

Документ подписан простой электронной подписью  
 Информация о владельце:  
 ФИО: Косенок Сергей Михайлович  
 Должность: ректор  
 Дата подписания: 10.06.2024 11:45:08  
 Уникальный программный ключ:  
 e3a68f3eaa1e62674b54f4998099d3d6bfdcf836

Khanty-Mansiysk Autonomous Okrug-Ugra  
 "Surgut State University"

Approved by  
 Deputy Rector for Academic Affairs

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

“15” June 2023, Record No.5

## General physical training

### Syllabus

**Department Physical Education**

Curriculum s310501-ЛечДелоИн-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>th</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	17 2/6	17 2/6	17 2/6	Cur	Syl	
Types of	Cu	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 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 <b>/pr/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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 <b>/Self-study/</b>	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 <b>/pr/</b>	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 <b>/Self-study/</b>	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 <b>/pr/</b>	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 <b>/pr/</b>	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.