



The Syllabus is compiled by:

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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	<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.
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**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>
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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, 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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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