



The Syllabus is compiled by:

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

The Syllabus

**General physical training**

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	<b>The aim of the course</b> 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	<b>Assumed background:</b> Basic level of knowledge in high school subjects "Physical
2.2	<b>Post-requisite courses and practice:</b>

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

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

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

3.1	<b>Know:</b>
3.1.1	the basics of exercise technique and methods of their application to maintain a proper level of physical fitness
3.2	<b>Be able to:</b>
3.2.1	apply physical exercises in the process of regular exercise in various types of motor activities
3.3	<b>Have skills of:</b>
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, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
1.2	General physical training /pr/	2	8	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
1.3	General physical training /Self-study/	2	8	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
1.4	<b>Credit</b>	2	0	UC-7.3		
<b>Section 2. Stage of specialisation in the form of motor activity</b>						
2.1	History of emergence and current state of development of the motor activity type /Self-study/	3	2	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
2.2	Technique of performing physical exercises of different target orientation /pr/	3	8	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
2.3	Technique of performing physical exercises of different target orientation /Self-study/	3	2	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
2.4	General physical training /pr/	3	52	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
2.5	Structure and content of physical exercise classes of different target orientation /pr/	3	4	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5	
2.6	<b>Credit</b>	3	0	UC-7.3		

2.7	Organization and methodology of physical exercise classes of different target orientation /pr/	4	6	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
2.8	Organization and methodology of physical exercise classes of different target orientation /Self-study/	4	4	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
2.9	General physical training /pr/	4	58	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
2.10	<b>Credit</b>	4	0	UC-7.3	
<b>Section 3. Physical improvement stage</b>					
3.1	Basics of rational nutrition in the process of physical training and health-improving activities /Self-study/	5	4	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.2	Organization and methodology of physical exercise classes of different target orientation /pr/	5	12	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.3	General physical training /pr/	5	52	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.4	<b>Credit</b>	5	0	UC-7.3	
3.5	Organization and methodology of physical exercise classes of different target orientation /pr/	6	6	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.6	General and special physical training /pr/	6	52	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.7	Requirements for planning and control of independent physical culture and sports activities of different target orientation /pr/	6	6	UC-7.3	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.8	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, 2.1, 2.2, 2.3, 2.4, 2.5. E1 E2 E3 E4 E5
3.9	<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	Geletskaya L.N.	Physical training of students of the special education department	Krasnoyarsk: Siberian Federal University, 2014	1
1.3	Peshkova N. V., Busheva J. I., Shutova M. V., Akhtemzyanova N. M., Kahn N. B., Peshkov A. A., Salakhov I. M.	Physical training and sport in higher education: textbook	Surgut: Publishing Centre of Surgut State University, 2018	2

<b>6.1.2. Supplementary</b>				
2.1	Bomin V. A., Sukhinina K.V.	Health-saving technologies in the preservation and formation of students' health: Educational and methodological manual	Irkutsk: Irkutsk Branch of the Russian State University of Physical Culture, Sports, Youth and Tourism, Irkutsk State Agricultural Academy, 2011	1
2.2	Bashmakov V. P.	Pedagogical and medical aspects of physical training with students of special medical group: Educational and methodological manual	St. Petersburg: St. Petersburg State University of Architecture and Construction, EBS ASV, 2011	1
2.3	Akhtemzyanova N. M., Kahn N. B., Mashtakova M. N., Salakhov I. M.	Disciplines (modules) on physical culture and sport. Elective discipline "fitness training": educational and methodical manual	Surgut: Publishing Centre of Surgut State University, 2017	2
2.4	Serzhenko E.V., Pletzer S.V.	Fitness aerobics: textbook for students of higher educational institutions	Volgograd: Volgograd State Agrarian University, 2015	1
2.5	Yudenko I. E., Akhtemzyanova N. M., Kahn N. B., Peshkova N. V.	Physical education and sport for students of special medical group. Ч. 1	Surgut: Publishing Centre of Surgut State University, 2019	1
<b>6.2. Internet resources</b>				
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>			
<b>6.3.1 Software</b>				
6.3.1.1	Operational system Microsoft, applied programs pack Microsoft Office			
<b>6.3.2 Information Referral systems</b>				
6.3.2.1	<a href="http://www.garant.ru">http://www.garant.ru</a> Informacionno-pravovoj portal Garant.ru			
6.3.2.2	<a href="http://www.consultant.ru">http://www.consultant.ru</a> Spravochno-pravovaya sistema "Konsul'tant Plyus"			

<b>7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)</b>	
7.1	Gymnastics room with the necessary equipment: wall bars, combined horizontal and vertical bars, benches, mirrors, choreography machines, gymnastic mats, fitness equipment
7.2	Gymnasium (Gym), equipped with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, hanging combined horizontal bars, dumbbells, benches, mirrors, table
7.3.	Physical rehabilitation room, with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, dumbbells, benches, mirrors, sports equipment for fitness.