

FEDERAL STATE BUDGET EDUCATIONAL INSTITUTION
OF HIGHER EDUCATION
"ROSTOV STATE MEDICAL UNIVERSITY"
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION

THERAPEUTIC AND PROPHYLACTIC
Department

Supervisor
educational program


CONFIRM
/ E.S. Belousova /
(signature) (FULL NAME.)

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DISCIPLINE WORKING PROGRAM
Physical education and sports

Speciality 31.05.01 General medicine

Form of education full-time

I. GOALS AND OBJECTIVES OF MASTERING THE DISCIPLINE

Target mastering the discipline - the formation of physical culture of the individual and the ability to purposefully use a variety of means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future professional activities.

Tasks:

- formation of a motivational-value attitude towards physical culture and sports, attitudes towards a healthy lifestyle, physical improvement and self-education, habits of regular exercise, physical exercise and sports;

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

II. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

The process of studying the discipline is aimed at developing the following competencies in accordance with the Federal State Educational Standard of Higher Education and the EP of Higher Education in this specialty:

2.1. Universal competencies

Category (group) universal competencies	Code And Name universal competencies	Code And Name achievements competencies	indicator universal
Self-organization and self-development (including number health care)	UK-7. Capable support due level physical preparedness For provision full-fledged social And professional activities	UK-7.1. Knows kinds physical exercises; scientific and practical foundations of physical culture and healthy lifestyle and lifestyle UK-7.2. Able to apply in practice a variety of means of physical culture, sports and tourism to preserve and strengthen health, psychophysical preparation and self-preparation for future life and professional activities; use creative means and methods of physical education For professional and personal physical self-improvement, formation of a healthy image and lifestyle UK-7.3. Knows the means and methods of strengthening individual health, physical self-improvement. Able to maintain proper level of physical fitness preparedness With	

		using funds And methods physical culture
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2.2. General professional competencies

Category (group) general professional competencies	Code Name general professional competencies	And	Code and name of the achievement indicator general professional competencies
Healthy image life	OPK-3. Capable spread knowledge about healthy lifestyle life, directed on promotion sanitary culture And prevention diseases of the population		GPC-3.1 Knows the basics of a healthy lifestyle and methods of preventing bad habits. GPC-3.2 Able to apply practical life V monitoring to assess health status various groups population. OPK-3.3 Owns methods carrying out individual classes physical culture health-improving orientation.

III. THE PLACE OF DISCIPLINE IN THE STRUCTURE OF EP VO

3.1. Academic discipline is basic

3.2. To study this academic discipline, you need knowledge, skills and knowledge formed by the following previous disciplines: biology, anatomy.

3.3. A list of subsequent academic disciplines that require knowledge, skills and knowledge formed by this academic discipline: biochemistry, hygiene, physiology, medical supervision.

IV. CONTENT AND STRUCTURE OF DISCIPLINE

Discipline complexity in Z - 2 hours - 72

4.1. Sections of the discipline studied in 1-2 semesters

No. section	Section name	Number of hours					
		Total	Contact Job				SRS
			L	W	HETC	LR	
Semester 1							
1	Physical culture as a social phenomenon, structure and content		2				4
2	Sports and its varieties.		2				2
3	Characteristics of physical qualities, methods of their development and improvement.						2
4	Individual choice of sports, physical training systems.		2				4
5	Basics of a healthy lifestyle for students and the basics of rational nutrition.		2				2
6	Injuries at classes physical training and sports, preventive measures and first aid.		2				2
7	History of Olympic Games.		4				2
Total for the semester		36	16				20
Semester 2							
1	History of the development of physical culture in ancient Rus' and in Russia.		2				2
2	Adaptive physical culture.		2				2
3	Paralympic Games and Disabled Sports		2				4
4	Therapeutic physical culture as a means of prevention and rehabilitation for various diseases		2				4
5	Motivation and fundamentals of methods of independent physical training and sports for students.		2				2
6	Doping in sports and in life.		2				2

7	Extreme Sports		2				2
8	Professional applied physical culture		2				2
Interim certification form - test							
Total for the semester		36	16				20
<i>Total for the discipline for semester 1-2:</i>		72	32				40

SRS- independent work of students **L-** lectures

WITH- seminars

LR -laboratory works **ETC-** practical lessons

4.2. Contact work

SRS- independent work of students **L-** lectures

4.2. Contact work

Lectures

No. section	No. lectures	Lecture topics	Qty hours
Semester 1			
1	1	Physical culture as a social phenomenon, structure and content	2
	2	Sports and its varieties.	2
	3	Characteristics of physical qualities, methods of their development and improvement.	2
	4	Individual choice of sports, physical training systems.	2
	5	Basics of a healthy lifestyle for students and the basics of rational nutrition.	2
3	6	Injuries during physical training and sports, preventive measures and first aid.	2
	7	History of Olympic Games.	4
Total By semester hours			16
Semester 2			
1	9	History of the development of physical culture in ancient Rus' and in Russia.	2
	10	Adaptive physical culture.	2
	eleven	Paralympic Games and Disabled Sports	2

2	12	Therapeutic physical culture as a means of prevention and rehabilitation for various diseases	2
	13	Motivation and fundamentals of methods of independent physical training and sports for students.	2
	14	Doping in sports and in life.	2
	15	Professional applied physical culture	2
3	16	Extreme Sports	2
Total semester hours	By		16

Laboratory work - no

Seminars, practical work - no

4.3. Independent work of students

No. section	Type of independent work of students	Qty hours	Shapes of the current control
Semester 1			
	Studying lecture material	10	Examination notes
	Preparing for the final test	10	
Semester 2			
	Studying lecture material	10	Examination notes
	Preparing for the final test	10	

Study notes of lectures and educational literature are carried out by students throughout the semester, after studying a new topic.

- mastery of general cultural, professional competencies in training profile, experience in creative and research work. Independent work of students contributes to the development of responsibility, organization, and a creative approach to solving educational and professional problems.

The objectives of the SRS are: systematization and consolidation of received theoretical knowledge and practical skills of students; expansion of theoretical knowledge; development of cognitive abilities and activity of students: creative initiative, independence, responsibility and organization; formation of independent thinking, abilities for self-development, self-improvement and self-realization; use of material, collected during independent work for effective preparation for tests.

4.4. List of educational and methodological support for independent work students.

Grachev O.K. Physical culture: textbook / ed. E.V. Kharlamov. – M.: ICC “MarT”; Rostov n/d: Publishing center “MarT”, 2005. – 464 p.

V. ASSESSMENT MATERIALS FOR CURRENT CONTROL, INTERMEDIATE CERTIFICATION

The fund of assessment tools for determining the level of development of competencies as a result of mastering the discipline is an appendix to the work program

VI. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE

6.1. Printed publications

6.1. Basic literature.

1. Physical culture [Electronic resource] / M.Ya. Vilensky, V.Yu. Volkov, L.M. Volkova [and others] - M.: KNORUS, 2016. - 424 p. - Access from the EBS “Student Consultant”.
2. Physical culture and health: textbook / ed. V.V. Ponomareva. – M.: GOU VUNMC, 2006. – 320 p.

6.2. Additional literature.

1. Grachev O.K. Physical culture: textbook / O.K. Grachev; edited by E.V. Kharlamov. – M.: Rostov n/d: MarT, 2005. - 464 p.
2. Dobrovolsky A.S. Weight-lifting. Kettlebell snatch: educational method. allowance [Electronic resource] / A.S. Dobrovolsky; Height. State Honey. university, department FC, exercise therapy and sports. medicine. – Rostov n/d: Publishing house RostGMU, 2014. – 43 p. - Access from EBS RostSMU.
3. History and applied aspects of healthy lifestyle: educational method. manual [Electronic resource] / comp.: E.V. Kharlamov, G.V. Petrova. – Rostov n/d: Rostov State Medical University Publishing House, 2016. – 135 p. - Access from EBS RostSMU.
4. Physical therapy for autonomic dysfunction syndrome in children and teenagers: textbook. allowance [Electronic resource] / comp. N.M. Popova, E.V. Kharlamov. – Rostov n/d: Publishing house of Rostov State Medical University, 2014. - 81 p. - Access from EBS RostSMU.
5. Solodkov A.S. Human Physiology: Textbook for Higher Educational Institutions physical culture. / A.S. Solodkov, E.B. Sologub. – M.: Sport, 2017. – 619 p.
6. Collection of regulatory documents on the implementation of the All-Russian physical education and sports complex "Ready for Labor and Defense" [Electronic resource] / comp. : E. E. Achkasov, E. V. Mashkovsky, O. B. Dobrovolsky. - M.: GEOTAR-Media, 2016. - 208 p. - Access from the EBS “Student Consultant”.

6.2. Internet resources (from the list of Rostov State Medical University library).

Electronic educational library of RostSMU [Electronic resource]. - Access mode: http://80.80.101.225/opacg
EBS "Lan". [Electronic resource]. - St. Petersburg: LLC Publishing House "Lan". - Access mode:http://e.lanbook.com [01/01/2017].
ClinicalKey [Electronic resource] / Elsevier Inc., Reed Elsevier. - Electronic data. - Philadelphia: Elsevier Inc, PA, 2015. - Access mode:https://www.clinicalkey.com [02/02/2017].
Federal Electronic Medical Library of the Russian Ministry of Health [Electronic resource]. - Access mode:http://www.femb.ru/feml/ , http://feml.scsml.rssi.ru [02/02/2017].
Russian education. Federal educational portal [Electronic resource]. - Access mode:http://www.edu.ru/index.php [02/02/2017].
Scientific electronic library eLIBRARY [Electronic resource]. - Access mode: http://elibrary.ru [02/02/2017].
Scopus [Electronic resource] / Elsevier Inc., Reed Elsevier. - Electronic data. - Philadelphia: Elsevier BV, PA, 2015. - Access mode:http://www.scopus.com / , limited [02/02/2017].
Freedom Collection [Electronic resource] / ELSEVIER. - Access mode: http://www.sciencedirect.com/ [02/02/2017].
Archive of scientific journals [Electronic resource] / NEIKON. - Access mode: http://archive.neicon.ru/xmlui/ [02/02/2017].
Open access journals in Russian [Electronic resource] / EIPub NEIKON platform. - Access mode:http://elpub.ru/elpub-journals [02.02.2017].
CyberLeninka [Electronic resource]: scientific. electron. beep. - Access mode: http://cyberleninka.ru/ [02/02/2017].
National Electronic Library [Electronic resource]. - Access mode:http://neb.rf/ [02/02/2017].

6.3. Guidelines for students on mastering the discipline

VII. LOGISTICS

DISCIPLINES

7.1. Training and laboratory equipment.

The lecture course is held in classrooms located on the basis of Rostov State Medical University.

Software for the discipline "Physical Education"

7.2. Technical and electronic means.

Technical training aids		
Multimedia computer	2	Technical requirements: graphic operating system, CD-ROM drive, audio-video inputs/outputs, Internet access. Equipped with speakers, microphone and headphones. With application package (text, tabular, graphic and presentation)
Multimedia projector	1	
Screen (on a tripod or mounted)	1	