

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

*Faculty of Education of foreign students, residents and postgraduates*

CONFIRM

Supervisor  
educational program

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



31 "августа" 20 23

DISCIPLINE WORKING PROGRAM  
ELECTIVE COURSES IN PHYSICAL EDUCATION

Speciality 31.05.01 General medicine

Form of education full-time

Rostov-on-Don  
2023

## 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;

- mastery of a system of practical skills that ensure preservation and health promotion, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports;

- gaining personal experience, improving motor and functional opportunities, providing general and professionally applied physical training;

- 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. support level preparedness provision social professional activities	Capable due physical For full-fledged And	ID-1 UK-7 Possesses methods of physical training and skills of medical self-monitoring of the state of his body.

## 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

3.3. A list of subsequent academic disciplines that require knowledge, skills and knowledge formed by this academic discipline: physiology, biochemistry, hygiene, occupational health, propaedeutics of internal diseases.

**IV. CONTENT AND STRUCTURE OF DISCIPLINE**  
**Discipline complexity in Z - 9 hours - 328**

**4.1. Sections of the discipline studied in semesters 1-6**

No. section	Section name	Number of hours					
		Total	Contact Job			SRS	
			L	WITHETC	LR		
Semester 1							
1	<b>Athletics</b>				4		
2	<b>Sports games (volleyball)</b>				10		
3	<b>Gymnastics and shaping</b>				4		
4	<b>Strength training</b>				6		
5	<b>General physical preparation (GPP)</b>				8		
Total for the semester		54			32		22
Semester 2							
1	<b>Athletics</b>				6		
2	<b>Sports games (volleyball)</b>				6		
3	<b>Gymnastics</b>				4		
4	<b>Strength training</b>				8		
5	<b>General physical preparation (GPP)</b>				8		
Interim certification form - test							
Total for the semester		54			32		22
<i>Total for the discipline for semester 1-2:</i>		108			64		44
No. section	Section name	Number of hours					
		Total	Contact Job			SRS	
			L	WITHETC	LR		

Semester 3							
1	<b>Athletics</b>				4		
2	<b>Sports games (volleyball)</b>				10		
3	<b>Gymnastics</b>				4		
4	<b>Strength training</b>				6		
5	<b>General physical preparation (GPP)</b>				8		
Total for the semester		54			32		22
Semester 4							
1	<b>Athletics</b>				6		
2	<b>Sports games (basketball)</b>				6		
3	<b>Gymnastics</b>				4		
4	<b>Strength training</b>				8		
5	<b>General physical preparation (GPP)</b>				8		
Interim certification form - test							
Total for the semester		54			32		22
<i>Total for the discipline for the 3-4 semester:</i>		108			64		44
No. section	Section name	Number of hours					
		Total	Contact Job			SRS	
			L	WITHETC	LR		
Semester 5							
1	<b>Athletics</b>				6		
2	<b>Sports games (basketball)</b>				6		
3	<b>Gymnastics</b>				4		
4	<b>Strength training</b>				10		
5	<b>General physical preparation (GPP)</b>				8		
Total for the semester		56			32		24

Semester 6							
1	<b>Athletics</b>				4		
2	<b>Sports games (basketball)</b>				10		
3	<b>Gymnastics</b>				4		
4	<b>Strength training</b>				6		
5	<b>General physical preparation (GPP)</b>				8		
Interim certification form - test							
Total for the semester		56			32		24
<i>Total for the discipline for the 5th-6th semester:</i>		112			64		48
<i>Total by discipline</i>		<b>328</b>			192		136

**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 – not provided

**WITH**- seminars – not provided

**LR** -laboratory work - not provided **ETC**-practical lessons

#### **4.2. Contact work Practical work**

No. section	No. ETC	Topics of practical work	Qty hours	Forms current control
Semester 1				
1	1	Training in race walking, walking at variable tempos, running exercises	2	Performance practical tasks
	2	The main provisions of the runner on the command "Start!" and "March!" Running out from a high start. Running from a high start to commands. Uniform running from the start over segments of 100-500 m.	2	Performance practical tasks
	3	Repeated runs of segments at low and medium speed (60-100 m). Running at an acceleration of 40-60 m. Imitation of hand movements in place (as when running). Finishing at maximum speed.	2	Performance practical tasks
2	4	Attacking strike training. Improving ball reception from above Sports and outdoor games.	6	Performance practical tasks
	5	Training in defensive actions during an attack (reception of an overhead strike). Sports and outdoor games	4	Performance practical tasks
	6	Training in defensive actions during an attacking blow (reception of a blow from below). Sports and outdoor games.	4	Performance practical tasks
3	7	Teaching exercises on a gymnastic bench, crossbar, and against a wall bars. Performing exercises: walking on toes, in a half-squat (on a gymnastic bench).	2	Performance practical tasks
	8	Education And improvement various types of equilibria.	2	Performance practical tasks
4	9	Performance complexes for development of security forces upper shoulder girdle and leg muscle strength	2	Performance practical tasks
5	10	Implementation of various outdoor switchgear complexes	6	Performance practical tasks
Total By semester hours			32	
Semester 2				
1	eleven	Performance running exercises aimed at maintaining the frequency and long running steps and freedom of movement. Repeated running of control segments in middle and short distance running.	2	Performance practical tasks

	12	Education And improvement performing low start, high start	2	Performance practical tasks
	13	Training and improvement of baton passing. Start training at distance stages in relay races.	2	Performance practical tasks
2	14	Improving the passing of the ball from above and below. Sports and outdoor games	6	Performance practical tasks
	15	Improving direct feed from above. Sports and outdoor games	4	Performance practical tasks
	16	Two-handed overhand pass while jumping. Direct forward strike. An educational game with the task of accurately performing technical techniques.	4	Performance practical tasks
3	17	Unlearning gymnastics steps. Training in gymnastic jumping exercises. Fixing the material.	2	Performance practical tasks
	18	Unlearning And improvement equilibria. Performance various somersaults and stances.	2	Performance practical tasks
	19	Gymnastic exercises in movement and formation.	4	Performance practical tasks
5	20	Implementation of various outdoor switchgear complexes for various purposes	4	Performance practical tasks
Total By semester hours			32	Performance practical tasks

No. section	No. ETC	Topics of practical work	Qty hours	Forms current control
Semester 3				
1	21	Getting to know the features of running around a turn. Low start in a turn. Running in circles. Starting accelerations. Running at varying intensities over distances from 150 to 250 m.	4	Performance practical tasks
	22	Teaching standing long jump techniques. Jumping on the bar. Repulsion. Flight. Landing. Serial jumps. Standing jumping into a sand pit. Jumping into a pit over an obstacle from a standing position. Push-off from a place with removal of the pelvis. The same with hand movements.	4	Performance practical tasks
	23	Introduction to long jump techniques	4	Performance



		run-up: story, show; performing trial attempts. Serial jumps. Studying take-off: imitation of placing a foot for take-off: take-off from a step, from 2, from 3, from 5 steps. Jump in a step in series, pushing off every 3rd, 5th step. Jumping on the bar. Take-off run. Selection of the optimal length and speed of takeoff.		practical tasks
2	24	Learning to pass the ball from above and below with both hands above you, forward, after moving, from above with both hands behind your head. Receiving the ball from a serve in zones 1, 6, 5 with a follow-up to zone 3. An attacking shot from the second pass in zones 2, 4, 3. Sports and outdoor games.	4	Performance practical tasks
	25	Education implementation elements blocking. Single And double blocking. Making passes. Individual and team actions. Sports outdoor games and	4	Performance practical tasks
	26	Training movements. Movements walking, running, step-by-step, running left, right, running with a change in direction and stopping abruptly at a signal. Passing the ball from above with both hands in place and after moving forward, right, left, back. Individual juggling above and below oneself. Sports and outdoor games.	4	Performance practical tasks
3	27	Acrobatic exercises: supports (crouching, lying, bending, lying behind); gray hairs (on the heels, at an angle); tucks from a lying position and rocking in a tight tuck (with or without the help of a partner); rolls back from the saddle in a tuck and back (with and without the help of a partner); rolls from a crouching position, backwards and sideways.	2	Performance practical tasks
	28	Training in gymnastic exercises: forward somersault, shoulder stand, bridge from a prone position, gymnastic jumps.	2	Performance practical tasks
4	29	Performing sets of exercises to develop the strength of the leg muscles, abdominal muscles, and back muscles.	8	Performance practical tasks
5	thirty	Implementation of outdoor switchgear complexes of various types	4	Performance practical tasks
Total By semester hours			32	
Semester 4				
1	31	Performance running exercises aimed at maintaining frequency and	2	Performance practical

		long running steps And freedom movements. Multiple running control segments in middle and short distance running.		tasks
	32	Education And improvement performing low start, high start	2	Performance practical tasks
	33	Training and improvement of baton passing. Start training at distance stages in relay races.	2	Performance practical tasks
2	34	Improving the passing of the ball from above and below. Sports and outdoor games	4	Performance practical tasks
	35	Improving direct feed from above. Sports and outdoor games	4	Performance practical tasks
	36	Improvement movements on volleyball court. Sports and outdoor games	4	Performance practical tasks
	37	Two-handed overhand pass while jumping. Direct forward strike. Educational game with a technique task.	4	Performance practical tasks
	38	Performing the simplest gymnastic elements: jumps, balances, rolls, bridge, half-split.	2	Performance practical tasks
4	39	Performing sets of exercises to develop the strength of the leg muscles, abdominal muscles, and back muscles.	4	Performance practical tasks
5	40	Implementation of various outdoor switchgear complexes for various purposes	4	Performance practical tasks
Total By semester hours			32	Performance practical tasks
No. section	No. ETC	<b>Topics of practical work</b>	Qty hours	Forms current control
Semester 5				
1	41	Teaching the technique of throwing a small ball. Performing training exercises. Learning to swing and send a projectile. Throwing a ball from a standing position. Imitation. Removing the ball: on the spot and in motion. Throwing a ball from a place from behind the head over the shoulder.	2	Performance practical tasks
	42	Performance running exercises With accelerations at a distance of 10, 15 m. Improving the performance of standing long jumps.	2	Performance practical tasks
2	43	Education technology movements V	4	Performance

		basketball. Movements Withball. Mastery technique ball. Outdoor games.		practical tasks
	44	Teaching basketball shooting techniques (on the spot, on the move, while dribbling the ball). Work in pairs with a ball. Practicing throwing techniques of varying difficulty. Sports and outdoor games	4	Performance practical tasks
	45	Education implementation elements blocking. Doubles exercises in protection, defense, attack. Sports and outdoor games.	4	Performance practical tasks
3	46	Acrobatic exercises: acrobatic combinations, for example: bridge from a supine position, lower to the starting position, flip to a prone position with support on your hands, jump into a crouching position; somersault forward to the point-blank crouching, somersault back to the point-blank position crouching, from the point-up crouching somersault forward to the starting position, somersault back to the stop on the knees with support on the hands, jumping to the point-blank range crouching, somersault forward.	6	Performance practical tasks
4	47	Performing sets of exercises to develop the strength of the leg muscles, abdominal muscles, and back muscles.	4	Performance practical tasks
5	48	Implementation of outdoor switchgear complexes of various types	6	Performance practical tasks
Total By semester hours			32	
Semester 6				
1	49	Improvement technology running on short and medium distances, low start, high start.	2	Performance practical tasks
	50	Improving standing long jumps and relay running.	2	Performance practical tasks
	51	Improvement throwing exercises with a small ball. Performing exercises to develop speed and strength qualities.	2	Performance practical tasks
2	52	Practicing throwing techniques of varying difficulty. Game combinations. Pair exercises in defense, defense, attack. Training games.	4	Performance practical tasks
	53	Working off technology possessions ball, improvement gears and throws. Training games.	4	Performance practical tasks
	54	Training and improvement of forwarding and	4	Performance

		dribbling the ball in motion. Two-way game.		practical tasks
3	55	Performing the simplest gymnastic elements: jumps, balances, rolls, bridge, half-split.	2	Performance practical tasks
	56	Performing gymnastic combinations: bridge from a supine position, lower to the starting position, roll over to a prone position with support on your hands, jump into a crouching position; forward somersault at point-blank crouching, back somersault at point-blank crouching, from point-blank crouching, somersault forward to the starting position, back somersault all the way on the knees with support on the hands, jump transition to point-blank crouching, forward somersault jumping, balance on one leg.	4	Performance practical tasks
4	57	Performing sets of exercises to develop the strength of the leg muscles, abdominal muscles, and back muscles.	4	Performance practical tasks
5	58	Implementation of various outdoor switchgear complexes for various purposes	4	Performance practical tasks
Total By semester hours			32	Performance practical tasks

### 4.3. Independent work of students

No. section	Type of independent work of students	Qty hours	Shapes of the current control
Semester 1			
5	Compilation Andperformance complexes outdoor switchgear aimed at improving speed qualities.	18	Performance practical tasks
5	Demonstration of the compiled complex in class	4	Performance practical tasks
Semester 2			
	Compilation Andperformance complexes outdoor switchgear aimed at developing flexibility.	18	Performance practical tasks
	Demonstration of the compiled complex in class	4	Performance practical tasks
Semester 3			
	Compilation Andperformance complexes outdoor switchgear aimed on development coordination	18	Performance practical

	abilities		tasks
	Demonstration of the compiled complex in class	4	Performance practical tasks
Semester 4			
	Compilation Andperformance complexes aimed at developing strength abilities.	18	Performance practical tasks
	Demonstration of the compiled complex in class	4	Performance practical tasks
Semester 5			
	Drawing up and performing outdoor switchgear complexes with a gymnastic rope.	20	Performance practical tasks
	Demonstration of the compiled complex in class	4	Performance practical tasks
Semester 6			
	Drawing up and performing outdoor switchgear complexes on gymnastic mats.	20	Performance practical tasks
	Demonstration of the compiled complex in class	4	Performance practical tasks

**A student involved in the sports section (member of the national teams of Rostov State Medical University and the faculty) is exempt from attending classes by the teacher conducting practical classes. Requirements for passing standards for student-athletes are determined individually or counted automatically.**

## **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. Therapeutic physical education for autonomic dysfunction syndrome in children and adolescents: 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: a textbook for higher educational institutions of physical education. / 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".

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

	<b>ELECTRONIC EDUCATIONAL RESOURCES</b>	<b>Access to the resource</b>
	<b>Electronic library RostSMU.</b> - URL: <a href="http://109.195.230.156:9080/opacq/">http://109.195.230.156:9080/opacq/</a>	Access is not limited
	<b>Scientific electronic library eLIBRARY.</b> - URL: <a href="http://elibrary.ru">http://elibrary.ru</a>	Open access
	<b>Russian education. Single window of access:</b> federal portal.-URL: <a href="http://www.edu.ru/">http://www.edu.ru/</a> .- New educational environment.	Open access
	<b>Federal Center for Electronic Educational Resources.</b> - URL: <a href="http://srtv.fcior.edu.ru/">http://srtv.fcior.edu.ru/</a>	Open access
	<b>Electronic library Russian fund fundamental research (RFBR).</b> - URL: <a href="http://www.rfbr.ru/rffi/ru/library">http://www.rfbr.ru/rffi/ru/library</a>	Open access
	<b>Ministry Sciences And higher education</b> Russian Federation : official website. - URL: <a href="http://minobrnauki.gov.ru/(Yandex search engine)">http://minobrnauki.gov.ru/(Yandex search engine)</a>	Open access
	<b>Modern problems of science and education:</b> electron. magazine. Online publication. - URL: <a href="http://www.science-education.ru/ru/issue/index">http://www.science-education.ru/ru/issue/index</a>	Open access

**6.4. Consultant Plus [Electronic resource]: reference. legal system. - Access mode: <http://www.consultant.ru> [02.22.2018].**

## **6.5. Guidelines for students on mastering the discipline**

In the process of passing the discipline “Elective courses in physical education”, each student must:

- systematically attend training sessions on days and times, provided for by the curriculum;
  - have sportswear and shoes appropriate for the type of activity and weather conditions;
  - comply with safety regulations and rules of conduct in the gym and on the open sports ground;
  - strive to improve your physical fitness and perform requirements and standards provided for by the curriculum;
  - maintain a rational regime of study, rest and nutrition;
  - regularly perform morning hygienic exercises;
- independently engage in physical exercises and sports, using the advice of a teacher;
- actively participate in mass recreational, physical education, sporting events in a study group, course, institute, university;
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- undergo a medical examination within the prescribed time frame, carry out self-monitoring of health, physical development and physical fitness.