical fitness in international practice. VFSK GTO.

Section 5. Therapeutic (physical therapy) and adaptive (AFC) physical culture in the system of physical education

Topic 1.Current state of exercise therapy and physical therapy

Rehabilitation forms of physical culture and sports. Therapeutic and adaptive physical culture. Organizational and legal foundations of adaptive physical culture and sports among student youth in Russia. Adaptive physical culture and personality.

The value of adaptive physical culture. Physical culture and sport as an academic discipline of higher education and the integrity of personal development. Basic provisions for organizing adaptive physical education at the university.

Topic 2. Medical control and self-control of those involved in physical exercises and sports

Medical and pedagogical control. Self-control, its main methods, indicators. Self-control diary. Features of independent classes aimed at active recreation, correction of physical development and physique, accentuated development of individual physical qualities. Self-monitoring of the effectiveness of independent health activities. The use of individual control methods during regular exercise and sports. Correction of the content and methodology of classes based on the results of control indicators.

Topic 3. Organization and conduct of practical classes with persons with disabilities

Means, methods of physical therapy and physical therapy. The use of physical exercises and natural factors for the treatment and rehabilitation of persons with disabilities. Conducting physical education classes taking into account the individual characteristics of disabled people and persons with disabilities. Mainstreaming programs.

Topic 4. Scientific search and abstracting of literary sources on the topic of the use of physical exercises for a certain nosology

Anatomical and physiological rationale for physical exercise for persons with disabilities. Recommended physical exercises, types of physical activity and sports. Contraindications to physical exercise and sports. Compensatory function of ROS.

Topic 5. Complexes of exercise therapy and ROS for various nosologies

Selection of a complex of exercise therapy and active physical therapy for various diseases for preventive, therapeutic and rehabilitation purposes.

Topic 6. Complexes of exercise therapy and physical therapy for various nosologies using sports equipment, training and special devices.

The use of specialized sports equipment, simulators, devices and aids for adaptive physical education, technical means for the rehabilitation of people with disabilities.

Section 6.Fundamentals of methods of independent exercise

Topic 1. Organization of independent physical exercises

Formation of motives for independent physical exercises. Planning independent studies. Forms and organization of independent studies. Methodology of independent training sessions. Hygiene of self-study. Self-monitoring of the effectiveness of independent studies. Prevention of injuries during independent physical exercises.

Topic 2. Methodology for compiling a complex of morning hygienic gymnastics

Selection and direction of exercises. Sequence of exercises in a complex. Description of exercises. Gymnastics terminology. Exercise intensity and dosage.

Topic 3. Methodology for drawing up and implementing an individual health program

Taking into account the individual characteristics of the student. Justification of goals and objectives, means (physical exercises, sports, sports disciplines), forms: individual classes (fitness club, swimming pool, in regional sports and recreation complexes, specially equipped sports grounds, etc.), group classes (in sports sections of the university, dance groups, as well as classes using the university's sports facilities in accordance with the specialization under the supervision of the teacher), etc., methods of training (repeated, game, competitive, circular) according to the program, taking into account hygienic factors and environmental conditions. Methods of self-control and self-assessment during classes according to the program, taking into account the need to assess functional and physical readiness. Risk assessment in the process of implementing an individual health program.

Section 7. Sports training in the physical education system

Topic 1. Sports: mass, elite, Olympic, student. Main groups of sports.

Sports training. The purpose of sports training. Structure of an athlete's preparedness. Characteristics of technical, physical, tactical and mental training. Features of elite sports and mass sports. Sports classification, its structure. College sports. Organizational forms of mass sports work. System of student sports competitions. Public student sports organizations. International sports movement. Olympic Games and Universiade.

Topic 2. Paralympic movement

History of the origin and development of the Paralympic movement. Chronicle of the Paralympic Games. The main Paralympic sports included in the programs of the summer and winter games. Deaflympics. History of the Special Olympics Movement. Classification of athletes in adaptive sports.

Topic 3. Study of needs and attitudes towards physical education and sports activities

Value and need-activity approach in the theory of culture.Needs for physical education. Study methodologystudents' attitudes towards physical education and sports.

Topic 4. Individual choice of sports or physical activity

Justification for individual choice of sports (or systems of physical exercises) for students. Brief psychophysiological characteristics of the main groups of sports and physical exercise systems.

Topic 5. Means and methods of muscle relaxation in sports

Active and passive means of relaxation in sports. Types of stretching and their characteristics.Recommended exercises for stretching muscles. Basics of self-massage techniques. Myofascial release (MFR).

Section 8. Professional applied physical training of students

Topic 1. Fundamentals of professional applied physical training

Definition of professional applied physical training and its goals. List of tasks. Applied knowledge, abilities, skills, psychophysical and special qualities. Selection of means of professional applied physical training, taking into account the characteristics of the educational process.Prevention of occupational diseases and injuries through physical culture and sports.

Topic 2.Methods for studying the elements of the structure of psychophysical readiness for a future profession

The structure of psychophysical readiness for a future profession. Initial idea of the profession. Study of professional inclinations. Description of the profession using the classification according to Klimov E.A. Study of the type of nervous system. Study of special professional abilities.

Topic 3. Methodology for conducting industrial gymnastics, taking into account the given conditions and nature of work

Optimal work organization. Industrial physical culture. Forms of industrial gymnastics: introductory gymnastics, physical education break, physical education minute. Rules for selecting exercises for industrial gymnastics complexes.

Topic 4. Methods for regulating psycho-emotional state

Studying the possibility of regulating the psycho-emotional state in the process of educational and work activities. Mastering the technique of regulating the psycho-emotional state using relaxation techniques.

3.4 Topics of seminars/practical and laboratory classes

3.4.1. Seminars/practical sessions

The main form of organization of the educational process is training sessions.

Solving the assigned tasks is carried out by including theoretical and practical materials in training sessions, as well as completing control tasks and exercises (tests).

The educational process with disabled students and students with disabilities (hereinafter referred to as HHI) is aimed at strengthening health, hardening the body and increasing the level of physical performance of students, as well as eliminating functional deviations and deficiencies in physical development. A special place is given to the formation of knowledge and skills of self-control, self-massage, skills of independent use of physical exercises in organizing a motor regimen, taking into account the state of health and disease.

The content of practical classes for persons with disabilities is characterized by a focus on developing physical qualities, improving motor abilities and skills in the following types of physical activity: walking, running, training on exercise machines, sports games and other sports traditional for the university.

Practical classes, to a large extent, should be of a consultative nature; practical recommendations must be supported by constant monitoring of the teacher over their implementation.

The teacher is solely responsible for ensuring that the exercises used and their dosages are appropriate to the capabilities of each individual student.

Training sessions for students with disabilities are held in a special department.

Practical classes are based on the widespread use of theoretical knowledge and methodological skills, on the use of various means of adaptive physical education, physical education and professionally applied physical training of students.

Main tasks: determining the level of health and physical fitness of students, establishing a relationship in the development of knowledge, motor skills and abilities with the formation of students' experience in the selection and practical implementation of their own health or training programs.

Students who are exempt from practical classes for a long period of time complete the discipline program in the distance learning system.

4. Educational, methodological and information support

4.1 Regulatory documents and GOSTs

1. Russian Federation. Constitution (1993). Constitution of the Russian Federation:

adopted by popular vote on December 12, 1993. Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL:

http://www.consultant.ru/document/cons_doc_LAW_28399/.

2. Russian Federation. Laws. About physical culture and sports in Russian

Federation: Federal Law of December 4, 2007 N 329-FZ. – Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL:

http://www.consultant.ru/document/cons_doc_LAW_73038/.

3. Russian Federation. Laws. On the basics of protecting the health of citizens in the Russian Federation: Federal Law of November 21, 2011 N 323-FZ. – Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL:

http://www.consultant.ru/document/cons_doc_LAW_121895/.

4. Russian Federation. Laws. About education in the Russian Federation:

Federal Law of December 29, 2012 N 273-FZ. – Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL:

http://www.consultant.ru/document/cons_doc_LAW_140174/.

5. Russian Federation. Resolutions. On approval of the Regulations on the All-Russian Physical Culture and Sports Complex “Ready for Labor and Defense” (GTO): Decree of the Government of the Russian Federation of June 11, 2014 N 540. Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL:http://www.consultant.ru/document/cons_doc_LAW_164253/

6. Russian Federation. Orders. “On approval of state requirements

All-Russian physical culture and sports complex “Ready for Labor and Defense” (GTO)”: Order of the Ministry of Sports of the Russian Federation dated 02/22/2023 N 117. – Text: electronic // Non-commercial Internet versions of the

ConsultantPlus system. –
URL:https://www.consultant.ru/document/cons_doc_LAW_443204/

4.2 Main literature

1. Pleshakov, A.A. Physical culture and physical education of students in higher education: textbook / A. A. Pleshakov, M. A. Semenov. - M.: Moscow Polytechnic, 2020. - 76 p. – https://online.mospolytech.ru/mod/data/view.php?d=127&rid=4450
2. Physical education of students of a special medical group: educational and methodological manual / M.A. Semyonova, E.E. Shcherbakova, M.V. Zheleznyakova. – Moscow: Moscow Polytechnic, 2021.https://online.mospolytech.ru/mod/data/view.php?d=127&rid=4521
3. Physical culture: textbook / M. Ya. Vilensky, V. Yu. Volkov, L. M. Volkova [and others]. – 3rd edition. – Moscow: Limited Liability Company “Publishing House “KnoRus”, 2020. – 424 p.
4. Gilev, G. A. Physical education of students: Textbook / G. A. Gilev, A. M. Katkova; Moscow Pedagogical State University. – Moscow: Moscow Pedagogical State University, 2018. – 336 p.https://elibrary.ru/item.asp?id=37101024

4.3 additional literature

1. Manzheley, I. V. Physical culture: a competency-based approach: textbook / I. V. Manzheley, E. A. Simonova. - Moscow ; Berlin: Direct-Media, 2015. – 185 p. : ill. – Access mode: by subscription. – URL:https://biblioclub.ru/index.php?page=book&id=364912
2. Pismensky, I. A. Physical culture: a textbook for universities / I. A. Pismensky, Yu. N. Allyanov. - Moscow: Yurayt Publishing House, 2022. - 450 p. - (Higher education). — ISBN 978-5-534-14056-9. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/489224
3. Student's independent work in physical education: textbook for universities / V. L. Kondakov [etc.]; edited by V. L. Kondakov. — 2nd ed., rev. and additional - Moscow: Yurayt Publishing House, 2022. - 149 p. - (Higher education). — ISBN 978-5-534-12652-5. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/495966
4. Stebletsov, E. A. Hygiene of physical culture and sports: a textbook for universities / E. A. Stebletsov, A. I. Grigoriev, O. A. Grigoriev; edited by E. A. Stebletsov. - Moscow: Yurayt Publishing House, 2022. - 308 p. - (Higher education). — ISBN 978-5-534-14311-9. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/496688
5. Theoretical foundations of physical culture: textbook for universities / A. A. Gorelov, O. G. Rumba, V. L. Kondakov, E. N. Kopeikina. — 2nd ed., revised. and additional - Moscow: Yurayt Publishing House, 2022. - 194 p. - (Higher

education). — ISBN 978-5-534-14341-6. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/496822
6. Usakov, V. I. Student about health and physical education: textbook / V. I. Usakov. - Moscow ; Berlin: Direct-Media, 2016. – 105 p. : ill., table. – Access mode: by subscription. – URL:https://biblioclub.ru/index.php?page=book&id=441285
7. Physical culture: textbook for universities / E. V. Koneeva [etc.]; edited by E. V. Koneeva. — 2nd ed., revised. and additional - Moscow: Yurayt Publishing House, 2022. - 599 p. - (Higher education). — ISBN 978-5-534-12033-2. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/494126
8. Physical culture and sports at university: textbook: [16+] / A. V. Zavyalov, M. N. Abramenko, I. V. Shcherbakov, I. G. Evseeva. - Moscow ; Berlin: Direct-Media, 2020. – 106 p. : ill. – Access mode: by subscription. – URL:https://biblioclub.ru/index.php?page=book&id=572425
9. Physical culture and physical training: textbook / V. Ya. Kikot, I. S. Barchukov, Yu. N. Nazarov [etc.]; edited by V. Ya. Kikot. – 2nd ed., revised. and additional – Moscow: Unity-Dana, 2020. – 456 p. : ill. – Access mode: by subscription. – URL:https://biblioclub.ru/index.php?page=book&id=692047
10. Physical self-improvement: textbook for universities / A. A. Zaitsev [et al.]; edited by A. A. Zaitsev. — 2nd ed., revised. and additional - Moscow: Yurayt Publishing House, 2022. - 108 p. - (Higher education). — ISBN 978-5-534-12579-5. — Text: electronic // Educational platform Urayt [website]. — URL:https://urait.ru/bcode/496319

4.4 Electronic educational resources

An electronic educational resource on the discipline is under development.

4.5 Licensed and freely distributed software

- Microsoft Windows;
- Microsoft Office software;
- Comprehensive Anti-Virus Protection System Kaspersky
- Dr.Web anti-virus program;
- 7-ZIP – archiverhttps://7-zip.org.ua/ru/

4.6 Modern professional databases and information reference systems

1. http://www.fismag.ru/Website of the magazine Physical Culture and Sports
2. http://kzg.narod.ru/Website of the magazine Culture of Healthy Life
3. http://teoriya.ru/ru/taxonomy/term/2Website of the magazine “Physical culture: upbringing, education, training”
4. http://teoriya.ru/ru/taxonomy/term/3Website of the journal “Theory and Practice of Physical Culture”
5. http://www.afkonline.ru/biblio.htmlWebsite of the magazine “Adaptive Physical Culture (APK).

6. https://elibrary.ru/- Scientific electronic library
7. Official Internet portal of the legal information databasehttp://pravo.gov.ru.
8. Portal Single window of access to educational resourceshttp://window.edu.ru/
9. Educational platform "Urayt". For universities and colleges. Electronic Library System (ELS)https://urait.ru/
10. Electronic library system (ELS) “University library ONLINE”http://biblioclub.ru/

5. Logistics support

To fulfill the tasks of the discipline “Physical Culture and Sports” for disabled people and persons with disabilities at the university, the following sports facilities can be used:

Gym No. 1 (B. Semenovskaya St., 38, A-112a), playroom, area 620 sq.m. equipped with a teaching room, two locker rooms with showers, and a laboratory room.

Gym No. 2 (B. Semenovskaya St., 40A), training and gymnastics, with an area of 198 sq.m., equipped with gymnastic equipment (crossbar, parallel bars, rings, pommel horse, tumbling track), a set of exercise equipment for various muscle groups, and barbells. The gym has three locker rooms, two showers, and a teachers' room.

Gym No. 3 (M. Semenovskaya St., 12), area 280 sq.m., equipped with two wrestling mats and a set of exercise equipment. The gym has three locker rooms with showers, a teaching room and a laboratory room.

Gym No. 4 (Pavel Korchagin St., 22, PK-103, 103a)

1) strength all-around hall with an area of 114 sq.m., equipped with a set of exercise machines, barbells, weights, dumbbells;

2) a gym with an area of 50 sq.m., equipped with punching bags, barbells, and weights. The hall has two locker rooms, a shower, and a teaching room.

Gym No. 5 (Pavel Korchagin St., 22, PK-102)

area 144 sq.m., equipped with a set of exercise machines, barbells, weights, dumbbells.

Gym No. 7 (Pavel Korchagina St., 22, room 519a), area 234 sq.m., equipped with two changing rooms with showers, soft flooring.

Gym No. 9 (Avtozavodskaya str., 16, building 4, room.3501), area 30 sq.m. The health-improving physical education hall is equipped with two locker rooms, pressure measuring devices, gymnastic mats, mats, hoops, dumbbells, and gymnastic sticks.

Sports complex on Avtozavodskaya (Avtozavodskaya str., 16, room.2802)

Equipped with two locker rooms with showers, three teaching rooms, computer and office equipment, teaching rooms, and an equipment storage room

1) **Game room**, area 450 sq.m. Balls available for playing volleyball, basketball, tennis, badminton.

2) **Gym**, with an area of 20 sq.m., equipped with a set of exercise machines for various muscle groups and barbells.

Sports complex on Mikhalkovskaya (Mikhalkovskaya str. 7, building 2)

1) **Athletic gymnastics hall**, equipped with equipment and supplies for athletic gymnastics and strength sports (complex training devices, dumbbells, barbells, plates, weights);

2) **Weightlifting hall**, equipped with equipment and supplies for weightlifting, powerlifting and kettlebell lifting (platform, racks, barbells, plates, weights);

3) **Physical rehabilitation hall**, is equipped with equipment and supplies for classes with students with disabilities (expanders, gymnastic sticks, dumbbells, gymnastic mats, jump ropes).

4) **Ski base**. Equipment and supplies for athletics and ski training (skis with boots, ski poles, Nordic walking poles)

5) **Sports games hall**, equipped with equipment and supplies for playing sports (volleyball stands, basketball backboards, basketballs and volleyballs);

6) **Table tennis hall**, equipped with equipment and supplies for table tennis (table tennis tables, nets, protective edges, rackets and table tennis balls).

7) **Martial arts hall**, equipped with equipment and supplies for practicing martial arts (wrestling mat, covering mats, rubber expanders, boxing paws);

8) **Aerobics room**, equipped with equipment and supplies for aerobics (step platforms, dumbbells, gymnastic mats, jump ropes).

6. Guidelines

6.1 Methodological recommendations for teachers on organizing training

The main requirement for teaching the discipline is a creative, problem-based interactive approach, which makes it possible to increase students' interest in the content of the educational material.

The main form of obtaining and consolidating knowledge in the discipline is theoretical and practical materials.

The basis of the educational process in the discipline is practical exercises. In the learning process, various types of training sessions are used, both classroom and extracurricular. At the first lesson in the discipline, it is necessary to familiarize students with the procedure for studying it, reveal the place and role of the discipline in the system of sciences, its practical significance, inform students of the requirements for successfully passing the intermediate certification, and answer questions that arise.

The purpose of practical classes is to ensure control of students' assimilation of educational material, expansion and deepening of the knowledge they acquired while studying theoretical material and during independent work. Increasing the

effectiveness of practical classes is achieved, among other things, by creating a creative environment.

The teacher must regularly keep a log of students' academic work and attendance, and find out the reasons for students' absence from classes.

6.2 Guidelines for students on mastering the discipline

Independent work is one of the types of knowledge acquisition by students and is aimed at:

- studying theoretical material, preparing for training sessions,
- mastery of a system of practical skills that ensure the preservation and strengthening of health.

Independent work of students is the most important link in the educational process, without the proper organization of which a student cannot become a highly qualified bachelor/specialist.

The student must remember that independent studies should be conducted regularly. It is important to put in maximum effort, willpower and work hard from day one.

Each student must plan his own independent work, based on his capabilities and priorities.

In the learning process, independent work with a source of information plays a vital role. Learning to work with such sources is a student's priority task.

7. Appraisal Fund

7.1 Methods for monitoring and assessing learning outcomes

Students with disabilities are trained in the discipline "Physical Culture and Sports" for the disabled and persons with disabilities in a special department and are assessed based on the results of mastering the discipline program in the distance learning system. For those who have successfully completed the curriculum, a "passed" entry is made in the grade book.

The criterion for the success of mastering educational material is the total assessment of the results of studying an electronic educational resource in the discipline, including testing knowledge of the theoretical and methodological sections of the program and completing tasks for mastering techniques in methodological and practical classes.

Students who are exempt from practical classes for a long time are assessed based on the results of mastering the discipline program in the distance learning system.

When introducing online learning, the criterion for the success of mastering educational material is the total assessment of the results of studying the electronic

educational resource in the discipline, including testing knowledge of the theoretical and methodological sections of the program and completing tasks for mastering techniques in methodological and practical classes.

7.2 Scale and criteria for assessing learning outcomes

An indicator for assessing competencies at various stages of their formation is the achievement by students of the planned learning outcomes in the discipline "Physical Culture and Sports".

Index	**Evaluation criteria**			
	2	**3**	**4**	**5**
know: scientific and practical foundations of physical culture and a healthy lifestyle.	The student demonstrates a complete absence or insufficient compliance of the following knowledge: scientific and practical foundations of physical culture and a healthy lifestyle.	The student demonstrates incomplete compliance with the following knowledge: scientific and practical foundations of physical culture and a healthy lifestyle. Significant mistakes are made, insufficient knowledge is manifested, according to a number of indicators, the student experiences significant difficulties in operating knowledge when transferring it to new situations.	The student demonstrates partial compliance with the following knowledge: scientific and practical foundations of physical culture and a healthy lifestyle, but minor errors, inaccuracies, and difficulties in analytical operations are allowed.	The student demonstrates full compliance with the following knowledge: scientific and practical foundations of physical culture and a healthy lifestyle, freely operates with acquired knowledge.
be able to: use creative means and methods of physical education for professional and personal	The student does not know how, or is insufficiently able to use creative means and methods of physical education for professional and	The student demonstrates incomplete compliance with the following skills: creatively use the means and methods of physical	The student demonstrates partial compliance with the following skills: creatively use the means and methods of physical education for professional	The student demonstrates full compliance with the following skills: creatively use the means and methods of physical education for

development, physical self-improvement, formation of a healthy image and lifestyle.	personal development, physical self-improvement, and the formation of a healthy image and lifestyle.	education for professional and personal development, physical self-improvement, and the formation of a healthy image and lifestyle. Significant mistakes are made, insufficient skills are manifested, according to a number of indicators, the student experiences significant difficulties in operating skills when transferring them to new situations.	and personal development, physical self-improvement, and the formation of a healthy image and lifestyle. The skills have been mastered, but minor errors, inaccuracies, and difficulties are allowed during analytical operations and transfer of skills to new, non-standard situations.	professional and personal development, physical self-improvement, and the formation of a healthy image and lifestyle. Fluently operates with acquired skills and applies them in situations of increased complexity.
own: means and methods of strengthening individual health, physical self-improvement, values of physical culture of the individual for successful socio-cultural and professional activities.	The student does not have or does not have sufficient knowledge of the means and methods of strengthening individual health, physical self-improvement, and the values of physical culture of the individual.	The student does not fully master the means and methods of strengthening individual health, physical self-improvement, and the values of physical culture of the individual; significant mistakes are made; insufficient proficiency in skills is manifested in a number of indicators; the student experiences significant difficulties when applying skills in new situations.	The student partially knows the means and methods of strengthening individual health, physical self-improvement, the values of physical culture of the individual, the skills have been mastered, but minor errors, inaccuracies, and difficulties in analytical operations and transfer of skills to new, non-standard situations are allowed.	The student has full knowledge of the means and methods of strengthening individual health, physical self-improvement, the values of physical culture of the individual, and freely applies the acquired skills in situations of increased complexity.

Scale for assessing the results of intermediate certification and their description:

Interim certification form: test.

Interim certification of students in the form of a test is carried out based on the results of completing all types of academic work provided for by the curriculum for a given discipline (module), while taking into account the results of ongoing monitoring of progress during the semester. Assessment of the degree to which students have achieved the planned learning outcomes in the discipline (module) is carried out by the teacher leading classes in the discipline (module) using the method of expert assessment. Based on the results of the intermediate certification for the discipline (module), a grade of "pass" or "fail" is given.

Only students who have completed all types of academic work provided for in the work program in the discipline "Physical Culture and Sports" for disabled people and persons with disabilities are allowed to participate in the intermediate certification (study of an electronic educational resource, knowledge of the theoretical and methodological-practical sections, regular attendance at educational and training sessions , performing general physical fitness tests (Appendix No. 1)).

Grading scale	Description
Passed	All types of educational work provided for by the curriculum have been completed. The student demonstrates compliance of knowledge, abilities, and skills with those given in the tables of indicators, operates with acquired knowledge, abilities, skills, and applies them in situations of increased complexity. In this case, minor errors, inaccuracies, and difficulties during analytical operations and the transfer of knowledge and skills to new, non-standard situations may be made.
Not accepted	One or more types of educational work provided for by the curriculum have not been completed. The student demonstrates incomplete compliance of knowledge, abilities, skills with those given in the tables of indicators, significant mistakes are made, a lack of knowledge, abilities, skills is manifested in a number of indicators, the student experiences significant difficulties in operating knowledge and skills when transferring them to new situations.

7.3 Evaluation tools

7.3.1. Current control

No.	COMPETENCI	List of components	Technolo	Form of	Degrees of levels of

	INDEX	FORMULATION		gy for developing competencies	assessment tool**	mastering competencies
1	**UK-7**	***Capable** maintain the proper level of physical fitness to ensure full social and professional activities*	**know:** - scientific and practical foundations of physical culture and a healthy lifestyle. **be able to:** - use creative means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy image and lifestyle. **own:** - means and methods of strengthening individual health, physical self-improvement, personal physical culture values for successful socio-cultural and professional activities.	methodological and practical, independent work	Oral survey, interview, Testing	**A basic level of** Understands: - the influence of the health-improving system of physical education on health promotion, prevention of occupational diseases and bad habits; - methods of monitoring and assessing physical development and physical fitness; - rules and methods for planning individual lessons of various target orientations. **Increased level** -able to use acquired knowledge and skills in practical activities and everyday life to improve performance, maintain and improve health, prepare for professional activities and service in the Armed Forces of the Russian Federation; - selects the optimal methods and means of physical education for professional and personal development.

List of assessment tools for the discipline "Physical Culture and Sports"

7.3.2. Interim certification

OS No.	Name of the assessment tool	Brief description of the evaluation tool	Submission of the assessment tool to the
1	Oral survey interview	A means of control, organized as a special conversation between a teacher and a student on topics related to the discipline being studied, and designed to determine the amount of knowledge of the student in a certain section, topic, problem, etc.	Topics of the theoretical section of the discipline

2	Testing	A set of exercises to determine the level of general physical fitness of a student. Bank of questions for testing knowledge of theoretical and methodological sections of the discipline.	Test exercise fund, test question bank

Appendix No. 1
to the work program

Fund of test exercises for assessing the physical fitness of students of the special educational department

Tests	Boys					Girls				
	SCORE									
	2	4	6	8	10	2	4	6	8	10
1. Tapping test, s	≥ 8.9	8.4–8.8	7.4–8.3	6.9–7.3	≤ 6.8	≥ 11.6	10.5 – 11.5	9.2–10.4	8.1–9.1	≤ 8
2. Raising the body from a supine position, hands on the shoulder blades, number of times in 30 s	≤ 15	16–19	20–24	25–29	≥ 30	≤ 12	13–15	16–20	21–23	≥ 24
3. Hanging pull-ups on a low bar, number of times	≤ 16	20–17	21–26	27–30	≥ 31	≤ 1	2–3	4–5	6–7	≥ 8
4. Medicine ball throw from behind the head from a sitting position (m=2 kg), m	≤ 3.79	3.80 – 4.29	4.30 – 4.89	4.90 – 5.19	≥ 5.20	≤ 2.00	2.01 – 2.49	2.50 – 3.00	3.01 – 3.49	≥ 3.50
5. Bend forward from a sitting position, cm	≤ 0	1–8	9–16	17–23	≥ 24	≤ 0	1–10	11–18	19–25	≥ 26
6. Stability on one leg, with	≤ 2	3–6	7–15	19–23	≥ 24	≤ 2	3–6	7–15	19–23	≥ 24
7. Ruffier test, e.g.	15.1 – 20.0	10.1 – 15.0	5.1–10.0	0.1–5.0	≤ 0	15.1 – 20.0	10.1 – 15.0	5.1–10.0	0.1–5.0	≤ 0

Note:

Mandatory tests are carried out at the beginning of the academic year as initial ones, characterizing the level of physical fitness of a freshman upon entering the university, and at the end of the semester - as determining a shift in the level of physical fitness.