

Approved by  
Deputy Rector for Academic Affairs

\_\_\_\_\_E.V. Konovalova

"15" June 2023, Record No.5

## Game sports

### Syllabus

**Department**                      **Physical Education**  
Curriculum                      s310501-ЛечДелоИИ-23-1.plx  
Specialty 31.05.01 General Medicine

**Qualification**    **General Practitioner**

Form of education                      **Full-time**

Total (in credits)                      **0**

Total academic hours                      328                      Control:

Including:                      Credit 6<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup> term

Classes                      304

Self-study                      24

#### Course outline in terms

Academic year (Term)	2 (1.2)		3 (2.1)		4 (2.2)		5 (3.1)		6 (3.2)		Total	
Weeks	17 2/6		17 2/6		17 2/6		17 2/6		17 2/6			
Types of classes	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl
Practical	48	48	64	64	64	64	64	64	64	64	304	304
Total	48	48	64	64	64	64	64	64	64	64	304	304
Classes	48	48	64	64	64	64	64	64	64	64	304	304
Self-study	8	8	4	4	4	4	4	4	4	4	24	24
Total	56	56	68	68	68	68	68	68	68	68	328	328

The Syllabus is compiled by:

Doctor of Education, Professor, Peshkova N.V. \_\_\_\_\_

The Syllabus

**Game sports**

Developed in accordance with Federal State Educational Standard:

Federal State Educational Standard of higher education in the specialty 31.05.01 General medicine  
(Order of the Ministry of Education and Science of the Russian Federation on August, 12, 2020 № 988)

Based on the Curriculum:

31.05.01 GENERAL MEDICINE

Specialization: General Medicine

Approved by the Academic Council of Surgut State University, 15.06.2023, Record № 5

The Syllabus was approved by the Academic Council of Surgut State University,

**Physical Education**

**1. COURSE OBJECTIVES**

- 1.1 **The aim of the course** is to acquire practical experience of applying a variety of means and methods of physical culture and sport to preserve and strengthen health, maintain a proper level of physical fitness as a condition for ensuring full social and professional activity.

**2. COURSE OVERVIEW**

Course code (in curriculum) Б1.О.03.ДБ.01

2.1 **Assumed background:** Basic level of knowledge in high school subjects "Physical

2.2 **Post-requisite courses and practice:**

**3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)**

**UC-7.3 - Maintains the proper level of physical fitness to ensure full-fledged social and professional activity, regularly engaging in physical exercises**

**By the end of the course student must:**

3.1 **Know:**

3.1.1 the basics of exercise technique and methods of their application to maintain a proper level of physical fitness

3.2 **Be able to:**

3.2.1 apply physical exercises in the process of regular exercise in various types of motor activities

3.3 **Have skills of:**

3.3.1 maintaining an adequate level of physical fitness to ensure full social and professional activity

**4. STRUCTURE AND CONTENTS OF THE COURSE (MODULE)**

Class Code	Topics/Class type	Term / Academic year	Academic hours	Competences	Literature	Interactive
	<b>Section 1. Sports orientation stage</b>					
1.1	Propaedeutics in sports, types of physical activity /pr/	2	40	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
1.2	General physical training /pr/	2	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
1.3	General physical training /Self-study/	2	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
1.4	<b>Credit</b>	2	0	UC-7.3		
	<b>Section 2. Stage of sport specialisation</b>					
2.1	The history of the emergence and current state of development of the sport /Self-study/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.2	Technical and tactical training by sport /pr/	3	32	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.3	General and special physical training for the type of sport /pr/	3	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.4	Integral training by sport /pr/	3	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.5	Structure and content of a training session in a sport discipline /pr/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.6	Fundamentals of refereeing competitions in a sport /pr/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.7	Fundamentals of refereeing competitions in a sport /Self-study/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5	
2.8	<b>Credit</b>	3	0	UC-7.3		

2.9	Technical and tactical training by sport /pr/	4	32	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.10	General and special physical training for the type of sport /pr/	4	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.11	Integral training by sport /pr/	4	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.12	Structure and content of a training session in a sport discipline /pr/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.13	Structure and content of a training session in a sport discipline /Self-study/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.14	General and special physical training for the type of sport /pr/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.15	General and special physical training for the type of sport /Self-study/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
2.16	<b>Credit</b>	4	0	UC-7.3	
<b>Section 3. Sports improvement stage</b>					
3.1	Technical and tactical training by sport /pr/	5	22	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.2	Specialised physical training /pr/	5	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.3	General physical training /pr/	5	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.4	Integral training by sport /pr/	5	14	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.5	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport /pr/	5	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.6	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport /Self-study/	5	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.7	<b>Credit</b>	5	0	UC-7.3	
3.8	Technical and tactical training by sport /pr/	6	22	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.9	Special physical training by sport /pr/	6	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.10	General physical training /pr/	6	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.11	Integral training by sport /pr/	6	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.12	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport /pr/	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.13	Organization and methods of conducting a training session in a type of sport /pr/	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.14	Requirements for planning and control of independent physical culture and sports activities of different target orientation /pr/	6	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.15	Requirements for planning and control of independent physical culture and sports activities of different target orientation /Self-study/	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2. E1 E2 E3 E4 E5
3.16	<b>Credit</b>	6	0	UC-7.3	

## 5. ASSESSMENT TOOLS

### 5.1. Assessment tools for midterm assessment

Presented by a single document

### 5.2. Assessment tools for diagnostic testing

Presented by a single document

## 6. COURSE (MODULE) RESOURCES

### 6.1. Recommended Literature

#### 6.1.1. Core

	Authors	Title	Publish., year	Quantity
1.1	Barchukov I. S., Nazarov Yu. N., Kikot V. Ya.	Physical Education and Physical Training: Textbook	Moscow: UNITY DANA, 2012	1
1.2	Smirnov A. A.	Mini-football in higher education: textbook	Moscow: Moscow State Construction University, EBS ASV, 2007	1
1.3	Strikhanov M. N., Savinkov V. I.	Physical Education and Sport in Higher Education Institutions: Textbook	Moscow: Yurait Publishing House, 2018	1
1.4	Zhdanov V. Y., Zhdanov I. Y., Milodanova Y. A.	Teaching Table Tennis in 5 Steps: Training Manual	Moscow: Sport, 2015	1

#### 6.1.2. Supplementary

2.1	Kislitsyn Yu. L., Pobyvanets V. S., Burmistrov V. N.	Physical education and sport in the socio-biological adaptation of students: A reference manual	Moscow: Peoples' Friendship University of Russia, 2013	1
2.2	Losev V. Yu.	Theory and Methodology of Physical Culture (Theory and Methodology of Sport): Educational and Methodological Man	Surgut: Publishing Centre of Surgut State University, 2016	2

#### 6.2. Internet resources

E1	<a href="https://www.minsport.gov.ru/">https://www.minsport.gov.ru/</a>
E2	<a href="http://www.fizkult-ura.ru/">http://www.fizkult-ura.ru/</a>
E3	<a href="http://kultura-fiz.vspu.ac.ru/">http://kultura-fiz.vspu.ac.ru/</a>
E4	<a href="https://gto.ru/">https://gto.ru/</a>
E5	<a href="http://www.teoriya.ru/ru">http://www.teoriya.ru/ru</a>

#### 6.3.1 Software

6.3.1.1 Operational system Microsoft, applied programs pack Microsoft Office

#### 6.3.2 Information Referral systems

6.3.2.1 <http://www.garant.ru>

6.3.2.2 <http://www.consultant.ru>

## 7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)

7.1	Gymnasium 1, equipped with the necessary equipment: basketball hoops, volleyball stands and net, futsal gates, Swedish walls, hanging combined horizontal bars, bleachers, benches, table, balls for various sports
7.2	Gymnasium 2 with the necessary equipment: basketball hoops, volleyball posts and net, futsal gates, wall bars, hanging combined horizontal bars, benches, table, balls for various sports
7.3	Table tennis hall with the necessary equipment: tennis tables, rackets, tennis balls, Swedish walls, combined climbing walls, table, benches