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FEDERAL STATE AUTONOMOUS EDUCATIONAL INSTITUTION OF HIGHER EDUCATION

"MOSCOW POLYTECHNIC UNIVERSITY"
(MOSCOW POLYTECHNIC UNIVERSITY)

Faculty of Economics and Management

APPROVED BY
FEU Dean
_____ /A. V. Nazarenko/
«27» February 2025

WORKING PROGRAM OF THE DISCIPLINE

«General Physical Training»

Direction of training/specialty
38.03.01 Economy

Profile/specialization
International business and foreign economic

Qualification
bachelor

Forms of study
full-time

Moscow, 2025

Разработчик(и):

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Согласовано:

Заведующий кафедрой
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1. Objectives, tasks and planned learning outcomes for the discipline

The goalmastering the discipline "Elective disciplines in physical "culture and sport" is the formation of physical culture of the individual and the ability to purposefully use various means of physical culture, sports and tourism to maintain and strengthen health, psychophysical training and self-preparation for future life and professional activity.

Achieving the set goal involves solving the following educational, developmental and health-improving problems**tasks**:

- understanding the social significance of physical culture and its role in personal development and preparation for professional activity;
- knowledge of biological, psychological, pedagogical and practical foundations physical education and healthy lifestyle;
- formation of a motivational and value-based attitude towards physical culture, attitudes towards a healthy lifestyle, physical improvement and self-development of the habit of regular exercise and sports;

- mastering a system of practical skills and abilities that ensure maintaining and strengthening health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical education and sports;
- acquisitionpersonal experience of improving motor skills And functional capabilities, ensuring general professional and applied And physical fitness for a future profession and everyday life;

- creation of a basis for creative and methodologically sound the use of physical education and sports activities for the purpose of subsequent life and professional achievements.

Planned learning outcomes for the discipline. The graduate must:

know:

- scientific and practical foundations of physical education and healthy living lifestyle.

be able to:

- use the means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy 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 "Elective disciplines in physical education and sports" is aimed at developing the following competencies in students:

Code and name of competencies	Indicators of Competence Achievement
UK-7 Capable support due level physical preparedness For provision full-fledged social And professional activities	IUK-7.1. Competently chooses methods of health preservation, maintaining For a healthy lifestyle, taking into account the physiological characteristics of the body and the conditions for the implementation of professional activities IUK-7.2. Supports optimal level physical loads to ensure full social and professional activity IUK-7.3. Observes norms healthy lifestyle in various life stages situations And V professional activities

2. The place of the discipline in the structure of the educational program

The discipline "Elective disciplines in physical education and sports" is one of the elective disciplines of the part formed by the participants of the educational relations of the basic cycle (B1) of the main educational program of the bachelor's/specialist's degree.

The discipline "Elective disciplines in physical education and sports" is interconnected logically and in terms of content and method with the following disciplines of the OOP:

- Story;
- Philosophy;
– Life safety.

3. Structure and content of the discipline

The total workload of the discipline is**328**academic hours (0 credits).

3.1 Types of academic work and labor intensity
(by form of education)

3.1.1. Full-time education

No. p/p	Type of academic work	Quantity hours	Semesters					
			2	3	4	5	6	7

	Classroom lessons	**328**	**68**	**68**	**68**	**68**	**28**	**28**
	Including:							
1	Lectures							
2	Seminars/practical classes	328	68	68	68	68	28	28
3	Laboratory exercises							
	Independent work							
	Including:							
1	Using distance learning technologies							
	Interim assessment							
	Credit							
	Total	**328**	**68**	**68**	**68**	**68**	**28**	**28**

3.2 Thematic plan for studying the discipline (by form of education)

3.2.1. Block "General physical training"

General physical training (hereinafter referred to as GPT), Nordic walking.

General physical training

No. p/p	**Sections/Topics disciplines**	**Labor intensity, hour**					
		Total	**Classroom work**				**Independent Job**
			Lectures	Seminars/ practical classes	Laboratory classes	Practical Preparation	
1.	**2nd semester**	**68**		68			
1.1	General physical training exercises for developing types of endurance	16		16			
1.2	General physical training exercises for developing strength abilities	16		16			
1.3	General physical training exercises to develop flexibility	16		16			
1.4	General physical training exercises for development speed abilities	10		10			
1.5	General physical training exercises to develop agility and coordination skills	10		10			
2.	**3rd semester**	**68**		68			
2.1	General physical training exercises for developing types of endurance	16		16			
2.2	General physical training exercises for developing strength	16		16			

	abilities						
2.3	General physical training exercises to develop flexibility	16		16			
2.4	General physical training exercises for development speed abilities	10		10			
2.5	General physical training exercises to develop agility and coordination skills	10		10			
3.	**4th semester**	**68**		68			
3.1	General physical training exercises for developing types of endurance	16		16			
3.2	General physical training exercises for developing strength abilities	16		16			
3.3	General physical training exercises to develop flexibility	16		16			
3.4	General physical training exercises for development speed abilities	10		10			
3.5	General physical training exercises to develop agility and coordination skills	10		10			
4.	**5th semester**	**68**		68			
4.1	General physical training exercises for developing types of endurance	16		16			
4.2	General physical training exercises for developing strength abilities	16		16			
4.3	General physical training exercises to develop flexibility	16		16			
4.4	General physical training exercises for development speed abilities	10		10			
4.5	General physical training exercises to develop agility and coordination skills	10		10			
5.	**6/7 semester**	**56**		56			
5.1	General physical training exercises for developing types of endurance	12		12			
5.2	General physical training exercises for developing strength abilities	12		12			
5.3	General physical training exercises to develop flexibility	12		12			
5.4	General physical training exercises for development speed abilities	10		10			

5.5	General physical training exercises to develop agility and coordination skills	10		10			
	Total	**328**		**328**			

Nordic walking

No. p/p	Sections/Topics disciplines	Labor intensity, hour					
		Total	Classroom work				Independent Job
			Lectures	Seminars/ practical classes	Laboratory classes	Practical Preparation	
1.	**2nd semester**	**68**		68			
1.1	Exercises for Forming Correct Posture in Nordic Walking	10		10			
1.2	Shoulder Girdle Rotation Exercises	10		10			
1.3	Foot rolling exercises	12		12			
1.4	Pole positioning exercises	12		12			
1.5	Exercises for the angle of the poles	12		12			
1.6	Push-off exercises	12		12			
2.	**3rd semester**	**68**		68			
2.1	Warm-up exercises for Nordic walking	24		24			
2.2	Exercises for mastering the technique of Nordic walking without poles	20		20			
2.3	Exercises for mastering the technique of Nordic walking with poles	24		24			
3.	**4th semester**	**68**		68			
3.1	Nordic Walking Technique with Straight Arm Control	18		18			
3.2	Nordic walking technique with control of the angle of the poles	16		16			
3.3	Nordic walking technique with controlled push-off	16		16			
3.4	Technique of working with the hands with a Nordic stick	18		18			
4.	**5th semester**	**68**		68			
4.1	Technique of climbs in Nordic walking	20		20			
4.2	Technique of descents in Nordic walking	20		20			
4.3	Nordic walking technique on various surfaces (ground, sports tracks, asphalt)	28		28			

5.	**6/7 semester**	**56**		56			
5.1	Nordic walking technique on rough terrain	18		18			
5.2	Elements of sports orientation in Nordic walking	18		18			
5.3	Judging of technique in Nordic walking	20		20			
	Total	**328**		**328**			

3.3 Contents of the discipline

Block "General physical training"

Semesters 2–7

Topic 1. General physical training exercises for developing types of endurance

Rules of conduct in the gym, safety precautions. Medical, pedagogical control and self-control of the physical condition of those involved. Methodology for conducting a warm-up. Race walking exercises. A set of track and field exercises. Cross-country running. Methodology for conducting a cool-down.

Topic 2. General physical training exercises for developing strength abilities

A set of exercises using your own weight. A set of exercises using shock absorbers. A set of isometric exercises. A set of exercises using a medicine ball. A set of exercises using dumbbells. A set of exercises using a kettlebell. A set of exercises using a barbell.

Topic 3. General physical training exercises for developing flexibility

Complex static exercises on flexibility. Complex dynamic flexibility exercises. Complex exercises with using gymnastic wall. Complex exercises with using a gymnastic stick. A set of exercises A set of Pilates exercises. yogis.

Topic 4. General physical training exercises for developing speed abilities

A set of track and field exercises. A set of exercises with small balls. A set of exercises with a skipping rope. A set of exercises with a coordination ladder. A set of exercises using elements of sports games. A set of exercises using elements of martial arts.

Topic 5. General physical training exercises for developing agility and coordination skills

A set of exercises for the precision of performing motor actions.

Complex static balance exercises. Complex exercises for dynamic balance. A set of exercises for muscle relaxation. A set of exercises with a coordination ladder. A set of exercises using elements of sports games. A set of exercises using elements of martial arts.

Nordic walking

Semester 2.

Topic 1. Exercises for developing correct posture in Nordic walking

History of the emergence and development of the chosen sport. Rules of the sport. Rules of conduct in the gym, safety precautions. Medical, pedagogical control and self-control of the physical condition of those involved. Warm-up techniques. Teaching correct posture in Nordic walking. Exercises to check correct posture. Cool-down techniques.

Topic 2. Shoulder Girdle Rotation Exercises

Techniques for maintaining correct posture when performing turns. Turns in the direction of the opposite leg. Exercises for arm span with rotation of the shoulder girdle.

Topic 3. Foot rolling exercises

Position of the feet in Nordic walking. Exercises for contact of the supporting leg with the surface. Exercises for rolling along the outer side of the foot. Exercises for pushing off in a step. Distribution of weight in the phases of Nordic walking.

Topic 4. Exercises for placing poles

Hand technique. Direction of hand movement. Practicing the beginning of support on the pole. Angle of pole placement. Correction of pole position.

Topic 5. Exercises for the angle of the poles

Hand technique. Exercises with sticking in sticks. Exercises with placing the stick at an angle.

Topic 6. Push-off exercises

Working with the pole handle in different phases of walking. Active pushing exercises. Technique of integral movement in Nordic walking.

Semester 3.

Topic 1. Warm-up exercises for Nordic walking Exercises for the introductory and final parts of the lesson. General developmental exercises with sticks. Strength-oriented exercises with sticks. Exercises for developing flexibility.

Topic 2. Exercises for mastering the technique of Nordic walking without poles

Preparatory exercises for developing walking technique. Exercise to ensure range of motion. Tempo-rhythmic exercises.

Topic 3. Exercises for mastering the technique of Nordic walking with poles

Technique of integral movement in Nordic walking. Analysis of the main errors in the technique of Nordic walking.

Semester 4.

Topic 1. Technique of Nordic walking with control of a straight arm

Increased load on the shoulder extensor muscles. Increased load on the back. Exercises to straighten the arm when placing the stick.

Topic 2. Technique of Nordic walking with control of the angle of the pole

Shock-wave loads when walking with poles. Exercises with correct localization of the pole placement. Exercises with the pole placement at an angle.

Topic 3. Technique of Nordic walking with controlled push-off

Active pushing exercises. Technique of integral movement in Nordic walking.

Topic 4. Technique of working with the hands with a Nordic stick

Working with the pole handle in different phases of walking. Technique of working the hands with a Nordic pole. Phases of active resistance and relaxation.

Semester 5.

Topic 1. Technique of climbs in Nordic walking

Climbing low slopes using alternating steps. Weight distribution, center of gravity placement. Increasing the emphasis on the poles. The "Christmas tree walking" technique on steep climbs.

Topic 2. Technique of descents in Nordic walking

Descents from low slopes using alternating steps. Weight distribution, placement of the center of gravity. The technique of "Christmas tree walking" on steep slopes.

Topic 3. Technique of Nordic walking on various surfaces (ground, sports tracks, asphalt)

Technique of Nordic walking on the ground. Technique of Nordic walking on tartan, gravel, sports tracks. Technique of Nordic walking on asphalt.

Semester 6-7.

Topic 1. Technique of Nordic walking on rough terrain Technique of Nordic walking on rough terrain in the snowless season. Technique of Nordic walking on rough terrain in snow. Technique of ascents and descents.

Topic 2. Elements of orienteering in Nordic walking

Basic training of an orienteer. Reading a map and comparing it with the terrain. Orientation using the terrain. Consistent training in orienteering.

Topic 3. Judging of technique in Nordic walking Nordic Walking Technique Assessment Criteria. Participation in Intra-University Competitions. Judging Competitions.

3.4 Topics of seminars/practical classes

3.4.1. Seminars/practical classes

The practical material consists of training sessions aimed at developing functional and motor abilities, forming the necessary qualities and personality traits, acquiring personal experience that ensures the possibility of independent, purposeful and creative use of physical culture and sports.

Control tasks and exercises contribute to the personal and objective recording of students' activities and the determination of the knowledge they receive in the discipline "Elective disciplines in physical education and sports".

Students who have undergone a medical examination and determined their health group (basic, preparatory, special "A" or "B") are admitted to practical classes. The data from medical form 086/u and a survey of students about their health status are taken into account.

Classes are held in the main and special educational departments.

Students assigned to the main or preparatory medical groups are enrolled in the main educational department. The number of study groups is no more than 20 people.

Educational and training sessions in the main department are based on the use of various means of physical education, sports and professional-applied physical training.

The practical section includes individual types of track and field, sports games, and exercises in professional and applied physical training. The practical section may use physical exercises from various types of sports and health systems of physical exercises.

In the main department, classes are conducted with the aim of improving general physical fitness using the means of one or several types of sports, determined by the capabilities of the sports base where the classes are held.

Students are enrolled in a special educational department, assigned to a special medical group "A" or "B" due to health conditions, as well as disabled persons and persons with limited health capabilities. The number of study groups is no more than 10 people.

Practical educational material (including credit requirements and standards) for study groups of the special department is developed taking into account the medical indications and contraindications for each student.

The educational process in the special department 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. Special attention is given to the formation of knowledge and skills in self-control, self-massage, skills in the independent use of physical exercises in organizing a motor regime taking into account the state of health and disease.

The content and specific means of each practical lesson are determined by the teacher. The teacher is fully responsible for the correspondence of the exercises used and their dosages to the capabilities of each individual student.

For medical reasons, a student can be transferred to a special department at any time.

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

4. Educational, methodological and informational support

4.1 Regulatory documents and GOSTs

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

adopted by popular vote on 12.12.1993. Text: electronic // Non-commercial Internet versions of the ConsultantPlus system. – URL: http://www.consultant.ru/document/cons_doc_LAW_28399/ .

2. Russian Federation. Laws. On physical culture and sports in Russian Federation: Federal Law of 04.12.2007 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 Fundamentals of Health Protection of Citizens in the Russian Federation: Federal Law of 21.11.2011 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. On education in the Russian Federation. Federation: Federal Law of 29.12.2012 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 Regulation on All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO): RF Government Resolution of 11.06.2014 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 of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO): Order of the Ministry of Sports of the Russian Federation dated 22.02.2023 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 institutions: a tutorial / A.A. Pleshakov, M.A. Semenova. - M.: Moscow Polytechnic University, 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: teaching aid / M.A. Semenova, E.E. Shcherbakova, M.V. Zheleznyakova. - Moscow: Moscow Polytechnic University, 2021. https://online.mospolytech.ru/mod/data/view.php?d=127&rid=4521
3. Physical education: textbook / M. Ya. Vilensky, V. Yu. Volkov, L. M. Volkova [et al.]. - 3rd edition. - Moscow: Limited Liability Company "KnoRus Publishing House", 2020. - 424 p.
4. Gilev, G. A. Physical education of students: Textbook / G. A. Gilev, A. M. Katkova; Moscow State Pedagogical University. - Moscow: Moscow State Pedagogical University, 2018. – 336 pp.https://elibrary.ru/item.asp?id=37101024

4.3 Further reading

1. Manzhelei, I. V. Physical Education: Competence-Based Approach: A Textbook / I. V. Manzhelei, 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 Education: a textbook for universities / I. A. Pismensky, Yu. N. Allyanov. - Moscow: Yurait Publishing House, 2022. - 450 p. - (Higher education). - ISBN 978-5-534-14056-9. - Text: electronic // Educational platform Yurait [site]. - URL: https://urait.ru/bcode/489224

3. Independent work of a student in physical education: a teaching aid for universities / V. L. Kondakov [et al.]; edited by V. L. Kondakov.

— 2nd ed., corrected and additional. — Moscow: Yurait Publishing House, 2022. — 149 p. — (Higher education). — ISBN 978-5-534-12652-5. — Text: electronic // Yurait Educational Platform [website]. — URL: https://urait.ru/bcode/495966

4. Stebletsov, E. A. Hygiene of physical education and sports: a textbook for universities / E. A. Stebletsov, A. I. Grigoriev, O. A. Grigoriev; edited by E. A. Stebletsov. - Moscow: Publishing house Yurait, 2022. - 308 p. - (Higher education). - ISBN 978-5-534-14311-9. - Text: electronic // Educational platform Yurait [site]. - URL: https://urait.ru/bcode/496688

5. Theoretical Foundations of Physical Education: a textbook for universities / A. A. Gorelov, O. G. Rumba, V. L. Kondakov, E. N. Kopeikina. - 2nd ed., revised and enlarged. - Moscow: Yurait Publishing House, 2022. - 194 p. - (Higher education). - ISBN 978-5-534-14341-6. - Text: electronic // Yurait Educational Platform [website]. - URL: https://urait.ru/bcode/496822
6. Usakov, V. I. For students about health and physical education: a teaching aid / 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 Education: a textbook for universities / E. V. Koneeva [et al.]; edited by E. V. Koneeva. - 2nd ed., revised and enlarged. - Moscow: Yurait Publishing House, 2022. - 599 p. - (Higher education). - ISBN 978-5-534-12033-2. - Text: electronic // Yurait Educational Platform [website]. - URL:https://urait.ru/bcode/494126
8. Physical education and sports at the university: a teaching aid: [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 education and physical training: textbook / V. Ya. Kikot, I. S. Barchukov, Yu. N. Nazarov [et al.]; edited by V. Ya. Kikot. - 2nd ed., revised and enlarged. - 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: a textbook for universities / A. A. Zaitsev [et al.]; edited by A. A. Zaitsev. - 2nd ed., revised and enlarged. - Moscow: Yurait Publishing House, 2022. - 108 p. - (Higher education). - ISBN 978-5-534-12579-5. - Text: electronic // Yurait Educational Platform [website]. - URL:https://urait.ru/bcode/496319

4.4 Electronic educational resources

1.https://online.mospolytech.ru/course/view.php?id=7832
2.https://online.mospolytech.ru/course/view.php?id=145
3.https://online.mospolytech.ru/course/view.php?id=219

4.https://online.mospolytech.ru/course/view.php?id=6556 (for special educational department)

4.5 Licensed and freely distributed software security

- Microsoft Windows;
- Microsoft Office software; Kaspersky Anti-Virus
- Protection System; 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/ Physical Education and Sport magazine website
2.http://kzg.narod.ru/ The site of the magazine Culture of Healthy Life
3.http://teoriya.ru/ru/taxonomy/term/2 Website of the magazine "Physical Culture: Education, Training, Upbringing"
4.http://teoriya.ru/ru/taxonomy/term/3 The website of the journal "Theory and Practice of Physical Culture"
5.http://www.afkonline.ru/biblio.html Website of the journal "Adaptive Physical Culture (APC).
6.https://elibrary.ru/ - Scientific electronic library
7. Official Internet portal of the legal information database http://pravo.gov.ru .
8. Portal Single window of access to educational resources http://window.edu.ru/
9. Educational platform "Yurait". For universities and colleges. Electronic library system (ELS)https://urait.ru/
10. Electronic library system (ELS) "University Library ONLINE"http://biblioclub.ru/

5. Logistics

To carry out the tasks of the discipline "Elective disciplines in physical education and sports" the university uses the following sports facilities:

Gym #1 (38 B. Semenovskaya St., A-112a), a playroom with an area of 620 sq.m. equipped with a teachers' room, two changing rooms with showers, and a laboratory room.

Gym No. 2 (B. St. Semenovskaya, d.40A), training-gymnastics, with an area of 198 sq.m., equipped with gymnastics equipment (horizontal bar, parallel bars, rings, pommel horse, tumbling track),

a set of exercise machines for various muscle groups, barbells. The gym has three changing rooms, two showers, and a teachers' room.

Gym No. 3 (M. Semenovskaya St., 12), area 280 sq.m., equipped with two wrestling mats, a complex of training machines. The gym has three locker rooms with showers, a teacher's room and a laboratory room.

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

1)**strength and conditioning hall**, area 114 sq.m., equipped a set of exercise machines, barbells, weights, dumbbells;

2)**sports hall**, with an area of 50 sq.m., equipped with boxing punching bags, barbells, weights. The hall has two changing rooms, a shower, and a teacher's room.

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

area of 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 floor covering.

Gym No. 9 (Avtozavodskaya St., 16, building 4, room 3501), area 30 sq.m. The health and fitness room is equipped with two changing rooms, blood pressure measuring devices, gymnastic mats, hoops, dumbbells, and gymnastic sticks.

Sports complex on Avtozavodskaya (Avtozavodskaya st., bldg. 16, room 2802)

Equipped with two changing rooms with showers, three methodological rooms, computer and office equipment, teachers' rooms, and a room for storing equipment.

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

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

Sports complex "Izmailovo" (11th Parkovaya St., 36, building 2)common area of 1276 sq.m. with utility rooms (2 changing rooms with showers, 2 toilets, 3 teachers’ rooms, laboratory room, inventory room):

1)**Game room**, area 365 sq.m.

2)**Gym**, with an area of 110 sq.m., equipped with a complex exercise machines for various muscle groups and barbells.

3)**Rhythmic gymnastics hall**- 90 sq.m., equipped musical arrangement, mirrors and sports equipment.

4)**Hall for general physical training and physical fitness**- 144 sq.m., equipped musical arrangement, mirrors and sports equipment.

5)**Darts practice room**- 20 sq.m., equipped with sports equipment.

6)**Hall**, with an area of 96 sq.m., with the possibility of installing tables for table tennis.

7)**Open sports ground**area of 800 sq.m. with artificial turf.

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

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

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

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

4) **Ski resort**. Equipment and inventory for light weight training athletics and ski training (skis with boots, ski poles, Nordic walking poles)

5) **Sports Games Hall**, equipped with equipment and inventory for sports games (volleyball stands, basketball backboards, basketball and volleyball balls);

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

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

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

6. Methodological recommendations

6.1 Methodological recommendations for the teacher on training organizations

The main requirement for teaching the discipline is a creative, problem-based, interactive dialogue approach, which allows increasing 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 made up of training sessions. In the process of training, various types of training sessions are used, both in-class and out-of-class. In the first lesson in the discipline, it is necessary to familiarize students with the procedure for studying it,

to reveal the place and role of the discipline in the system of sciences, its practical significance, to convey to students the requirements for successfully passing the midterm assessment, to answer any questions that arise.

The purpose of practical classes is to ensure control over the assimilation of educational material by students, expansion and deepening of knowledge obtained by them during the study of 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 academic work and student attendance, and find out the reasons for students' absence from classes.

6.2 Methodological instructions for students on mastering disciplines

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

- study of theoretical material, preparation for classes,
- mastering a system of practical skills and abilities that ensure maintaining and strengthening health.

Independent work of students is the most important link in the educational process, without the correct organization of which the student cannot be 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 at full capacity from the first day.

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

Independent work with the source of information plays a vital role in the learning process. Learning to work with such sources is a priority task for the student.

7. Evaluation Fund

7.1 Methods of monitoring and assessing learning outcomes

Students studying the course "Elective disciplines in physical education and sports" in the main and special departments and having mastered the curriculum, in order to successfully pass the midterm assessment with the corresponding entry "passed" in the credit and examination report must achieve the mark of 50 points according to the point-rating system (hereinafter - BRS) (Appendix No. 1).

The BRS allows one to assess the degree of mastery of the curriculum.

The BRS includes an educational module, a sports module, a scientific module, and an independent work module.

The training module includes: attending practical training classes, completing control tests (Appendix No. 2), testing on theoretical questions in the distance learning system (in the event of a transition to a distance learning format, as well as for students temporarily exempted from practical classes for a long period).

The sports module includes: participation in intra-university competitions, fulfillment of GTO standards.

The scientific module includes: participation in writing a scientific article, participation in a scientific and practical conference.

The independent work module includes: participation in external competitions (for a third-party organization or independently), physical education and sports activities in third-party organizations.

All information on the current implementation of modules is recorded by the teacher in the journal of academic work and attendance of students in physical education. Completion of the module of independent work of the student is confirmed by documents.

Students who have completed the credit requirements are given the entry “passed” in their credit report.

Students who are members of university national teams in sports, who regularly participate in the educational and training process and various competitions, upon the recommendation of the coaches (from among the university employees) who are training them, may be exempted from completing the BRS modules and assessed based on the results of their performances for the relevant national team.

A semester of physical therapy at an outside medical institution (documentary evidence required) is worth 50 points (applicable only to students in the special education department for medical reasons).

Students who are exempted from practical classes for a long period of 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 successful mastery of the educational material is the total assessment of the results of studying the electronic educational resource on the discipline, including testing knowledge of the theoretical and methodological sections of the program and completing assignments on mastering methods in methodological and practical classes.

7.2 Scale and criteria for assessing learning outcomes The indicator for assessing competencies at various stages of their formation is the achievement by students of the planned learning outcomes in the discipline “Elective disciplines in physical education and sports”.

Indicator	**Evaluation criteria**			
	2	**3**	**4**	**5**
know: scientific-practically e are the basics physical cultures and healthy image life.	Student demonstrates complete absence or insufficient correspondence following knowledge: scientific practical Basics physical cultures and healthy lifestyle life.	Student demonstrates incomplete correspondence following knowledge: scientific practical Basics physical cultures and healthy lifestyle life. Allowed significant mistakes, manifests itself failure knowledge, in a number of indicators, student is experiencing significant difficulties with operating knowledge in their transfer to new situations.	Student demonstrates partial correspondence following knowledge: scientific practical Basics physical cultures and healthy lifestyle life, but are allowed minor mistakes, inaccuracies, difficulties with analytical operations.	Student demonstrates complete correspondence following knowledge: scientific practical Basics physical cultures and healthy lifestyle life, freely operates acquired shadowy knowledge.
be able to: use ь creatively means and methods physical education For professional flax and personal development,	Student can't or in insufficient degree can use creatively means and methods physical education for professional wow and	Student demonstrates incomplete correspondence following skills: use creatively means and methods physical education for	Student demonstrates partial correspondence following skills: use creatively means and methods physical education for professional	Student demonstrates complete correspondence following skills: use creatively means and methods physical education for

physical self-perfect ences, formed and healthy image and lifestyle.	personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle.	professional wow and personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle. Allowed significant mistakes, manifests itself failure skills, in a number of ways indicators, student is experiencing significant difficulties with operating skills when their transfer to new situations.	about and personal development, physical self-improvements ovation, formations healthy lifestyle and lifestyle. The skills have been mastered, but are allowed minor mistakes, inaccuracies, difficulties with analytical operations, transfer of skills for new ones, non-standard situations.	professional wow and personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle. Free operates acquired skills, applies them in situations increased difficulties.
own: by means and methods fortifications individual leg health, physical self-perfect ences, values physical cultures personalities For successful social-cultural And professional flax activity And.	Student does not own or insufficiently owns degree possesses means and methods fortifications individual about health, physical self-improvement vovanija, values physical cultures personalities.	Student at incomplete volume owns means and methods fortifications individual about health, physical self-improvement vovanija, values physical cultures personalities, are allowed significant mistakes, manifests itself failure possessions skills in row indicators, Student	Student partially owns means and methods fortifications individual health, physical self-improvements ovation, values physical cultures personalities, skills mastered, but are allowed minor mistakes, inaccuracies, difficulties with analytical operations, transfer of skills for new ones, non-standard	Student at in full owns means and methods fortifications individual about health, physical self-improvement vovanija, values physical cultures personalities, free applies received skills in situations increased difficulties.

		is experiencing significant difficulties with application skills in new situations.	situations.	

The assessment scale for the results of the midterm assessment and their description:

Form of midterm assessment: credit.

Midterm assessment of students in the form of a credit is carried out based on the results of completing all types of academic work stipulated by the curriculum for the discipline "Elective disciplines in physical education and sports", taking into account the results of current monitoring of academic performance during the semester. The assessment of the degree of achievement of planned learning outcomes by students in the discipline "Elective disciplines in physical education and sports" is carried out by the teacher conducting classes in the discipline "Elective disciplines in physical education and sports" using the expert assessment method. Based on the results of midterm assessment in the discipline "Elective disciplines in physical education and sports", the grade "passed" or "failed" is given.

Students who have completed all types of academic work stipulated by the work program for the discipline “Elective disciplines in physical education and sports” (regular attendance of training sessions, completion of modules of the point-rating system) are admitted to the midterm assessment.

Scale assessments	**Description**
Passed	All types of academic work provided by the curriculum have been completed. The student demonstrates that knowledge, skills, and abilities correspond to those given in the tables of indicators, operates with the acquired knowledge, skills, and abilities, and applies them in situations of increased complexity. At the same time, minor errors, inaccuracies, and difficulties in analytical operations, transfer of knowledge and abilities to new, non-standard situations may be allowed.

Not accepted	One or more types of academic work provided for by the curriculum are not completed. The student demonstrates incomplete compliance of knowledge, skills, abilities with those given in the tables of indicators, significant errors are made, a lack of knowledge, skills, abilities is demonstrated for 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.	COMPETENT		Scroll components	Technologia formed vaniya computer	Form evaluation Wow means * *	Degrees of levels development competencies
	INDEKS	FORMULEIROVKA				
1	UK-7	***Method n*** *support live should y level physical koi prepared vlennos you for provide enya full nnn social Noah and profess ional Ouch activist nost*	**know:** - scientific-practical Basics of Physical cultures and healthy lifestyle life. **be able to:** - use creative means and methods physical education for professional and personal development, physical self-improvement ania, formation healthy lifestyle and lifestyle. **own:** - means and methods fortifications	methodology - practical skies and educational train full-time classes, on your own telny Job	Oral survey interviews ani, Testing nie	**Basic level** Understands: - influence health system of physical education to improve health, prevent professional diseases and harmful habits; - methods of monitoring and assessing physical development and physical preparedness; - rules and methods of planning individual various classes target direction. **Increased level** **-** able to use acquired knowledge and skills in practical activities and

			individual health, physical self-improvement ation, values physical culture of personality for success social- cultural and professional activities.			everyday life to increase performance, preservation and health promotion, preparation for professional activities and service in the Armed Forces RF; - chooses optimal methods and means of physical education for professional and personal development.

7.3.2. Interim assessment

No. OS	Naimenova nie evaluative means	Brief description of the assessment tool	Performance evaluative funds in FOS
1	Oral survey interview	Means control, organized How a special conversation between a teaching staff member and a student on topics related to the subject being studied, and designed to determine the extent of the student's knowledge on a specific section, topic, problem, etc.	Topics theoretical section disciplines
2	Testing	Complex exercises, allowing define general level physical the student's preparedness. Bank of questions for testing knowledge of the theoretical and methodological sections of the discipline.	Test Fund exercises, bank test questions

Appendix No. 5
to the work program

Балльно-рейтинговая система

Для получения зачета необходимо набрать 50 баллов (из одного или нескольких модулей)

Учебный модуль

- Практические учебные занятия

Количество посещений	Баллы
1 занятие	2
≥25 занятий	50

- Обучение в СДО[1]

Вид работы	Баллы
Выполнение курса	до 50

- Выполнение тестов физической подготовленности[2]

За каждый тест можно получить от 2 до 10 баллов. Суммарно - не более 30 баллов.

[1]для инвалидов и лиц с ОВЗ, а также для студентов, освобожденных от занятий на длительный срок (от 60 дней)

[2]Выполнить тесты физической подготовленности могут студенты, посетившие **не менее 15** занятий или занимавшиеся в сторонних физкультурно-спортивно организациях в течение 3-х и более месяцев (с начала текущего семестра)

Спортивный модуль

- Участие во внутривузовских соревнованиях

Результат в 1 виде спорта	Баллы
Участие	5
3 место	10
2 место	15
1 место	20

- Выполнение норм ГТО[3]

Результат	Баллы
Бронза	25
Серебро	35
Золото	50

[3]Учитываются результаты, показанные в текущем семестре. Подтверждается данными Москомспорта

Научный модуль

Физкультурно-оздоровительное или спортивное направление

- Участие в научно-практической конференции – 20 баллов
- Участие в написании научной статьи – 30 баллов

Модуль самостоятельной работы

- Посещение сторонних физкультурно-спортивных организаций[5]

Период занятий в течение текущего семестра	Баллы
От 1 до 3 месяцев	6
> 3 месяцев	10

- Участие во внешних соревнованиях[6]

Результат в 1 виде спорта	Баллы Всероссийские/ Международные
3 место	15/30
2 место	20/40
1 место	25/50

[5] Требуется подтверждающий документ

[6]Требуется подтверждение занятого места в официальном соревновании.

Appendix No. 2
to the work program

Physical Fitness Assessment Test Exercises Fund
students of the main academic department

Tests	Young men					Girls				
	SCORE									
	2	4	6	8	10	2	4	6	8	10
1. Forward bend from a standing position support (below the bench - cm)	4	5	6	7	13	6	7	8	11	16
2. Long jump from a place with a push of two legs (cm)	195	205	215	230	240	150	160	170	180	195
3. Pull-ups high crossbar (time) Weight up to 85 kg	5	7	9	10	13	-	-	-	-	-
Weight 85 kg and more	2	4	7	9	11	-	-	-	-	-
Hanging on bent hands (sec)	-	-	-	-	-	5	8	10	12	15
4. Lifting torso from lying position back for 1 min. (times). (girls – with (fastening of legs)	40	45	50	55	60	20	25	30	35	40
5. Bending and extension of arms from floor in 2 min. Pause between push-ups no more than 5 sec. (times). (girls – knees)	35	40	45	50	60	15	20	25	30	40
6. Jumping over jump rope for two legs for 1 minute (times)	70	80	90	100	110	80	90	100	110	120
7. Squats on two legs in 2 min. (times)	80	85	90	95	100	60	65	70	75	80
8. Shuttle run 6m in 1 min. (times)	25	26	27	28	29	23	24	25	26	27

Physical Fitness Assessment Test Exercises Fund
students of the special educational department

Tests	Young men					Girls				
	SCORE									
	2	4	6	8	10	2	4	6	8	10
1. Tapping test, with	≥ 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. Rise torso from lying positions on the back, hands on the shoulder blades, quantity once every 30 sec	≤ 15	16–19	20–24	25–29	≥ 30	≤ 12	13–15	16–20	21–23	≥ 24
3. Pull-ups hanging low crossbar, number of times	≤ 16	20–17	21–26	27–30	≥ 31	≤ 1	2–3	4–5	6–7	≥ 8
4. Throw stuffed ball from behind the head sitting positions (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. Forward bend from a sitting position, cm	≤ 0	1–8	9–16	17–23	≥ 24	≤ 0	1–10	11–18	19–25	≥ 26
6. Stability on 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:

Tests are being conducted V beginning educational years How original, characterizing the level of physical fitness of a student at the beginning of the academic year and at the end of the semester – as determining a shift in the level of physical fitness.

At the beginning of the school year, students are tested in exercises that do not require special training and do not create a large load on the cardiovascular and respiratory systems.