

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.)

" 30 " августа 2023

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

Goals mastering the discipline: formation of physical culture of personality and abilities targeted use of various means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future professional activities.

Tasks: medical.

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:

A) general cultural (OK)-OK-6 – the ability to use methods and means of physical culture to ensure full-fledged social and professional activities.

b) general professional (OPK):No c) professional (PC):No

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

2.1. The academic discipline is basic

2.2. To study this academic discipline, you need knowledge, skills and knowledge formed by the following previous disciplines

2.3. List of subsequent academic disciplines that require knowledge, skills and knowledge formed by this academic discipline: anatomy, physiology, biochemistry

IV. CONTENT AND STRUCTURE OF DISCIPLINE Discipline complexity in Z - 2 hours - 72

4.1. Sections of the discipline studied in 1.4 semesters

No. section	Section name	Number of hours					SRS
		Total	Contact Job			LR	
			L	WITH ETC	LR		
Semester 1							
1	Physical culture in general cultural and professional training for students		2			2	
2	Socio-biological foundations of physical culture		2			2	
3	Physical culture in professional activity of a doctor		2			4	
4	Physical activity		2			2	
5	First aid		2			2	

6	Fundamentals of the methodology for independent physical exercise exercises. Self-control		2				4
7	Fundamentals of the development of the science of healthy lifestyle		2				2
8	Olympic Games. Olympic movement		2				2
			16 hours				20 o'clock
	Total		36 hours				
Semester 4							
9	History of the development of physical culture in Rus' since ancient times		2				2
10	Physical culture and sports in the Russian Federation		2				2
eleven	Extreme Sports		2				2
12	Professional applied physical culture		2				4
13	Adaptive physical culture and sports for people with disabilities		2				2
14	Fitness equipment for health		2				2
15	Doping in sports		2				2
16	Individual choice of sports or exercise systems		2				4
	Interim certification form (test/ test with assessment/exam)	test					
			16h.				20 o'clock
	<i>Total:</i>		36 hours				

4.2. Contact work

Lectures

No. section	No. lectures	Lecture topics	Qty hours
Semester 1			
1	1	Physical culture in general cultural and professional training of students	2
2	2	Socio-biological foundations of physical culture	2
3	3	Physical culture in the professional activity of a doctor	2
4	4	Physical activity	2
5	5	First aid	2
6	6	Fundamentals of methods of independent physical exercises. Self-control	2

7	7	Components of a healthy lifestyle	2
8	8	Olympic Games. Olympic movement	2
		TOTAL	16 hours
Semester 4			
9	9	History of the development of physical culture in Rus' since ancient times	2
10	10	Physical culture and sports in the Russian Federation	2
eleven	eleven	Extreme Sports	2
12	12	Professional applied physical culture	2
13	13	Adaptive physical culture and sports for people with disabilities	2
14	14	Fitness equipment for health	2
15	15	Doping in sports	2
16	16	Individual choice of sports or exercise systems	2
		TOTAL	16 hours

Laboratory works -laboratory work is not provided

Seminars, practical work -Seminars and practical work are not provided

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 4			
	Studying lecture material	10	Examination notes
	Preparing for the final test	10	

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

V. ASSESSMENT FUND FOR CURRENT CONTROL, INTERMEDIATE CERTIFICATIONS

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

VI. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE

6.1. Basic literature.

1. Physical culture: Course of lectures [Electronic resource]: course of lectures / V.M. Shulyatiev. - M.: RUDN Publishing House, 2009. - 279 p. - Access from the EBS "Student Consultant".

2. Physical culture and health: textbook / ed. V.V. Ponomareva. - M.: GOU VUNMTs, 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 publishing house, 2005. - 464 p.

2. Dobrovolsky A.S. Weight-lifting. Kettlebell snatch: educational method. manual [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/a: RostSMU, 2016. - 135 p. - Access from EBS RostSMU.

4. Therapeutic physical education for autonomic dysfunction syndrome in children and adolescents: textbook. manual [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 Physical Education Institutions 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 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

	ELECTRONIC EDUCATIONAL RESOURCES	Access to the resource
1.	Electronic educational library RostSMU [Electronic resource]. - Access mode: http://80.80.101.225/opac	Access is not limited
2.	Student Advisor [Electronic resource]: EBS. - M.: LLC "IPUZ". - Access mode: http://www.studmedlib.ru	Access is not limited
3.	Doctor's consultant. Electronic medical library [Electronic resource]: EBS. - M.: LLC GC "GEOTAR". - Access mode: http://www.rosmedlib.ru	Access is not limited
4.	Single window of access to information resources [Electronic resource]. - Access mode: http://window.edu.ru/ [12.02.2018].	Open access
5.	Russian education. Federal educational portal [Electronic resource]. - Access mode: http://www.edu.ru/index.php	Open access

	[02/22/2018].	
6.	Federal Electronic Medical Library of the Russian Ministry of Health [Electronic resource]. - Access mode: http://www.femb.ru/feml/ , http://feml.scsml.rssi.ru [02/22/2018].	Open access
7.	Scientific electronic library eLIBRARY [Electronic resource]. - Access mode: http://elibrary.ru	Open access
8.	National Electronic Library [Electronic resource]. - Access mode: http://neb.rf/	Access is not limited
9.	Web of Science [Electronic resource]. Access mode: http://apps.webofknowledge.com (National subscription of the Russian Federation)	Access is not limited
10.	MEDLINE Complete EBSCO [Electronic resource]. - Access mode: http://search.ebscohost.com (National subscription of the Russian Federation)	Access is not limited
eleven.	Medline (PubMed, USA) [Electronic resource]. - Access mode: https://www.ncbi.nlm.nih.gov/pubmed/ [02/22/2018].	Open access
12.	Free Medical Journals [Electronic resource]. - Access mode: http://freemedicaljournals.com [02/22/2018].	Open access
13.	CyberLeninka [Electronic resource]: scientific. electron. beep. - Mode access: http://cyberleninka.ru/ [02/22/2018].	Open access
14.	Archive of scientific journals [Electronic resource] / NEIKON. - Mode access: http://archive.neicon.ru/xmlui/ [02/22/2018].	Open access
15.	Open access journals in Russian [Electronic resource]/EIPub NEICON platform. - Access mode: http://elpub.ru/elpub-journals [02/22/2018].	Open access
16.	Medical Bulletin of the South of Russia [Electronic resource]. - Mode access: http://www.medicalherald.ru/jour [02/22/2018].	Open access
	Other Open resources can be found at: http://rostgmu.ru → Library → Electronic catalogue → Open Internet resources → further by keyword...	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

Training consists of classroom training, including a lecture course and independent work of students. When studying an academic discipline (module), it is necessary to systematize students' knowledge about the most complex and pressing problems of the discipline being studied. At the lectures, special attention is paid not only to students' mastery of the problems being studied, but also to stimulation of their active cognitive activity, creative thinking, and the development of professionally significant properties and qualities. Each student is provided with access to the University's library collections. For each section of the academic discipline, methodological recommendations for students and guidelines for teachers have been developed. Student work in a group develops a sense of teamwork and communication skills. The initial level of students' knowledge is determined by testing, the current control of mastering the subject is determined by oral questioning during classes. At the end of studying the academic discipline, an intermediate control of knowledge is carried out using an interview on the lecture section and testing.

1. Active leisure (students and mental workers) / comp.: E.V. Kharlamov, S.V. Khodarev, Yu.A. Sidorenko. – 2nd edition, add. and processed - Rostov n/d, 2011. – 120 p.

2. Industrial physical culture: method. manual / comp.: E.V. Kharlamov, A.S. Sorokina, A.V. Menkova. – Rostov n/d: Publishing house RostGMU, 2011. - 37 p.

3. Kettlebell lifting as a component of professional-applied physical training medical student. Education of strength: educational method. manual / comp.: A.S. Dobrovolsky. – Rostov n/d: Publishing house RostGMU, 2011. - 37 p.

4. A healthy lifestyle is the basis of professional and applied physical culture of a student.

medicine: elective course / comp.: E.M. Kalmykova. – Rostov n/d: Publishing house of Rostov State Medical University, 2011. - 57 p.

5. Shaping – as a component in the professional and applied training of a medical student:

elective course / comp.: G.V. Petrova. – Rostov n/d: Publishing house of Rostov State Medical University, 2011. - 13 p.

6. Kharlamov E.V. Indications and contraindications for physical education.

[Electronic resource]: method. rec. / E.V. Kharlamov, S.V. Orlova, O.V. Glushchenko. – Rostov n/d: Rostov State Medical University Publishing House, 2013. - 53 p. - Access from EBS RostSMU.

VII. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE

7.1. Training and laboratory equipment.

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

Presentations for a multimedia projector for a lecture course:

Lectures:

1. "Physical education in general cultural and professional training of students."
PowerPoint presentation – 37 slides.
2. "Socio-biological basics physical culture."
PowerPoint presentation - 43 slides.
3. "Motor activity." Presentation PowerPoint - 52 slides.
4. "Physical culture in the professional activity of a doctor" -
5. "First aid". PowerPoint presentation - 62 slides.
5. "Fundamentals of methods of independent physical exercise. Self-control."
PowerPoint presentation – 70 slides
6. "Fundamentals of the development of the science of healthy lifestyle." PowerPoint presentation - 22 slides.
7. "Olympic Games. Olympic Movement". PowerPoint presentation - 84 slides.
9. "History of the development of physical culture in Rus' since ancient times." Presentation
PowerPoint - 48 slides.
10. "Physical culture and sports in the Russian Federation." PowerPoint Presentation - 64
slide.
11. "Extreme sports." PowerPoint presentation – 79 slides.
12. "Professional applied physical culture." PowerPoint Presentation - 41
slide.
13. "Adaptive physical culture and sports for people with disabilities." PowerPoint Presentation – 39
slides.
14. "Gym equipment for the service of health." PowerPoint presentation – 71 slides.
15. "Doping in sports." PowerPoint presentation - 103 slides.
16. "Individual choice of sports or physical exercise systems" - 42 slides.

7.2. Technical and electronic means.

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

**Checklist for discipline: physical
education and sports Interim certification -
final testing**

Evaluation criteria for the test

percentage of correct answers (%)	grade
75-100	passed
Less than 75	not accepted

