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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"

(Moscow Poly)

APPROVE
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"30" 05 2022

Dean,
Faculty of Economics and Management
/A.V. Nazarenko/
"30" 05 2022

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 2022

1. The goals of mastering the discipline.

aimmastering the discipline " Physical Education and Sports" is the formation of physical culture of the individual and the ability to use various means of physical culture, sports and tourism for the preservation and promotion of health, psychophysical training and self-preparation for future life and professional activities.

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

- understanding of the social significance of physical culture and its role in personal development and preparation for professional activities;
- knowledge of biological, psychological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value attitude to physical culture, attitudes towards a healthy lifestyle, physical improvement and self-education of the habit of regular physical exercises and sports;
- mastering the 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;
- acquisition of personal experience in increasing motor and functional capabilities, providing general and professional-applied physical fitness for the future profession and everyday life;
- creation of a basis for creative and methodically substantiated use of physical culture and sports activities for the purpose of subsequent life and professional achievements.

2. The place of the discipline in the structure of the bachelor's program

The discipline "Physical culture and sport" is one of the academic disciplines of the basic part of the cycle (B.1.1.06) of the bachelor's degree program.

The discipline "Physical culture and sport" is interconnected logically and methodically with the following discipline of the EP:

In terms of elective disciplines (D.7):

- Elective disciplines in physical culture and sports.

3. The list of planned learning outcomes for the discipline (module), correlated with the planned results of mastering the educational program

As a result of mastering the discipline, students form the following competence and the following learning outcomes should be achieved as a stage in the formation of the relevant competence:

Competency code	**Competence** (code and name)	**Competence indicators** (code and name)	**Learning Outcomes**
UK-7	UK-7 Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	IUK-7.1. Competently chooses health saving methods to maintain 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 an optimal level of physical activity to ensure full social and professional activities IUK-7.3. Complies with the norms of a healthy lifestyle in various life situations and in professional activities	**know:** scientific and practical foundations of physical culture and a healthy lifestyle; **be able to:** creatively use the means and methods of physical education for professional and personal development, physical self-improvement, the formation of a healthy lifestyle and lifestyle; **own:** means and methods of strengthening individual health, physical self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

4. Structure and content of the discipline.

The total labor intensity of the discipline is 2 credit units, i.e. 72 academic hours (of which 36 hours are independent work of students). Sections of the discipline "Physical culture and sport" are studied in the first year.

First semester: practical classes - 2 hours a week (36 hours), form of control - test.

The structure and content of the discipline "Physical culture and sports" in terms of terms and types of work are reflected in the appendix.

The content of the sections of the discipline

The solution of the tasks set is carried out by including theoretical and practical materials in the training sessions, as well as by performing control tasks and exercises (tests).

Theoreticalthe material forms the worldview system of scientific and practical knowledge and attitudes towards physical culture.

PracticalThe material is divided into two sections:

1. **methodical**- providing mastery of methods and methods of physical culture and sports activities to achieve educational, professional and life goals of the individual;
2. **training**- aimed at the development of functional and motor abilities, the formation of the necessary qualities and properties of the individual, the acquisition of personal experience, which provides the possibility of independent, purposeful and creative use of physical culture and sports.

Controlassignments and exercises contribute to the personal and objective accounting of students' activities and the determination of the knowledge they receive in the discipline "Physical culture and sports".

4.1. Theoretical section

(formation of competenceUK-7)

Theoretical materials are presented in the form of conversations in study groups. Also, students independently study literary sources and material available at the department or in libraries.

Topic 1. Physical culture in the general cultural and professional training of students.

Physical culture and sport as a social phenomenon of society. The current state of physical culture. Organizational and legal bases of physical culture and sports of student youth in Russia. Physical culture and personality. The value of physical culture. Physical culture as an academic discipline of higher education and the integrity of personality development. The main provisions of the organization of physical education at the university.

Topic 2. Biological bases of physical culture.

The human body as a single self-developing and self-regulating biological system. The impact of natural and socio-ecological factors on the body and human life. Means of physical culture and sports in managing the improvement of the functional capabilities of the body in order to ensure mental and physical activity. Physiological mechanisms and patterns of improvement of individual body systems under the influence of directed physical training. Motor function and increasing the resistance of the human body to various environmental conditions.

Topic 3. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health.

Human health and its factors that determine the relationship between the student's general culture and his lifestyle. The structure of the life of students and its reflection in the way of life. Healthy lifestyle and its components. Personal attitude to health as a condition for the formation of a healthy lifestyle. Basic requirements for organizing a healthy lifestyle. Physical self-education and self-improvement in a healthy lifestyle. Criteria for the effectiveness of a healthy lifestyle.

Psychophysiological characteristics of intellectual activity and educational work of students. The dynamics of students' working capacity in the academic year and its determinants. The main reasons for the change in the state of students during the examination session, the criteria for assessing the neuro-emotional state and psychophysiological fatigue. Features of the use of physical culture means to optimize performance, prevent neuro-emotional and psychophysiological fatigue of students, improve the efficiency of educational work.

Topic 4. Fundamentals of the methodology of independent physical exercises.

Motivation and purposefulness of self-study, their form and content. Organization of independent physical exercises of various kinds. The nature of the content of classes depending on age. Features of self-study for women. Planning and managing self-study. The boundaries of the intensity of loads in the conditions of self-study in persons of different ages. The relationship between the intensity of loads and the level of physical fitness. Hygiene of self-study. Self-control over the effectiveness of self-study.

Topic 5. Features of practicing a chosen sport or a system of physical exercises (for a specific sport).

Brief historical background of the development of the sport. Characterization of the features of the impact of this sport or systems of physical exercises on physical development, preparedness, psychophysical qualities and personality traits. Model characteristics of a high-class athlete. Determination of the goals and objectives of sports training in the conditions of the university. Possible forms of organization of training at the university.

Prospective, current and operational planning of training. The main ways to achieve the necessary structure of preparedness of those involved. Monitoring the effectiveness of training sessions. Competition calendar. Sports classification and competition rules.

Topic 6. Medical control and self-control of those involved in physical exercises and sports.

Medical examination of those involved. Medical support of physical education of students. Medical and pedagogical observations of students during classes. Injury prevention. Methods for determining and assessing the state of the functional systems of the body and the fitness of those involved. Self-control, its main methods, indicators and evaluation criteria. Diary of self-control. Using the methods of standards, anthropometric indices, nomograms, functional tests, exercise tests to assess the physical development of

the physique, the functional state of the body, and physical fitness. Correction of the contents and methods of physical exercises and sports according to the results of control.

Topic 7. Sports. Individual choice of sports or exercise systems.

Mass sports and sports of higher achievements, their goals and objectives. Sports classification. Student sports. Features of the organization and planning of sports training at the university. Sports competitions as a means and method of general physical, professional-applied and sports training of students. The system of student sports competitions. Public student sports organizations. Universiade and Olympic Games. Modern popular systems of physical exercises. Motivation and individual choice by students of sports or systems of physical exercises. Brief psychophysiological characteristics of the main groups of sports and systems of physical exercises.

Topic 8. Professional and applied physical training.

Personal and socio-economic necessity of special psychophysical preparation of a person for work. Definition of the concept of PPFP, its goals, objectives, means. Methods of PPFP in the system of physical education of students. Factors that determine the specific content of PPFP. Methodology for the selection of PPFP funds. Organization, forms, means of PPFP students in the university. Monitoring the effectiveness of PPFP students. The main factors determining the PPFP of the future specialist of this profile. Applied sports and their elements.

Topic 9. Physical culture in professional activity.

Industrial physical culture. Industrial gymnastics. Features of the choice of forms, methods and means of physical culture in working and free time. Prevention of occupational diseases and injuries by means of physical culture. Additional means of improving general and professional performance. The influence of individual characteristics, geographic and climatic conditions and other factors on the content of physical culture of specialists working in production. The role of future specialists in the introduction of physical culture in the production team.

4.2. Practical section

(formation of competence OK-7)

Methodical section (to the topics of the theoretical section)

For the development of methodological material, a part of the training session is allocated.

It is planned to study the following methodological techniques:

1. Methods of effective and economical ways of mastering vital skills and abilities.
2. The simplest methods of self-assessment of working capacity, fatigue and the use of physical culture means for their directed correction.
3. Fundamentals of self-massage technique.
4. Methods for assessing and correcting posture and physique.

5. Methods of self-control of the state of health and physical development (standards, indices, nomograms, formulas, etc.).
6. Methods of self-control over the functional state of the body (functional tests).
7. Methodology for evaluating special physical and sports readiness for the chosen sport (tests, control tasks for the sports department).
8. Methodology of an individual approach and the use of means of directed development of individual physical qualities.
9. Methodology for conducting a training session.
10. Methodology of independent development of separate elements of professional-applied physical training.
11. Modern methods of recovery by means of physical education.
12. Methodology for conducting industrial gymnastics, taking into account the conditions and nature of work.

Training sessions

Students who have passed a medical examination and have determined their health group (basic, preparatory, special "A" or "B") are allowed to practice. An exception is made for students of the 1st semester, for whom this rule is valid immediately after passing the medical examination. Before determining the health group, students are offered physical activity in a gentle mode. The data of the medical form 086 are taken into account.Classes are held in the main and special educational departments.

To the main branchstudents assigned to the main or preparatory medical groups are enrolled. The number of study groups is 12-15 people.

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

The means of the practical section without fail include certain types of athletics, sports games, exercises of professionally applied physical training. In the practical section, physical exercises from various sports, health systems of physical exercises can be used.

In the main department, classes are held with a focus on improving general physical fitness using the means of one or more sports, determined by the capabilities of the sports base where classes are held.

To a special departmentstudents classified for health reasons to a special medical group "A" or "B" are enrolled. The number of study groups is no more than 10 people.

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

The educational process in a 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 shortcomings in physical development. A special place is given to the formation of knowledge and skills of self-control, self-massage, the

skills of independent use of physical exercises in the organization of a motor regimen, 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 solely responsible for the appropriateness 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 released from practical classes for a long time write essays related to the peculiarities of using physical culture means, taking into account individual deviations in the state of health.

5. Educational technologies

The methodology of teaching the discipline "Physical Culture and Sport" and the implementation of the competence-based approach in the presentation and perception of the material provides for the use of the following educational technologies: group, differentiated learning, student-centered approach, sports-oriented, modular, health-saving, valeological and competitive.

6. Evaluation tools for current monitoring of progress, intermediate certification based on the results of mastering the discipline and educational and methodological support for independent work of students

Students studying in the discipline "Physical culture" in the main and special departments and who have mastered the curriculum fulfill the test requirements for physical culture with the corresponding entry in the student's record book ("passed").

The criterion for the success of mastering the educational material is the expert assessment of the teacher, taking into account the regularity of attending compulsory training sessions, knowledge of the theoretical and methodological sections of the program and the performance of established tests of general physical fitness.

Students who have attended at least 80% of the classes are allowed to perform test exercises. Students who have not fulfilled this requirement are allowed to perform test exercises only after completing the missing number of classes.

Students perform 5 tests of general physical fitness control (Appendix No. 4), which are selected based on the capabilities of the sports base where they are held.

The differentiated grade for the semester is determined by the level of physical fitness achieved by the student according to the arithmetic average grade for all tests, provided that each of them is not lower than one point (Table No. 1). An exception for individual tests can be made for students with insufficient primary physical fitness, excess

or lack of body weight. In this case, one point is given only for the presence of a positive shift compared to the baseline in this test exercise. A differentiated assessment is conditional and has only a motivational character.

Students who are members of the university teams in sports, regularly participating in the training process and various competitions, on the proposal of the coaches who train them, can be exempted from taking tests and evaluated based on the results of performances for the corresponding national team.

Table #1

Evaluation of tests of general physical and sports and technical training	Satisfactorily ("read")	Good ("read")	Excellent ("read")
Average score of tests in points	5.0	7.0	8.0

Students who have been released from practical classes for a long time are evaluated based on the results of an interview on the theoretical and methodological sections of the program, the quality of writing an essay.

When performing current control, it is possible to use test material. Samples of control questions and tasks for conducting current control are given in the appendix. When implementing the undergraduate program, the organization has the right to use e-learning and distance learning technologies. All materials are posted in the LMS of the Moscow Poly (https://online.mospolytech.ru/).

When teaching people with disabilities, e-learning and distance learning technologies should provide for the possibility of receiving and transmitting information in forms accessible to them.

6.1. Fund of assessment tools for conducting intermediate certification of students in the discipline (module)

6.1.1. List of competencies indicating the stages of their formation in the process of mastering the educational program

As a result of mastering the discipline, the following competence is formed:

Competency code	**As a result of mastering the educational program, the student must have**
UK-7	Able to maintain the proper level of physical fitness to ensure full-fledged

	social and professional activities

In the process of mastering the educational program, this competence, including its individual components, is formed in stages during the development of disciplines by students in accordance with the curriculum and calendar schedule of the educational process.

When performing current control, it is possible to use test material. Samples of control questions and tasks for conducting current control are given in the appendix. When implementing the undergraduate program, the organization has the right to use e-learning and distance learning technologies. All materials are posted in the LMS of the Moscow Poly (https://lms.mospolytech.ru/).

When teaching people with disabilities, e-learning and distance learning technologies should provide for the possibility of receiving and transmitting information in forms accessible to them.

6.1.2. Description of indicators and criteria for assessing competencies formed on the basis of the results of mastering the discipline (module), description of assessment scales

An indicator of competence assessment at various stages of its formation is the achievement by students of the planned learning outcomes in the discipline.

UK-7 Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities				
Index	**Evaluation criteria**			
	2	**3**	**four**	**5**
know: scientific and practical foundations of physical culture and a healthy lifestyle.	The student demonstrates the complete absence or insufficient compliance of the following knowledge: cultural, historical heritage in the field of physical culture; the essence of physical culture in various spheres of life; value orientation in the field of physical culture.	The student demonstrates incomplete compliance with the following knowledge:cultural, historical heritage in the field of physical culture; the essence of physical culture in various spheres of life; value orientation in the field of physical culture. Significant mistakes are made, lack of knowledge is manifested, for a number of indicators, the student experiences significant difficulties	The student demonstrates partial compliance with the following knowledge:cultural, historical heritage in the field of physical culture; the essence of physical culture in various spheres of life; value orientation in the field of physical culture; but minor errors, inaccuracies, difficulties in analytical operations are allowed.	The student demonstrates full compliance with the following knowledge:cultural, historical heritage in the field of physical culture; the essence of physical culture in various spheres of life; value orientation in the field of physical culture; freely operates with acquired knowledge.

		in operating knowledge when transferring it to new situations.		
be able to: use creative means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy lifestyle and lifestyle.	The student is unable or insufficiently able tothrough physical culture to optimize the psychophysical state of a personshaping a healthy lifestyle.	The student demonstrates incomplete compliance with the following skills:through physical culture to optimize the psychophysical state of a personshaping a healthy lifestyle. Significant mistakes are made, lack of skills is manifested, for a number of indicators, the student experiences significant difficulties in operating with skills when transferring them to new situations.	The student demonstrates partial compliance with the following skills:through physical culture to optimize the psychophysical state of a personshaping a healthy lifestyle. Skills are mastered, but minor errors, inaccuracies, difficulties in analytical operations, transferring skills to new, non-standard situations are allowed.	The student demonstrates full compliance with the following skills:through physical culture to optimize the psychophysical state of a personshaping a healthy lifestyle. Freely operates with acquired skills, applies them in situations of increased complexity.
own: means and methods of strengthening individual health, physical self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities.	The student does not own or insufficiently owns modern technologies in the field of physical culture and sports; the necessary skills and abilities in the psychophysical development of the individual. .	The student owns modern technologies in the field of physical culture and sports; the necessary skills and abilities in the psychophysical development of the individual. The learner experiences significant difficulties in applying skills in new situations.	The student partially owns modern technologies in the field of physical culture and sports; the necessary skills and abilities in the psychophysical development of the personality, the skills are mastered, but minor errors, inaccuracies, difficulties in analytical operations, transferring skills to new, non-standard situations are allowed.	The student fully owns modern technologies in the field of physical culture and sports; the necessary skills and abilities in the psychophysical development of the individual, freely applies the acquired skills in situations of increased complexity.

The scale of assessment of the results of the intermediate certification and their description:

Form of intermediate certification: test.

Intermediate attestation of students in the form of a test is carried out based on the results of the implementation of all types of educational work provided for by the curriculum for this discipline, while taking into account the results of ongoing monitoring of progress during the semester. The assessment of the degree of achievement by students of the planned learning outcomes in the discipline is carried out by the teacher conducting classes in the discipline by the method of expert assessment. Based on the results of the intermediate certification for the discipline (module), the grade "passed" or "failed" is given.

Only students who have completed all types of educational work provided for by the work program in the discipline "Physical culture and sports" (knowledge of the theoretical and methodological and practical sections, regular attendance of training sessions, performance of general physical fitness control tests, writing an essay on selected topic).

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

Evaluation funds are presented in Annex 1 to the work program

7. Educational, methodological and information support of the discipline.

7.1. Main literature

one.*Pismensky, I. A.*Physical culture: a textbook for universities / I. A. Pismensky, Yu. N. Allyanov. - Moscow: Yurayt Publishing House, 2021. - 450 p. - (Higher education). - ISBN 978-5-534-14056-9. — Text: electronic // Educational platform Urayt [website]. - url:https://urait.ru/bcode/469114

7.2. additional literature

one.Physical culture: a textbook for universities / E. V. Koneeva [and others]; edited by E. V. Koneeva. - 2nd ed., revised. and additional - Moscow: Yurayt Publishing House, 2021. - 599 p. - (Higher education). — ISBN 978-5-534-12033-2. — Text: electronic // Educational platform Urayt [website]. - url:https://urait.ru/bcode/474341

2.*Filippov, S. S.*Management of physical culture and sports: a textbook for universities / S. S. Filippov. - 4th ed., Rev. and additional - Moscow: Yurayt Publishing House, 2021. - 234 p. - (Higher education). - ISBN 978-5-534-12771-3. — Text: electronic // Educational platform Urayt [website]. - url:https://urait.ru/bcode/472467

7.3. software and Internet resources:

- Office applications, Microsoft Office 2013 (or lower) - Microsoft Open License.License No. 61984042

8. Logistics support of discipline.

To fulfill the tasks of the discipline "Physical culture"(including for the disabled and people with disabilities)The university uses the following sports facilities:

Gym №1 Auditorium №112a 107023, Moscow, st. Bolshaya Semenovskaya, 38	Game room, two locker rooms with showers, laboratory room
Gym №2 107023, Moscow, st. Bolshaya Semenovskaya, 40A	A gym equipped with gymnastic equipment, a set of simulators for various muscle groups, and barbells.
Gym №4 Auditorium №103 115088, Moscow, st. 1st Dubrovskaya, 16a, building 1	1) a weightlifting hall equipped with simulators, barbells, kettlebells, platforms; 2) a gym equipped with a set of simulators.
Gym №7 The audience№519a 129626, st. Pavel Korchagin, 22, building 2	The game room is equipped with two locker rooms with showers.
Gym №8 Auditorium №304 115088, Moscow, st. 1st Dubrovskaya, 16a, building 1	A complex of simulators for power all-around, locker room.

- an audience for lectures and seminars of the general fund: study tables with benches, an auditorium board, a portable multimedia complex (projector, projection screen, laptop). Teacher's workplace: table, chair.

9. Guidelines for independent work of students

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

·study of theoretical material, preparation for training sessions,

·mastering the system of practical skills that ensure the preservation and promotion of health.

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

The student must remember that self-study should be carried out regularly. It is important to make maximum efforts, will and work with full load from the first day.

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

In the learning process, the most important role is played by independent work with the source of information. Learning how to work with such sources is the priority task of the student.

Recommendations for writing abstracts

One of the forms of studying specific problems of the discipline "Physical Culture and Sport" and reporting on it for students is the preparation of an abstract. The work on the abstract involves the study and systematization of various problems, the analysis of the various approaches of the authors to a particular problem. The abstract is a work that provides for the trainee's own understanding of the problem posed and the presentation of their thoughts in writing. It is carried out under the guidance of a teacher, is drawn up in accordance with the established requirements and is an element of educational work on mastering the course "Physical Culture and Sports".

1. The purpose and objectives of writing an essay. Preparation and writing of work on the course "Physical culture and sport" aims to deepen, systematize and consolidate the theoretical knowledge received by the student in the field of physical culture. Writing an abstract allows you to consolidate the skills acquired by students of finding the necessary information, quick orientation in the modern classification of sources. It initiates the desire to increase the speed of reading, develop an adequate understanding of what is read, highlight the main thing and fix it - compiling a summary. Work on the abstract not only deepens and expands the level of training of students, but also instills in them the taste, skills of scientific research and independent written presentation of theoretical issues and generalization of real facts. The preparation of the abstract is of great educational importance.

2. Selecting the topic of the abstract. The topic of the abstract is determined by the requirements of the curriculum, the program for mastering the course of physical culture. The choice of the topic of the abstract is carried out from the proposed options. It is also possible to propose an initiative topic to students, but in each case, a reasoned justification for the choice of such a topic and its coordination with the teacher is necessary. The collection of material, writing and submission for verification of the work is carried out within the time limits determined by the order of passing academic disciplines during training.

3. Making an abstract. The structure of the abstract includes: a title page indicating the topic of the abstract, the performer (student), the teacher to whom the work was submitted for verification, the date the work was written; work plan indicating the names of the main sections (chapters, paragraphs) of the work, pages; introduction, which defines the purpose and objectives of the abstract, its relevance, theoretical significance and practical value for the professional activities of a specialist, the degree of development of the chosen problem, the theoretical and methodological, conceptual and source bases used; the main text, which provides the necessary methodological basis for the development of the problem, formulates theoretical provisions and from these positions practical conclusions and recommendations are given. The body text may consist of chapters and paragraphs, or only paragraphs or sections; conclusion, where conclusions are formulated on the basis of the methodology developed earlier and the analysis carried out. The conclusions must be conclusive and follow from the analysis carried out by the author in the abstract; list of used literature and other sources. The list of references should not be too extensive, but it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings. where conclusions are formulated on the basis of the methodology developed earlier and the analysis carried out. The conclusions must be conclusive and follow from the analysis carried out by the author in the abstract; list of used literature and other sources. The list of references should not be too extensive, but it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings. where conclusions are formulated on the basis of the methodology developed earlier and the analysis carried out. The conclusions must be conclusive and follow from the analysis carried out by the author in the abstract; list of used literature and other sources. The list of references should not be too extensive, but it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for

revision and elimination of shortcomings. conducted by the author in the abstract; list of used literature and other sources. The list of references should not be too extensive, but it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings. conducted by the author in the abstract; list of used literature and other sources. The list of references should not be too extensive, but it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings. however, it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings. however, it need not be limited to including only those works from which quotations are given; applications (diagrams, sample documents, tables, graphs, etc.) illustrating the analyzed material. The application is created by the student if it complements the content of the main problems of the abstract. The volume of the abstract is approximately 10-15 typewritten pages. If the student fails to meet the requirements for the content and design of the abstract, the teacher returns the work for revision and elimination of shortcomings.

Procedure for submitting and defending abstracts.

1. The abstract is submitted for verification to the teacher 1-2 weeks before the test session.

2. When defending the abstract, the teacher takes into account: the quality, the degree of independence of the student and the initiative shown, coherence, consistency and literacy of compilation, design. The defense of a thematic essay can be carried out in a dedicated one lesson within the hours of the academic discipline, or by agreement with the teacher.

10.Methodological recommendations for the teacher

The teacher must be ready to advise students on any issues related to the development of the discipline.

The work program was compiled on the basis of the Federal State Educational Standard of Higher Education in the direction of training bachelors on March 38, 02 "Management", approved by order of the Ministry of Education and Science of the Russian Federation of August 12, 2020 No. 970 (Registered in the Ministry of Justice of Russia on August 25, 2020 No. 59449).

The program was made by:

And about. Head of the Department /Pleshakov A.A./
"Physical Education"

The program was approved at a meeting of the department "Physical Education"
August 29, 2022, Protocol No. 1

And about. head of department /Pleshakov A.A./
"Physical education"

Application
to work program

Part-time education

n/n	Chapter	Semester	A week semester	Types of educational work, including independent student work, and labor intensity in hours					Types of independent work students					Forms of attestation	
				L	F/N	Lab	SRS	DAC	K.R.	K.P.	RGR	Referrer.	K/p	E	Z
one	Theoretical section														
1.1	Topic 1. Physical culture in the general cultural and professional training of students.	one	1-2	one			5								
1.2	Topic 2. Biological bases of physical culture.	one	3-4	one			5								
1.3	Topic 3. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health.	one	5-6	one			5								
1.4.	Topic 4. Fundamentals of the methodology of independent physical exercises.	one	7-8	one			5								
1.5	Topic 5. Features of practicing a chosen sport or a system of physical exercises (for a specific sport).	one	9-10	2			5								
1.6	Topic 6. Medical control and self-	o	11-12	2			5								

	control of those involved in physical exercises and sports.	ne													
1.7	Topic 7. Sports. Individual choice of sports or exercise systems.	one	13-14	2			5								
1.8.	Topic 8. Professional and applied physical training.	one	15-16	2			5								
1.9	Topic 9. Physical culture in professional activity.	one	17-18	2			5					+			
2	Practical section	one	1-18	2			5								
3	Control section	one	eighteen	2			four								
	Appraisal Form											One abstract			Z
	Total hours per discipline in the first semester		72	eighteen			54								Z

Appendix 1 to
work program

MINISTRY OF SCIENCE AND HIGHER EDUCATION
RUSSIAN FEDERATION
Federal State Autonomous Educational Institution
higher education
"MOSCOW POLYTECHNICAL UNIVERSITY"
/Moscow Polytech/

Direction of training: 38.03.02 "Management

EP (educational program): "Business Process Management"

Form of study: full-time, part-time

Type of professional activity: organizational and managerial, information and analytical, entrepreneurial

Department: "Management"

VALUATION FUND

ON THE DISCIPLINE "Physical culture and sports"

Composition: 1. Passport of the fund of appraisal funds
2. Description of assessment tools abstract, test, oral survey, questions for the test

Compiled by:

And about. Head of the Department "Physical Education" A. A. Pleshakov

Professor of the department "Physical education", prof., Ph.D. V. G. Frolov

Associate Professor of the Department of "Physical Education", Associate Professor, Ph.D. M. A. Semenova

Moscow, 2022

Table 1

INDICATOR OF THE LEVEL OF FORMATION OF COMPETENCE

PHYSICAL CULTURE AND SPORT						
GEF VO 38.03.02 "Management" educational program "Project Management" In the process of mastering this discipline, the student forms and demonstrates the following general cultural competencies:						
No.	**COMPETENCES**		**List of components**	**Competence formation technology**	**Assessment Tool Form****	**Degrees of levels of development of competencies**
	Competence	**Competence indicators**				
one	UK-7 Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	IUK-7.1. Competently chooses health saving methods to maintain 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 an optimal level of physical activity to ensure full social and professional activities IUK-7.3. Complies with the norms of a healthy lifestyle in various life situations and in professional activities	**know:** - scientific and practical foundations of physical culture and a healthy lifestyle. **be able to:** - creatively use the means and methods of physical education for professional and personal development, physical self-improvement, the formation of a healthy lifestyle and lifestyle. **own:** - means and methods of strengthening individual health, physical self-improvement, personal physical culture values for successful socio-cultural and professional activities.	methodical-practical and training sessions, independent work	R, T, UO credit	Understands: - the influence of the health-improving system of physical education on health promotion, prevention of occupational diseases and bad habits; - methods of control and evaluation of physical development and physical fitness; - rules and methods of planning individual lessons of various target orientation. **Enhanced level** -is able to use the acquired knowledge and skills in practical activities and everyday life to improve efficiency, maintain and improve health, prepare for professional activities and service in the Armed Forces of the Russian Federation; - chooses the best methods and means of physical education for professional and personal development.

**- For abbreviations of forms of evaluation tools, see Appendix 2 to the RP.

Annex 2
to work program

The list of evaluation tools for the discipline "Physical culture and sports"

OS number	Name of the evaluation tool	Brief description of the evaluation tool	Presentation of the evaluation tool in the FOS
one	abstract (R)	The product of the student's independent work, which is a summary in writing of the results of the theoretical analysis of a certain scientific (educational and research) topic, where the author reveals the essence of the problem under study, gives different points of view, as well as his own views on it.	Essay topics
2	Oral interview interview, (UO)	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 clarify the amount of knowledge of the student in a particular section, topic, problem, etc.	Topics of the theoretical section of the discipline
3	Testing (T)	A set of exercises to determine the level of general physical fitness of the student.	Test Exercise Foundation
four	credit	The final form of knowledge assessment. In higher education institutions are held during the session.	Questions for the test

Fund of test exercises for physical fitness assessment in the discipline "Physical culture and sports" (formation of the competence of UK-7)

BE ABLE TO OWN:

Tests	Youths					Girls				
	BALL									
	2	four	6	eight	ten	2	four	6	eight	ten
1. Tilt forward from a standing position on a support (below the bench - cm)	four	5	6	7	13	6	7	eight	elev en	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 on the bar (times) Weight up to 85 kg	5	7	9	ten	13	-	-	-	-	-
Weight 85 kg or more	2	four	7	9	elev en	-	-	-	-	-
Hanging on bent arms (sec)	-	-	-	-	-	5	eight	ten	12	fifte en
4. Raising the body from a supine position for 1 min. (once). Girls with pinning legs.	40	45	fifty	55	60	twen ty	25	thirt y	35	40
5. Flexion and extension of the arms from the floor in 2 minutes. Pause between push-ups no more than 5 seconds. (once). Girls - emphasis on the knees	35	40	45	fifty	60	fifte en	twen ty	25	thirt y	40
6. Jumping rope on two legs in 1 minute (one time)	70	80	90	100	110	80	90	100	110	120
7. Squats on two legs for 2 minutes. (once)	80	85	90	95	100	60	65	70	75	80
8. Shuttle run 6m for 1 min. (once)	25	26	27	28	29	23	24	25	26	27

Note:

Compulsory tests are held 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.

At the beginning of the academic 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.

Evaluation of tests of general physical and sports and technical training	Satisfactorily ("read")	Good ("read")	Excellent ("read")
Average score of tests in points	5.0	7.0	8.0

Topics of abstracts on the discipline "Physical culture and sport" (formation of the competence of UK-7)

KNOW:

1. The methodology for compiling and conducting the simplest independent physical exercises
2. The impact of bad habits on individual systems and on the body as a whole. Physical culture as an alternative to bad habits
3. Physical culture and its influence on the solution of social problems
4. The role of physical culture in order to prevent occupational diseases and injuries
5. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health
6. The problem of scoliosis among young people
7. Physical education for human health
8. Medical and pedagogical control and self-control in the process of physical exercises
9. Basic systems of health-improving physical culture.
10. Basic methods of self-regulation of mental and physical diseases.
11. The role and place of physical culture in the system of higher professional education
12. The relationship of physical and spiritual development of the individual.
13. Physical culture in the general cultural and professional training of students
14. Physical state of the female body
15. Independent physical exercises for students
16. Features of physical exercises in diseases of the organs of vision
17. Means of physical culture, complexes of physical exercises and rehabilitation measures in the system of prevention of occupational diseases
18. The importance of exercise for the development and strengthening of the respiratory system
19. Health and motor activity of the student.
20. The role of physical culture and sports in disease prevention and health promotion
21. Medical contraindications for physical exercises and the use of physical culture in hypertension
22. Hardening as a means of improving health
23. Personal hygiene and its role in the formation of a healthy lifestyle.
24. Physical culture and sports in modern society

25. Place and role of physical culture and sports in the rehabilitation of disabled people

26. Biological and physiological changes under the influence of active motor loads

27. Swimming as a recreational type of physical activity.

28. Methodology for the formation of physical activity of students at home

29. Physical activity and individual modes of activity for self-study

30. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health

31. The problem of scoliosis among young people

32. Physical culture as a means of combating overwork and low performance

33. Medical and pedagogical control and self-control in the process of physical exercises

34. Healthy lifestyle and its components

35. The role of physical culture and sports in the formation of a healthy lifestyle of a student

36. The role and place of physical culture in the system of higher professional education

37. The role of physical culture in the prevention of acute respiratory diseases

38. Physical culture in the general cultural and professional training of students

39. Independent physical exercises for students

40. Features of physical exercises in diseases of the organs of vision

41. Means of physical culture, complexes of physical exercises and rehabilitation measures in the system of prevention of occupational diseases

42. The value of physical exercises for the development and strengthening of the respiratory system

43. Health and physical activity of a student.

44. The role of physical culture and sports in disease prevention and health promotion

45. Medical contraindications for physical exercises and the use of physical culture in hypertension

46. Wellness walking as a way to increase physical activity

47. Personal hygiene and its role in the formation of a healthy lifestyle.

48. Physical culture and sports in modern society

49. Place and role of physical culture and sports in the rehabilitation of disabled people

50. The value of physical culture and sports in human life.

51. The history of the origin of the Olympic movement in Ancient Greece.

52. Physical culture and its influence on the solution of social problems.

53. The role of physical culture in order to prevent occupational diseases and injuries

54. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health

Abstract Evaluation Criteria

The “Excellent” mark is given if all the requirements for writing and defending the abstract are met: the problem is identified and its relevance is substantiated, a brief analysis of various points of view on the problem under consideration is made and one’s own position is logically stated, conclusions are formulated, the topic is fully disclosed, the volume is maintained, the requirements are met to the external design, the correct answers to additional questions are given.

Grade "Good" - the basic requirements for the abstract and its defense are met, but there are some shortcomings. In particular, there are inaccuracies in the presentation of the material; there is no logical sequence in judgments; the volume of the abstract is not maintained; there are omissions in the design; incomplete answers were given to additional questions during the defense.

Grade "Satisfactory" - there are significant deviations from the requirements for referencing. In particular: the topic is covered only partially; Factual errors were made in the content of the abstract or when answering additional questions; no output during protection.

Approximate topics for essays for students who have been released from practical classes for a long time in the discipline "Physical culture and sports" (formation of the competence of UK-7)

KNOW:

1. Sociological and general theoretical problems of physical culture and sports.
2. Physical culture and sports in the service of health protection.
3. Medical aspects of sports activity.
4. Professional and applied orientation of physical culture and sports.
5. Medico-biological bases of mass physical culture and sports.
6. Propulsion and health systems.

BE ABLE TO:

7. Correction of the psychophysiological state of a person.
8. Our food is our health.

OWN:

9. Therapeutic physical culture and recommended means of physical culture for this disease (diagnosis).
10. Modern non-traditional methods of maintaining efficiency.

Abstract Evaluation Criteria

The “Excellent” mark is given if all the requirements for writing and defending the abstract are met: the problem is identified and its relevance is substantiated, a brief analysis of various points of view on the problem under consideration is made and one’s own position is logically stated, conclusions are formulated, the topic is fully disclosed, the volume is maintained, the requirements are met to the external design, the correct answers to additional questions are given.

Grade "Good" - the basic requirements for the abstract and its defense are met, but there are some shortcomings. In particular, there are inaccuracies in the presentation of the material; there is no logical sequence in judgments; the volume of the abstract is not maintained; there are omissions in the design; incomplete answers were given to additional questions during the defense.

Grade "Satisfactory" - there are significant deviations from the requirements for referencing. In particular: the topic is covered only partially; Factual errors were made in the content of the abstract or when answering additional questions; no output during protection.

Topics of the oral survey, interview (PO)
in the discipline "Physical culture and sports"
(formation of the competence of UK-7)

KNOW:

Topic 1. Physical culture in the general cultural and professional training of students.

Discussion questions:

1. The concept of physical education.
2. Physical education in universities.
3. The structure of the management of physical education in universities.
4. Orientation of the system of physical education.

Topic 2. Biological bases of physical culture.

Discussion questions:

1. The human body as a biological system.
2. Homeostasis.
3. Physical inactivity and hypoxia.
4. Resistance.

Topic 3. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health.

Discussion questions:

1. Basic physical culture: essence and structure.

2. Organizational and didactic foundations of a student's basic physical culture.

3. Means, methods and organizational forms of improvement of basic physical qualities.

4. General physical training in the process of studying at the university.

Topic 4. Fundamentals of the methodology of independent physical exercises.

Discussion questions:

1. Forms of self-study.

2. The content of self-study.

3. Motivation for choice.

4. Features of classes for individual groups.

Topic 5. Features of practicing a chosen sport or a system of physical exercises (for a specific sport).

Discussion questions:

Brief historical background of the development of the sport.

Characterization of the features of the impact of this sport or systems of physical exercises on physical development, preparedness, psychophysical qualities and personality traits.

Sports classification and competition rules.

Topic 6. Medical control and self-control of those involved in physical exercises and sports.

Discussion questions:

1. The concept of a healthy lifestyle.

2. Components of a healthy lifestyle.

3. The impact of natural-climatic and socio-ecological factors on the body and human life

Topic 7. Sports. Individual choice of sports or exercise systems.

Discussion questions:

1. Mass sports.

2. Sports of the highest achievements.

3. The system of physical exercises.

4. Features of practicing a chosen sport.

5. International sports relations

Topic 8. Professional and applied physical training.

Discussion questions:

1. Psychophysical characteristics of labor.

2. Efficiency, fatigue, overwork.

3. Recreation, relaxation, well-being

Topic 9. Physical culture in professional activity.

Discussion questions:

1. Industrial physical culture.
2. Professionally applied physical training.
3. The role of future specialists in the implementation of physical culture in the production team.

Criteria for evaluation:

- the mark "passed" is given to the student if he answered the questions correctly and in detail (UK-7 - "know") based on educational and additional literature (UK-7 - "own"), demonstrated the ability to analyze the current state of the problem (UK-7 - “to be able”), the desire to logically definitely and consistently state your answer. In this case, minor errors and inaccuracies may be made, which he can correct on his own or with correction by the teacher.
- the mark "not passed" is given to the student if he incorrectly answered the questions asked or did not answer them at all. The student demonstrated knowledge, skills, skills below the threshold level in accordance with the criteria for assessing competence given in the table.