Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Максимов Алексей Борисович
Должность: директор департамента по образовательной политике
Дата подписания: 18.09.2025 17:42:35
Уникальный программный ключ:
8db180d1a3f02ac9e60521a5672742735c18b1d6

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION

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

« Game Sports»

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 situations 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 "Game Sports"**

Sports game of students' choice – basketball, volleyball, mini-football (soccer), table tennis.

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	Basics of technical techniques of the selected sport game	16		16			
1.2	Individual technical and tactical actions in a selected sport game	16		16			
1.3	Tactics of group actions in a selected sport game	12		12			
1.4	Team actions and play patterns in a selected sport game	12		12			
1.5	Features of sports training taking into account game specialization (role)	12		12			
2.	**3rd semester**	**68**		68			
2.1	Basics of technical techniques of the selected sport game	16		16			
2.2	Individual technical and tactical actions in a selected sport game	16		16			
2.3	Tactics of group actions in a selected sport game	12		12			

2.4	Team actions and play patterns in a selected sport game	12		12			
2.5	Features of sports training taking into account game specialization (role)	12		12			
3.	**4th semester**	**68**		68			
3.1	Basics of technical techniques of the selected sport game	16		16			
3.2	Individual technical and tactical actions in a selected sport game	16		16			
3.3	Tactics of group actions in a selected sport game	12		12			
3.4	Team actions and play patterns in a selected sport game	12		12			
3.5	Features of sports training taking into account game specialization (role)	12		12			
4.	**5th semester**	**68**		68			
4.1	Basics of technical techniques of the selected sport game	16		16			
4.2	Individual technical and tactical actions in a selected sport game	16		16			
4.3	Tactics of group actions in a selected sport game	12		12			
4.4	Team actions and play patterns in a selected sport game	12		12			
4.5	Features of sports training taking into account game specialization (role)	12		12			
5.	**6-7 semester**	**56**		56			
5.1	Basics of technical techniques of the selected sport game	10		10			
5.2	Individual technical and tactical actions in a selected sport game	10		10			
5.3	Tactics of group actions in a selected sport game	12		12			
5.4	Team actions and play patterns in a selected sport game	12		12			
5.5	Features of sports training taking into account game specialization (role)	12		12			
	Total	**328**		**328**			

3.3 Contents of the discipline

Block "Game Sports"

Semesters 2–7

Topic 1. Basics of technical techniques of the selected sport game

History of the emergence and development of the chosen sport. Rules of the sports game. 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. Development of special physical abilities. Use of preparatory exercises. Technique of motor actions. Methodology for conducting a cool-down.

Topic 2. Individual technical and tactical actions in a selected sports game

Mastering game techniques. Mastering individual tactical actions when performing technical techniques. Preparatory and general development exercises. Introductory exercises. Technique and tactical exercises. Improving special physical qualities. Individual tactical actions in attack. Individual tactical actions in defense.

Topic 3. Tactics of group actions in a selected sports game

Application of technical methods in a complex game environment. Improving the level of mastery of individual and collective tactical actions in attack and defense. Tactical exercises and game exercises. Preparatory and active games, relay races. Educational two-way game. Integration of tactical actions into competitive game activities.

Topic 4. Team actions and game plans in the selected sport game

Development of high-speed play. Complexification of tactical combinations. Improvement of the ability to effectively use technique and tactical actions depending on the conditions (condition of partners, opponent, external conditions). Evaluation of the opposing team, their technical, tactical and volitional preparedness. Participation in intra-university competitions. Judging competitions.

Topic 5. Features of sports training taking into account game specialization (role)

Types of game specialization (role) in the selected sports game. Rational technique of game techniques. Improvement (individualization) of technique taking into account individual characteristics and game function in the team. 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, and acquiring

personal experience, providing opportunity independent, targeted 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.

If there are more applicants than places in the study group for a sport, then the students, at the direction of the teacher of this specialization, undergo a competitive selection. Specific test exercises are determined by the teachers of specializations.

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 exercises in such sports games (specializations) as basketball, volleyball, mini-football, and also table tennis for the special educational department.

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 who are assigned to a special medical group "A" or "B" due to their health condition, as well as disabled people and people with limited health capabilities, are enrolled in the special educational department. The number of students in 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 for independent use of physical exercises in organizing a motor regime taking into account the state of health and illness.

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.

Sports and technical focus of practical material: Specialization "Basketball"

- Rules of conduct in the hall, safety precautions;
- basic rules of the game of basketball;
- warm-up technique;
- medical supervision and self-monitoring of the physical condition of those involved;
- basics of sports training;
- player stance technique;
- ball stopping technique;
- technique of turning on the spot;
- ball catching technique;
- technique of covering the ball with the body;
- ball passing technique;
- ball throwing technique;
- technique of dribbling the ball and passing the opponent;
- technique of using distracting actions (feints);
- technique of the defender’s stance and movement;
- technique of selection, interception and covering of the ball;
- individual tactical actions in attack;
- individual tactical actions in defense;
- interactions with barriers;
- group tactical actions in defense;
- group tactical actions in attack;
- participation in intra-university competitions;
- judging competitions.

Specialization "Volleyball"

- rules of the game of volleyball;
- warm-up technique;
- medical supervision and self-monitoring of physical condition

engaged;
- basics of sports training;
- technique of passing the ball from above and below;
- technique of receiving the ball;
- technique of serving the ball from below;
- technique of serving the ball from above;
- blocking technique;
- tactics of collective actions in attack and defense;
- tactics of attacking play;
- tactics of playing in defense;
- improving various types of ball reception;
- improving various types of ball passes;
- improving different types of ball serves;
- improving blocking techniques;
- improving attacking tactics;
- improving defensive tactics;
- participation in intra-university competitions;
- judging competitions.

Specialization: Mini-football

- Rules of conduct in the hall, safety precautions;
- basic rules of the mini-football game;
- drill and general development exercises;
- kicking the ball in various ways;
- hitting the ball with the head;
- various ways to stop a rolling, flying and jumping ball;

- different ways of dribbling the ball;
- different ways of passing the ball;
- ball selection technique;
- various combinations of running, jumping, stopping, turning, starting and accelerating of field players and the goalkeeper;
- improvement of individual technical actions;
- improving individual tactical actions with the ball;
- improving individual tactical actions without the ball;
- group actions in attack;
- game combinations;
- combinations in standard positions;

- interaction of players without resistance and with resistance from the enemy;
- tactics of playing in defense;
- individual actions against the player with the ball;
- individual actions against a player without the ball;
- group actions in defense;
- Counteraction to game and standard combinations;
- interaction of players with the aim of gaining possession of the ball;
- exercises for developing strength and speed-strength qualities;
- exercises to develop speed;
- exercises to develop endurance;
- exercises to develop agility and flexibility;
- improving the playing technique of a field player and goalkeeper;
- mastering new technical techniques;
- improving playing technique in conditions as close as possible to competitive ones;
- performing various technical techniques in conditions of time and space constraints;
- improvement of individual, group and team tactical actions in attack and defense;
- participation in intra-university competitions;
- judging competitions.

Specialization: Table Tennis

- rules of the game;
- warm-up technique;
- medical supervision and self-monitoring of the physical condition of those involved;
- types and techniques of serving;
- types and techniques of strikes;
- technique of defensive actions;
- technique of attacking actions;
- main stand;
- improvement of various types of delivery;
- improving various types of strikes;
- participation in intra-university competitions;
judging competitions.

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=216

2.https://online.mospolytech.ru/course/view.php?id=217

3.https://online.mospolytech.ru/course/view.php?id=6583

4.https://online.mospolytech.ru/course/view.php?id=398 (for special 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 bases data 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, acrobatic track), a set of exercise machines for various muscle groups, and 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 sportsplatform**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 order of its study, to reveal the place and role of the discipline in the system of sciences, its practical significance, to convey to students the requirements for successful completion of 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, physical self-perfect ences, formed and healthy image and lifestyle.	Student can't or in insufficient degree can use creatively means and methods physical education for professional wow and personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle.	Student demonstrates incomplete correspondence following skills: use creatively means and methods physical education for professional wow and personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle. Allowed	Student demonstrates partial correspondence following skills: use creatively means and methods physical education for professional about and personal development, physical self-improvements ovation, formations healthy lifestyle and lifestyle. The skills have been mastered, but are allowed minor	Student demonstrates complete correspondence following skills: use creatively means and methods physical education for professional wow and personal development, physical self-improvement vovanija, formations healthy lifestyle and lifestyle. Free

		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.	mistakes, inaccuracies, difficulties with analytical operations, transfer of skills for new ones, non-standard situations.	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 is experiencing significant difficulties with application skills in new situations.	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 situations.	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.

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**	**Technolo**	**Form**	**Degrees of levels**

	INDEKS	FORMULEIROVKA	components	gia formed vaniya computer	evaluation Wow means * *	development competencies
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 individual health, physical self-improvement ation, values physical culture of personality for success social-cultural and professional activities.	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 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	Naimenovanie 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. 1
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. Учитываются только всероссийские и международные соревнования.*

Appendix No. 2
to the work program

Assessment Test Exercises Foundation
sports and technical preparedness of students of the main educational department

Specialization "Basketball"

Tests	Young men					Girls				
	SCORE					SCORE				
	2	**4**	**6**	**8**	**10**	**2**	**4**	**6**	**8**	**10**
1. Penalty throws (number of hits out of 10 attempts)	3	4	5	6	7	2	3	4	5	6
2. Passing and catching the ball from the shield from a place in 30 seconds from a distance of 4.5 m (times)	14	16	18	20	22	11	12	13	14	16
3. Speed dribbling 20m (sec)	4.6	4.3	4.0	3.7	3.4	5.5	5.2	4.9	4.6	4.3
4. Throws from behind the arc. From any point (number of hits out of 10 attempts)	2	3	4	5	6	1	2	3	4	5
5. Throws from behind the arc. 6 throws from five points (number of hits). Boys - 15 seconds per point, girls - no time limit	6	8	10	13	15	4	6	8	10	13

6. Throw with a hit after dribbling around the 3-second zone with the right hand and the left hand (sum of seconds)	19	17	15	13	11	23	21	19	17	15

Specialization "Volleyball"

Tests	Young men					Girls				
	SCORE					SCORE				
	2	**4**	**6**	**8**	**10**	**2**	**4**	**6**	**8**	**10**
1. Hitting the ball with both hands from above (one time)	20	25	30	35	40	20	25	30	35	40
2. Striking the ball with both hands from below above you (one time)	15	20	25	30	35	15	20	25	30	35
3. Serving the ball (upper straight or lower straight) from any part of the end line (times)	3 of 7	4 of 7	5 of 7	6 of 7	7 of 7	3 of 7	4 of 7	5 of 7	6 of 7	7 of 7
4. Serve from any part of the end line: 6 attempts to the right half of the court and 6 attempts to the left half of the court, without changing the service point (sum of times)	2 of 12	4 of 12	6 of 12	8 of 12	10 of 12	2 of 12	4 of 12	6 of 12	8 of 12	10 of 12
5. Passing the ball in pairs for time (sec)	80	90	100	110	120	60	70	80	90	100

6. Passing the ball in threes with a change of places for a while (sec)	30	35	40	45	50	25	30	35	40	45
7. Direct attacking strike from zone #4 with a pass from a player standing in zone #3 (one)	5 out of 10	6 out of 10	7 out of 10	8 out of 10	9 out of 10	2 of 8	3 of 8	4 of 8	5 of 8	6 of 8
8. Jump serve from any point on the end line (one)	4 out of 10	5 out of 10	6 out of 10	7 out of 10	8 out of 10	3 out of 10	4 out of 10	5 out of 10	6 out of 10	7 out of 10
9. Direct attacking strike from zone #4 with the second pass from the player in zone #3, 6 times to the right and left halves of the court (sum of times)	2 of 12	4 of 12	6 of 12	8 of 12	10 of 12	2 of 12	4 of 12	6 of 12	8 of 12	10 of 12
10. Passing the ball over the net in pairs (times)	20	25	30	35	40	15	20	25	30	35
11. Attacking kick with a shortened pass (one)	3 out of 10	4 out of 10	5 out of 10	6 out of 10	7 out of 10	2 out of 10	3 out of 10	4 out of 10	5 out of 10	6 out of 10
12. Serve in any way until the first error (once in a row)	6	7	8	9	10	5	6	7	8	9

Specializations: Mini-football

Tests	Young men					Girls				
	SCORE									
	2	**4**	**6**	**8**	**10**	**2**	**4**	**6**	**8**	**10**
1. Strikes on a stationary ball (number of hits per	4	5	6	7	8	2	3	4	5	6

gates out of 10 attempts). Boys from 20m, girls from 15m[1].										
2. Hits on target after dribbling (sec)[2].	6.7	6.6	6.5	6.3	6.2	7.5	7.3	7.0	6.9	6.8
3. Passing the ball for speed and accuracy (number of times out of 10 strikes). Boys in 30 sec, girls in 40 sec.[3]	3	4	5	6	7	2	3	4	5	6
4*. Throwing the ball into the goal with your hand 1.5m (young) / 2.0m (girls) (number of hits)[4].	3	4	5	6	7	2	3	4	5	6
5*. Half-volley hits (number of hits out of 10 hits)[5].	3	4	5	6	7	2	3	4	5	6
6*. Catching or hitting a ball from 10m (one out of 10 shots)[6].	5	6	7	8	9	5	6	7	8	9

***** - goalkeeper standards

Rules for performing tests

[1]- The ball must cross the goal line through the air;

[2]- From the starting point located on the front line, the4 posts: the first one is 8 m from the starting point, the next ones are 4 m from each other from a friend. After dribbling the posts (from a distance of at least 10 m from the goal line), a kick is made into the goal, divided vertically into three parts for boys and into two parts for girls. It is necessary to hit one of the side parts as instructed by the teacher. The best of 5 attempts is counted. If the ball does not hit the selected part of the goal, the attempt is not counted;

3- Execute10 low kicks at a stationary ball into the goal posts 1.5 m wide, alternately to the right and left. The goal is marked on 14m from the center of the court. The balls are placed along the center line of the court at a distance of 1m from each other, symmetrically in relation to the center;

4– The throw is made from a step within the penalty area. It is necessary to hit the goal from the posts of the width1.5m for boys and 2.0m for girls. The gates are located on the opposite face line (two gates in the corners, one gate in the middle). Three throws into each gate and the tenth throw into any gate. Hits are added up.

5– The kick is taken from inside the penalty area. The ball is directed towards the goal on the opposite side of the field. After the kick, the ball must cross the goal line without touching the half of the court from which the kick was taken;

6– Five hits on a stationary ball, five hits on the fly (the kicker starts the dribble from a distance15m to the gate). The kicks are performed by field players, from among those involved.

Assessment Test Exercises Foundation

sports and technical preparedness of students of the special educational department

Specialization: Table Tennis

Tests	Young men					Girls				
	SCORE									
	2	**4**	**6**	**8**	**10**	**2**	**4**	**6**	**8**	**10**
1. Serving with the palm side of the racket into a given square (number of 10 times)	3	5	7	9	10	2	4	6	8	10
2. Backhand serve to a given square (10 times)	3	5	7	9	10	2	4	6	8	10
3. Right diagonal roll-up (10 times)	3	5	7	9	10	2	4	6	8	10
4. Left diagonal backhand kick (10 times)	3	5	7	9	10	2	4	6	8	10
5. Right diagonal cut (10 times)	3	5	7	9	10	2	4	6	8	10
6. Left diagonal slice (10 times)	3	5	7	9	10	2	4	6	8	10

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.