

ANNOTATION
work program of the discipline
physical Culture and sport

Direction of training	05/31/01 General medicine
Number of credits	In accordance with the RUP
Interim certification form (test/ test with assessment/exam)	In accordance with the RUP

1. The purpose of studying the discipline is the formation of the individual's physical culture and the ability to purposefully use various means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future professional activities.

2. Summary of the discipline

The discipline consists of 2 blocks:

Block 1: Physical culture as a social phenomenon, structure and content.

Sports and its varieties.

Characteristics of physical qualities, methods of their development and improvement.

Individual choice of sports, physical training systems.

Basics of a healthy lifestyle for students and the basics of rational nutrition.

Injuries during physical training and sports, preventive measures and first aid.

History of Olympic Games.

2 block:

History of the development of physical culture in ancient Rus' and in Russia.

Adaptive physical culture.

Paralympic Games and Disabled Sports

Therapeutic physical culture as a means of prevention and rehabilitation for various diseases

Motivation and fundamentals of methods of independent physical training and sports for students.

Doping in sports and in life.

Extreme Sports

Professional applied physical culture