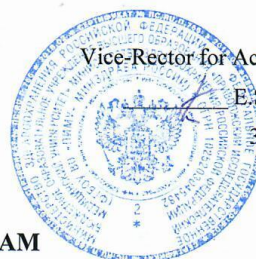


Federal State Budgetary Educational Institution of Higher Education
"Privolzhsky Research Medical University"
Ministry of Health of the Russian Federation



APPROVED

Vice-Rector for Academic Affairs

E.S. Bogomolova

31 August 2021

WORKING PROGRAM

Name of the academic discipline: **OPTIONAL DISCIPLINES (MODULES) IN PHYSICAL CULTURE AND SPORTS**

Specialty: **33.05.01 PHARMACY**
(code, name)

Qualification: PHARMACIST

Department: **PHYSICAL CULTURE AND SPORT**

Mode of study: **FULL-TIME**

Labor intensity of the academic discipline: **328 academic hours**

Nizhny Novgorod
2021

The working program has been developed in accordance with the Federal State Educational Standard for the specialty 33.05.01 Pharmacy, approved by Ministry of Science and Higher Education of the Russian Federation No. 988 of August, 12, 2020.

Developers of the working program:

Guryanov M.S., Doctor of medical science, Associate professor, Head of the department
Shirokova M.A., senior teacher of the department of physical culture and sport

The program was reviewed and approved at the department meeting (protocol No. 8, March, 5, 2021)

Head of the Department, Doctor of medical science, Associate professor, Guryanov M.S.

March, 5, 2021

AGREED

Deputy Head of EMA ph.d. of biology _____ Lovtsova L.V.

(signature)

March, 5, 2021

1. The purpose and objectives of mastering the academic discipline «elective disciplines (modules) in physical culture and sports» (hereinafter – the discipline):

1.1. The purpose of mastering the discipline: the purpose of mastering the discipline «Elective disciplines (modules) in physical culture and sports» specialization football is the formation of physical culture of the personality of students and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for future professional activity.

1.2. Tasks of the discipline:

1. Understanding the social significance of physical culture and its role in personal development and preparation for professional activity

2. Knowledge of scientific, biological, pedagogical and practical fundamentals of physical culture and healthy lifestyle

3. Formation of a motivational and value attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education habits of regular physical exercise and sports

4. Mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, personality qualities and properties, self-determination in physical culture and sports

5. Acquisition of personal experience in improving motor and functional capabilities, ensuring general and professionally applied physical fitness for the future profession and life

6. Creating the basis for creative and methodically sound use of physical culture and sports activities for the purposes of subsequent life and professional achievements

1.3. Requirements to the deliverables of mastering the discipline

Elective disciplines (modules) on physical culture and sports are the most important component of the holistic development of personality, and are closely related not only to the physical development and improvement of the functional systems of the body of a young person, but with the formation of vital mental qualities, properties and personality traits by means of physical culture and sports.

As a result of mastering the discipline (module), students should have the following general cultural competencies (OK-8):

Ability to use methods and tools of physical culture to ensure full-fledged social and professional activities

As a result of completing the discipline, the student should

Know: values of physical culture and sports; the importance of physical culture in human life; cultural, historical heritage in the field of physical culture; the role of physical culture in the development of personality and its preparation for professional activity; scientific and practical foundations of physical culture and a healthy lifestyle; factors determining human health, the concept of a healthy lifestyle and its components; technology of increasing the level of functional and motor abilities of the individual; principles and patterns of education and improvement of physical qualities; methods of monitoring and evaluation of physical development and physical fitness; methodological foundations of physical education, the foundations of self-improvement of physical qualities and personality traits; basic requirements for the level of his psychophysical preparation for factors;

Be able to: to make extensive use of theoretical and methodological knowledge on the use of various means of physical culture for the acquisition of individual practical experience and the organization of collective sports activities; to assess the current state of physical culture and sports in the world; to adhere to a healthy lifestyle to make extensive use of theoretical-methodological knowledge on the use of various means of physical culture for the acquisition of individual practical experience and the organization of collective sports activities; to form motivational and value attitudes to physical culture, attitudes to a healthy lifestyle, physical self-

improvement and self-education, the need for regular physical exercise and sports; independently maintain and develop basic physical qualities in the process of physical exercise; to carry out the selection of the necessary applied physical exercises for the adaptation of the body to various working conditions and specific environmental influences

Possess: a system of theoretical and practical skills and abilities that ensure the preservation and strengthening of health, various modern concepts in the field of physical culture, a system of theoretical and practical skills and skills that ensure the preservation and strengthening of health, a methodology for forming and performing a set of health-improving exercises for self-study, methods of self-control when performing physical activities of various nature, rules of personal hygiene, rational work and rest regime, means and methods of countering adverse factors and working conditions, reducing fatigue in the process of professional activity and improving the quality of results, methods and methods of self-diagnosis, self-assessment, means of recovery for self-correction of health by various forms of motor activity that meet the needs of a person in the rational use of free time, methods of self-selection of a sport or a system of physical exercises to strengthen health; health-saving technologies; means and methods of education of applied physical (endurance, speed, strength, flexibility and dexterity) and mental (courage, determination, perseverance, self-control, etc.) qualities necessary for the successful and effective performance of certain labor actions

2. Position of the academic discipline in the structure of the General Educational Program of Higher Education (GEP HE) of the organization.

2.1. The discipline elective courses (modules) in physical culture and sports is a discipline of the variable part of the curriculum

The discipline is taught in 1st, 2nd, 3rd, 4th, 5th, 6th semesters/1st, 2nd, 3rd years of study.

2.2. The following knowledge, skills and abilities formed by previous academic disciplines are required for mastering the discipline:

1. Philosophy;
2. Pedagogy;
3. Psychology;
4. Law;
5. Normal anatomy;
6. Normal physiology;
7. Pathological physiology;
8. Pharmacology;
9. Therapeutic physical culture and sports medicine;
10. Hygiene;
11. Propaedeutics of internal diseases;
12. General surgery;
13. Neurology;
14. Traumatology.

2.3. Mastering the discipline is required for forming the following knowledge, skills and abilities for subsequent academic disciplines:

1. Knowledge of the history of the development of physical culture and sports in Russia; the social significance of physical culture and sports; age-sex characteristics of the development of basic physical qualities and motor skills involved; the influence of health-improving systems of physical education on health promotion, prevention of occupational diseases and bad habits; methods of monitoring and evaluation of physical development and physical fitness; rules and methods planning of individual classes for various groups of the population; fundamentals of

physical education of various groups of the population;

2. The ability to effectively use the types and forms of rational motor activity; to use the acquired knowledge, motor skills and skills to improve performance, preserve and strengthen health; to prepare for professional activity; to organize activities for the formation of a healthy lifestyle; organization and conduct of individual, collective, family recreation; participation in mass recreational activities and sports competitions;

3. Skills of performing individually selected complexes of health-improving and adaptive (therapeutic) physical culture, complexes of morning hygienic gymnastics; performing the simplest techniques of self-massage and relaxation.

3. Deliverables of mastering the academic discipline and metrics of competence acquisition

Mastering the discipline aims at acquiring the following universal (UC) or/and general professional (GPC) or/and professional (PC) competencies

№	Competence code	The content of the competence (or its part)	Code and name of the competence acquisition metric	As a result of mastering the discipline, the students should:		
				know	be able to	possess
1.	UC-7	Selects health-saving technologies to support a healthy lifestyle, taking into account the physiological characteristics of the body	UC-7.1	Values, functions of physical culture and sports, the role of physical culture and sports in the development of society	Plan and organize training sessions, apply various exercise systems in order to improve physical fitness to preserve and strengthen health	Principles, methods and means of organizing physical culture and sports, including recreational physical culture
		Plans his working and free time for an optimal combination of physical and mental load and ensuring working capacity	UC 7.2	Methods and means of physical culture and sports, the basics of the formation and improvement of physical qualities, as well as the level of physical fitness	Exercise self-control of the state of your body in the process of physical education and sports	Ways and means of organizing a healthy lifestyle
		Observes and promotes the norms of a healthy lifestyle in various life situations and in professional activities	UC 7.3	Principles and fundamentals of the methodology of conducting training sessions in order to increase the	To use the means and methods of physical culture for the formation of physical and mental qualities of a person and the	The skills of organizing independent physical education and sports, including recreational physical education

				adaptive reserves of the body and strengthen health	organization of a healthy lifestyle	
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4. Sections of the academic discipline and competencies that are formed when mastering them

№	Competence code	Section name of the discipline	The content of the section in teaching units
	UC-7	Variable part	328 hours

5. Volume of the academic discipline and types of academic work

Type of educational work	Labor intensity		Labor intensity (AH) in semesters					
	volume in credit units (CU)	volume in academic hours (AH)	I	II	III	IV	V	VI
Classroom work, including	-	328	54	54	54	54	54	54
Lectures (L)	2	-	-	2	-	-	-	-
Laboratory practicum (LP)*	-	-	-	-	-	-	-	-
Practicals (P)	-	328	54	54	54	54	54	54
Seminars (S)	-	-	-	-	-	-	-	-
Student's individual work (SIW)	-	-	-	-	-	-	-	-
Mid-term assessment			-	-	-	-	-	-
credit/exam (<i>specify the type</i>)	2	-	-	-	-	-	1	1
TOTAL LABOR INTENSITY	-	328	54	54	54	54	54	54

5. Content of the academic discipline

5.1. Sections of the discipline and types of academic work

№	Name of the section of the academic discipline	Types of academic work* (in AH)					
		L	LP	P	S	SIW	total
1	Practical	2		326			328
	TOTAL						

* - L – lectures; LP – laboratory practicum; P – practicals; S – seminars; SIW – student's individual work.

5.2. Thematic schedule of educational work types:

5.2.1. Thematic plan of practicals

№	Name of the topics of practicals	Volume in AH	
		semester	semester
1	General physical training	18	18
2	Volleyball	18	18
3	Basketball	18	18
4	Mini football	18	18
5	Strength training	18	18
6	Pilates	18	18

7	Fitness aerobics	18	18
8	Martial arts	18	18
9	Cheerleading	18	18
	TOTAL (total - AH)	162	162

6. Types of assessment formats for ongoing monitoring and mid-term assessment

6.1. Scientific research student's work:

The research work of students is an integral part of the educational process of the Department of Physical Culture, contributes to attracting students to research work and instilling practical skills of independent work. Its planning is carried out taking into account the main scientific problem being developed at the department.

Approximate directions:

6.1.1. Independent work to determine the tolerance of physical activity during physical education classes in various departments (main, special, sports improvement).

6.1.2. Participation as a co-executor of interdepartmental and interuniversity research topics.

6.1.3. Performing abstract work on sections:

- Sociological and general theoretical problems of physical culture and sports;
- Physical culture and sports in the health service;
- Physical education of children and adolescents;
- Medical aspects of sports activities;
- Professional and applied orientation of physical culture and sports;
- Medical and biological foundations of mass physical culture and sports;
- Motor and wellness systems;
- Correction of the psychophysical state of a person;
- Modern and non-traditional methods of maintaining working capacity;
- Adaptive physical education.

6.1.4. Presentation of reports at the final scientific student conferences of the SSS of the department, interuniversity, Russian and international student conferences.

6.1.5. Publication of the results of scientific research in the collections of scientific and practical conferences of various scales.

6.1.6. Participation in intra-university competitions.

6.2. Approximate topics of abstract works:

6.2.1. The current state and prospects for the development of physical culture and sports in Russia.

6.2.2. The history of the development of physical culture in Russia.

6.2.3. Socio-political functions of physical culture and sports.

6.2.4. Prevention of nervous-emotional and psychophysical fatigue of students by means of physical culture and sports.

6.2.5. The main reasons for the change in the state of students during the examination session.

6.2.6. Psychophysiological characteristics of intellectual activity and educational work of medical students.

6.2.7. The main directions of the impact of physical exercises of the training regime on the human body.

6.2.8. Biochemical changes in the body during muscular activity of various kinds.

6.2.9. Structural and functional changes of the cardiovascular system under the influence of sports, the main methods of diagnosis of the "physiological" sports heart.

6.2.10. Medical problems of sports training (medical control, pedagogical, self-control; the relationship of motor activity and life expectancy).

6.2.11. Physiological foundations of sports and wellness training (type, magnitude, intensity of the load; frequency of classes; rest intervals; training methods).

6.2.12. Physiological assessment of the training process of various directions (general or special physical training). Doping: biological, pharmacological, narcotic, psychological; social aspects.

6.2.13. Doping, stimulants and their impact on the health of an athlete and improving athletic performance.

6.2.14. Pathological effect of prolonged use of doping and stimulants on the athlete's body (female, children's organisms).

6.2.15. Features of professionally applied physical training of students in their chosen field of training or specialty.

6.2.16. Motor mode in the doctor's wellness program.

6.2.17. Characteristics of working conditions and the nature of the psychophysical load of the doctor's professional activity.

6.2.18. Improvement of physical qualities using various simulators.

6.2.19. Exercise equipment for general physical training of athletes, persons with impaired health and the disabled.

6.2.20. Absolute and relative contraindications to training on simulators.

6.2.21. Non-traditional and "folk" means of maintaining and restoring athletic performance.

6.2.22. "Auto-training + physical education" as a means of improving performance.

6.2.23. The basics of restoring the functions and fitness of the human body.

6.2.24. The history of the Paralympic movement (summer, winter Games, "silent games", etc.).

6.2.25. Organization and forms of medical control in the process of physical culture and sports.

6.2.26. Types and methods of self-control in physical education and sports.

6.2.27. Modern original methods of assessing a person's physical condition (determination of biological age; assessment of functional state).

6.2.28. Endogenous and exogenous factors of injury occurrence and their prevention.

6.3. Evaluation tools for monitoring academic performance and results of discipline development

The criteria for the effectiveness of training sessions are requirements and indicators based on the use of motor activity at least a certain minimum, mandatory and additional tests developed by the Department of Physical Culture for students of different study groups in sports (elective courses), professional and applied physical training, taking into account the specifics of training specialists at the university.

Control classes provide operational, current and final differentiated information about the degree of mastering theoretical and methodological knowledge and skills, about the state and dynamics of physical development, physical and professional – applied readiness of each student. Operational control provides information about the progress of students in a particular department, type of academic work. Current – allows you to assess the degree of mastering a section, topic, type of academic work. The final control makes it possible to identify the level of formation of the student's physical culture and self-determination in it through a comprehensive examination of knowledge, methodological and practical skills, characteristics of the student's general physical, sports and technical readiness, his psychophysical readiness for professional activity.

Evaluation of the development of the educational material of the program

Students of all academic departments who have completed the curriculum take a physical education test, which is conducted in three sections of educational activities. The criterion for assessing the success of mastering the educational material is the expert assessment of the teacher and the evaluation of the results of the relevant tests according to the developed tables. A separate assessment is given for each of the three sections. The overall grade is determined by the arithmetic mean of positive grades in all three sections of educational activity.

Section I. Theoretical and methodological knowledge, mastery of methodological skills and abilities.

The assimilation of the material of the section is determined by the level of mastery of theoretical and methodological knowledge, corresponding practical skills and skills of their use for an assessment not lower than "satisfactory".

Section II. General physical and sports – technical training.

In each semester, it is recommended that students plan to complete no more than 5 tests, including three mandatory physical fitness control tests in every second half of the year. Sample tests on general physical fitness for students of educational departments are presented in Tables No. 1, 3. The assessment of the performance of tests of general physical and sports and technical fitness is determined by the average number of points scored in all tests, provided that each of them is not lower than one point (Table 1,3).

The score for the section is determined according to Table 4, provided that each of the planned tests is completed by at least one point.

The physical and functional condition is also assessed in a special educational department. The assessment is made on a five-point scale (Table 2).

Professionally applied physical training. PFPF is implemented in practical classes and is aimed at the development of:

- general endurance using walking, jogging, ski training, wellness aerobics, swimming;
- static endurance with repeated performance of dynamic exercises with muscle tension (dumbbell gymnastics, tennis ball hand press, flexion and extension of the arms at rest, work with an expander and on simulators, etc.) and static strength exercises;
 - for strength and static endurance, use exercises with dumbbells, athletic gymnastics, power aerobics, exercises on simulators;
 - accuracy of the motor and visual analyzers (throwing the ball for hit accuracy, juggling tennis balls, etc.).
 - coordination of motor actions of the hands and fingers using exercises for fine motor skills of the hands, exercises with balls (other objects) of different diameters. Coordination exercises on the spot and in motion, driving a basketball, passing the ball in motion. Two-way games of volleyball, basketball, badminton, table tennis, basketball, darts.

In the training sessions with students of the special educational department of the PFPF, the following are used:

- relaxation exercises to relieve nervous and emotional overstrain and short-term rest;
- autogenic training aimed at relieving tension or fostering moral and volitional qualities (concentration of attention, emotional stability, operational thinking and memory, self-control and determination).
- tempering exercises that increase the body's defenses (walking outdoors in cool weather, water procedures in the pool, etc.).

7. The content of the practical section of the discipline «elective disciplines (modules) in physical culture and sports»

7.1. General physical training

OFP is a form of physical exercise to promote human health. Walking, running, jumping, climbing, crawling, skiing, as vital ways of human movement. Rules for the prevention of injuries during physical exercises: organization of places of employment, selection of clothing, shoes and equipment.

Physical exercises. Physical exercises, their impact on physical development and the development of physical qualities. Physical fitness and its relation to the development of basic physical qualities. Characteristics of the main physical qualities: strength, speed, endurance, flexibility and balance. Physical activity and its effect on increasing the heart rate. Independent classes. Compilation of the daily routine. Performing the simplest hardening procedures, sets of exercises for the formation of correct posture and the development of trunk muscles, the development of basic physical qualities; conducting wellness classes. Independent observations of physical development and physical fitness. Measurement of body length and weight, posture and physical qualities. Measurement of heart rate during OFP classes. Independent games and entertainment. Organization and holding of outdoor games. Physical culture and recreation activities. Classes on the prevention and correction of posture disorders. Complexes of exercises for the development of physical qualities. Complexes of breathing exercises. Gymnastics for the eyes. Gymnastics with the basics of acrobatics. Organizing teams and receptions. Drill actions in a line and column; execution of drill commands. Acrobatic exercises. Stops; grays; exercises in grouping; rolling; standing on the shoulder blades; somersaults forward and backward; gymnastic bridge.

Acrobatic combinations. For example:

- 1) bridge from the position, lying on your back, go down to the starting position, flip to the position, lying on your stomach, jump with support on your hands at point-blank squatting;
- 2) somersault forward at point-blank crouching, somersault back at point-blank crouching, from the stop crouching, somersault back to the stop on your knees with support on your hands, jump transition at point-blank crouching, somersault forward.

Gymnastic exercises of an applied nature.

Jumping rope. Movement along the gymnastic wall. Overcoming an obstacle course with elements of climbing and climbing, crawling, moving along an inclined gymnastic bench.

Outdoor and sports games. Based on the material of gymnastics with the basics of acrobatics: game tasks using drill exercises, exercises for attention, strength, dexterity and coordination.

7.2. Volleyball

Volleyball is a popular game in many countries of the world. The comparative simplicity of the equipment of places for the game and the rules of its conduct, great entertainment, an abundance of

various tactical combinations, the emotionality of the struggle, collectivism attract people of different ages and professions to volleyball. Volleyball classes are a very effective means of promoting health and physical development. They also contribute to the formation of such qualities necessary in the future professional activity of students as general endurance, dexterity and coordination of movement, dexterity of hands, fingers, reaction speed, volume, distribution and switching of attention, operational thinking, emotional stability, initiative. Educational and training sessions in the educational department of volleyball is a specialized process of physical improvement of students. This process is carried out in full accordance with the purpose and main objectives of the discipline "Elective disciplines (modules) in physical culture and sports" in a higher educational institution. Its content assumes a close relationship of theoretical, physical, technical, psychological and professionally applied training, carried out mainly by means of volleyball.

In the process of theoretical training, the issues of volleyball technique and tactics, the laws of the development of physical abilities and the formation of motor skills are studied, the relationship between physical and technical and tactical training of an athlete is studied, as well as the history of the development of volleyball, the rules of the game and the methodology of judging. The means of general physical training of a volleyball player are general developmental exercises without objects for the arms and shoulder girdle, turns, swing and circular movements. Exercises for the trunk in standing, lying, in motion, combinations of movements of the arms and legs.

Exercises for the legs (swing, jumping, on the spot and in motion). Combinations of exercises for the arms, legs and torso. Walking and running at a different pace (on toes, heels, lunges, side steps, with a change of direction, jumps, with stops). Exercises with objects (with a rope, with a gymnastic stick, with stuffed, basketball balls, for range, accuracy). Exercises on gymnastic equipment, on the gymnastic wall, bench.

Acrobatic exercises. Familiarization with the technique: the volleyball player's stance, movement, reception and transmission from above with two hands, reception from below with two hands, the lower straight feed. Educational game. The study of the technique of moving, passing and receiving the ball in combination. Receiving the ball with falling and rolling. The feed is upper straight. Rules of the game of volleyball. Educational game. The study of the technique of an attacking strike. Submission, acceptance of submission. Tactical actions in attack and defense. Educational game. Receiving the ball from below with one hand with a fall, an attacking kick. Blocking. The feed is upper straight. Educational game with the use of studied game techniques and tactical actions. Individual tactical actions: submission tactics, transfer tactics, offensive strike tactics. Team tactical actions: group and team actions in attack, player interactions during transfers, player interactions during attacking strikes, player interactions during the first transfer, team tactical actions in attack.

7.3. Basketball

Basketball is a group game that you can enjoy while improving your individual skills. Training sessions in the basketball training department are a specialized process of physical improvement of students. This process is carried out in full accordance with the purpose and main objectives of the discipline "Elective disciplines (modules) in physical culture and sports" in a higher educational institution. Its content assumes a close relationship of the theoretical, physical, technical, psychological and professionally applied training, carried out mainly by means of basketball. Theoretical information. The technique of movement in defense and attack: movement, stopping turns. Catching and passing the ball with two hands at chest level. Keeping the ball. A throw in motion. Pulling out and knocking out the ball. Educational game.

The combination of movements with the execution of attack techniques. Driving the ball with a change of direction and speed, right and left hand. Throwing the ball with one hand and two from the head. Throws from points. Free throw. Educational game. Interactions of offensive and defensive players. Catching and passing the ball in combination with other offensive techniques. Catching high-flying balls in the jump and after bouncing off the shield. Passing the ball from the head. Personal protection system throughout the site. Educational game. Movements in the attack. Driving the ball when approaching an opponent. Counter ball transfer. Remote throws. Player interactions in offense and defense. Zone protection. Educational game.

The system of interaction of team players in attack or defense is called the tactics of the game. The means of tactical training include techniques that have a certain focus for solving a specific task within a separate combination or system of the game. The methods of tactical construction of the game include team, group or individual actions in attack and defense. Individual actions are the actions of an individual player in a tactical task. Group – two or three players within a certain combination. Team – the actions of

the entire team within the game system, determine the location and movement of all players.

Tactics of attack. Individual tactical actions of the attacker without the ball and with the ball, the choice of a place, leaving the opponent and entering a free place to receive the ball, the expediency of using the studied techniques, group tactical actions (interactions of two players-give and go-barriers to the player with the ball and without the ball, interactions of three players – "troika"). Team tactical actions. The basics of a swift attack, the basics of a positional attack (through the "center" with a series of barriers), attack options against zone defense. Defense tactics. Individual tactical actions of the defender against the player without the ball and with the ball, the choice of the defender's place and his movements in a defensive stance in relation to the opponent. Group and team tactical actions. Familiarization with various protection systems (personal and zone protection system, features of the organization of protection against "rapid breakthrough" and attack through the "center", zone protection system 2-1-2). Pressure (zone and personal), counteraction to rapid breakthrough, group selection of the ball (in the opponent's zone), quick breakthrough (long pass through the middle player, through the extreme players). Two-way game. Thus, knowledge of the basic tactical options for defense and attack, the ability to own the ball and bring your team's attack to a productive throw will allow you to improve yourself in basketball technique, teach you to understand the game.

7.4. Mini football

Of the majority of means of physical education, football undoubtedly holds the leading place. Popularity, accessibility, high physical and emotional tension, high demands on moral and volitional qualities make football a spectacular sport. Football is widely used in physical education of students. The rapid change of game situations and the implementation of game techniques contribute to the development of speed, agility, endurance, strength. Football also develops students' perseverance and courage, determination and initiative, intelligence and thinking. At the same time, it teaches them to subordinate their personal interests to the interests of the collective. The use of football in the educational process of physical education contributes to the formation of a motivational and value attitude to physical exercise and creates an attitude towards a healthy lifestyle.

In the process of theoretical training, the issues of football technique and tactics, the laws of the development of physical abilities and the formation of motor skills are studied, the relationship between physical and technical and tactical training of an athlete is studied, as well as the history of basketball development, the rules of the game and the methodology of refereeing.

The general physical training of a football player is aimed at increasing the level of development and expanding the functional capabilities of the body, fostering physical qualities (strength, speed, endurance, dexterity), as well as the development of physical abilities (jumping, speed abilities, game dexterity and endurance). The means of general physical training of a football player are general developmental exercises without objects for the arms and shoulder girdle, turns, swing and circular movements. Exercises for the trunk in standing, lying, in motion, combinations of arm and leg movements.

Exercises for the legs (swing, jumping, on the spot and in motion). Combinations of exercises for the arms, legs and torso. Walking and running at a different pace (on toes, heels, lunges, side steps, with a change of direction, jumps, with stops). Exercises with objects (with a rope, with a gymnastic stick, with stuffed, soccer balls, for range, accuracy). Exercises on gymnastic equipment, on the gymnastic wall, bench. Acrobatic exercises. Familiarization with the technique: a football player's stance, driving, hitting and stopping the ball. Familiarization with the basic rules of the game of football. Hitting a flying ball with the middle part of the foot lift. The game is squared. Two-way game. Familiarization with the technique of playing with the head: hitting the ball with the head in a running jump with the middle of the forehead, hitting the side of the forehead. Two-way game. Tactics of the game in attack and defense. The selection of the ball from the opponent by applying the foot and pushing the shoulder into the shoulder. Free kicks on goal. A two-sided game with the use of studied techniques. Deceptive movements, the outline of the enemy. Tactical actions. The technique of the goalkeeper's game. Free kicks on goal. Educational game.

7.5. Strength training

Powerlifting is a power triathlon. This is a sport that promotes health promotion, correction and correction of many congenital defects of the physique and the development of physical abilities of a person. Powerlifting classes are quite relevant and represent a complex training process, the ultimate goal of which is a significant increase in muscle mass and strength of students. This sport includes barbell squats, bench press and deadlift. It is aimed at developing maximum (fundamental) strength. These exercises, being universal, are used in all kinds of sports, as well as in preparation for military service. To

achieve good results in the classroom, rather complex training methods are used, the implementation of which ensures the activation of blood circulation during intensive muscle work. Modern systems of physical development with the use of numerous simulators and weights, allow you to achieve good results in the formation of an athletic figure, the development of strength, strength endurance and health promotion. It includes a power triathlon program consisting of competitive exercises: squatting with a barbell on the shoulders, deadlift of the barbell from the floor, bench press, lying with both hands on a horizontal bench. Topics: Fundamentals of sports physiology. Physiological factors affecting the development of strength. The impact of athletic training on the body of students. Safety precautions. Precautions when exercising with weights, warm-up exercises, insurance, the use of clamps (locks) to secure the discs on the barbell. Judicial practice. Competition rules. Medical control. Fundamentals of the theory and methodology of sports training. The study of the methods of force development. Biological processes, the effect of vitamins and dietary supplements on the body.

Squats. The student must place the barbell horizontally on his shoulders at least 3 cm from the top of the anterior delta. The barbell should be held horizontally on the shoulders, with hands and fingers, covering the neck, legs straight (flat) on the platform with straightened knees. After removing the barbell from the racks, the participant must step back to assume the starting position. The participant must wait in this position for the signal. The signal will be given as soon as the participant becomes motionless and the barbell is correctly placed. If retractable racks are used, the participant must remove the barbell from the racks before they are removed and wait motionless for the signal. The signal should consist of a downward movement of the hand and a clear command: "Squat!". After receiving the signal, the participant must bend his legs and lower his body until the upper surface of the thigh near the hip joint is lower than the top of the knees. The student must rise without double bouncing or any downward movement to a straightened position with straightened knees. When the student is stationary, a signal is given: "Put the barbell in place." The signal "Put the barbell in place". It will consist of a reverse movement of the hand and a clear command: "On the racks!". After the command, the student must make a conscientious attempt to return the barbell to the racks. The student should not touch the locks, the ends of the rod or the discs while performing the movement. However, the edges of the fingers holding the bar may touch the inner surface of the lock. During the training sessions, there should be at least two and no more than five assistants on the platform.

Bench press. The front part of the bench for bench press should be placed on the platform. The student should lie on his back, in contact with his head, shoulders and pelvis with the plane of the bench. His shoes should stand flat on the floor. This position must be maintained during the entire attempt. If the student's costume and the bench surface are not sufficiently contrasting in color to allow the judges to determine the upward movement at the touch points, then the bench surface can be covered accordingly. To achieve a firm foot position, the student can use discs or stands no higher than 30 cm. At the same time, the entire foot of his foot should lie flat on the surface. If stands are used, their size should not exceed 45 cm x 45 cm. At least two and no more than four assistants must be present on the platform. The student can call for the help of assistants to remove the barbell from the racks. The removal is performed on the straightened arms, not on the chest. The distance between the hands should not exceed 81 cm (measured between the index fingers). After taking the barbell at arm's length, the participant must lower it on his chest and wait for the judge's signal. The signal should be a clap, and it is given when the barbell is motionless on the chest. After giving the signal to perform the movement, the barbell is squeezed up onto the arms fully straightened up and held motionless until a clear command is given: "On the racks!".

Traction. The barbell should lie horizontally at the student's feet, taken by an arbitrary grip with both hands and raised in one continuous movement until the participant stands straight. The student must face the hall. At the end of the movement, the knees should be fully straightened and the shoulders pulled back. The signal of the senior judge should consist of a downward movement of the hand and a clear command; "Down!". The signal is not given until the barbell stops and the participant assumes an obviously finished position. Any lifting of the barbell or any deliberate movement to lift the barbell must be considered an attempt.

7.6. Pilates

The technique of performing Pilates exercises. The philosophy and basic principles of the system of exercises of J. Pilates. Concentration of attention; muscle control without tension; centralization; imagination (visualization); smooth execution of movements without pauses and stops; accuracy; correct breathing; regularity of training. Neutral body positions: standing, sitting, lying on your back, lying on your side. The effect of Pilates on the body of students. Numerous aspects of the application of Pilates exercises. The sequence of exercises of the program for beginners. Conducting a set of exercises of the

second level of complexity. The study of a set of exercises of 2 levels of complexity (the program of the average level of the sequence of exercises of the program of the average level of complexity. Conducting a set of exercises of the third level of complexity. The study of a set of exercises of level 3 (a program for the prepared). The sequence of exercises of the prepared program. Technique of performing exercises. Exercises with equipment. The use of equipment in Pilates training . Technique of Pilates exercises for pregnant women.

7.7. Fitness aerobics

The history of the development of aerobics and its tasks. The effect of physical exercise on the human body. General classification of physical exercises. Tasks of health-improving gymnastics. Types of health-improving gymnastics. The main steps of aerobics and their varieties. Terms of hand movements. Methods of building dance combinations in aerobics. Methods of learning bundles of basic, basic and alternative steps. Professional qualities of the instructor. Instructor's commands. Musical accompaniment of aerobics classes. The intensity of classes. Self-control in the classroom. Characteristics of types of aerobics. Methods of conducting Mind Body fitness directions Topic: Injury prevention. Contraindicated exercises. The role of physical activity in regulating body weight. The role of nutrition in solving training tasks. Features of aerobics classes with different groups of the population.

Topics of practical classes: Basic steps of basic aerobics, basic basic ligaments. Warm-up in aerobics. Improvement of basic steps and bundles. A set of exercises in basic aerobics. The main part of the aerobics lesson; A set of dance aerobics exercises. The final part of a set of aerobics exercises. Delivery of a control set of exercises in dance aerobics; Fitball-aerobics. A set of exercises. Performing step aerobics exercises. A set of shaping exercises. Strength exercises. Technique of performing strength exercises; Yoga, a set of exercises. Pilates, a set of exercises.

7.8. Martial arts

Theoretical training. Evolution of Aikido development. Sports and traditional directions of Aikido. The history of Aikido development in Russia. International and national Aikido organizations. The World Aikido Center. Technical training.

Technical training is aimed at studying the basic elements of technology, as well as the gradual development of physical and moral-volitional qualities.

At the initial stage, the correctness of forms and coordination of movements are worked out. Students master the basic postures and movements, basic actions with hands and feet, the work of the body. At the same time, it is necessary to develop the ability to perform movements without excessive tension. Freedom of movement, relaxation of idle muscles, saves energy, promotes speed of movement and better rest during work, helps to perform movement techniques more perfectly.

Stages of preparation: Racks, changing racks; Self-insurance; Attacking actions; Control techniques (osae-vadza).

7.9. Cheerleading

The history of the origin of fitball gymnastics. Distinctive properties of fitballs. Safety precautions in the classroom using fitballs. Features of fitball aerobics classes. Medical and biological means of recovery. Basic starting positions on the ball. The main exercises used in fitball aerobics. Factors affecting the development of strength, coordination, endurance, flexibility. Wellness programs in classes with fitball. Fitball-aerobics benefits and beneficial effects on the human body. Features of building a fitball workout. The use of fitball aerobics in adaptive physical culture. The complex effect of fitball – aerobics exercises on increasing the level of physical fitness.

Running. General developmental exercises. Individual selection of fitballs. Exercises for fingers and hands. Exercise for balance. Exercises to increase mobility in the joints. The technique of performing exercises on the ball. Basic starting positions on the ball. Exercises for flexors and extensors. Exercises to relax the muscles of the arms and shoulder girdle. Maintaining balance on the fitball. Exercises to increase mobility in the forearm and shoulder joints. Gymnastic exercises with a ball. Basic steps of aerobics. Exercises for joint mobility and relaxation of the muscles of the arms and shoulder girdle. General educational exercises. Stretching using fitballs. Exercises for the foot and lower leg. Exercises to increase mobility in the joints. Practicing coordination on the fitball. Exercises to increase the mobility of the spine. Dynamic exercises on fitballs. Exercises for the muscles of the posterior surface of the trunk. Exercises with a fitball for rehabilitation. Exercises for neck muscles (strength). Exercises to increase mobility in the joints. Exercises in pairs. Exercises on fitballs for the muscles of the lateral surface of the trunk.

7.10. The content of physical education classes with students of the special department

Practical material (including test requirements and standards) for groups of a special educational

department is developed by the Department of Physical Education, taking into account medical indications and contraindications for each student.

It includes a health-improving and rehabilitative form of physical culture associated with the targeted use of physical exercises as prevention, rehabilitation of diseases and restoration of body functions disrupted or lost due to diseases, injuries, overwork and other causes. Its variety is therapeutic physical culture, which has a wide range of means and methods (therapeutic gymnastics, dosed walking, running and other exercises) related to the nature of diseases, injuries or other disorders of body functions (overstrain, chronic fatigue, age-related changes, etc.).

In a special department, classes are provided in four directions.

The first direction. Classes with students diagnosed with diseases of the musculoskeletal system: scoliosis, osteochondrosis, posture disorders, joint diseases, consequences of injuries, congenital defects of the musculoskeletal system.

The second direction. Classes with students diagnosed with diseases of internal organs: - cardiovascular system: rheumatism, heart defects, cardiosclerosis, hypertension; - respiratory diseases: upper respiratory tract diseases, bronchial asthma, chronic bronchitis, chronic pneumonia, pulmonary tuberculosis; - digestion: chronic gastritis, chronic duodenitis, gastric ulcer and duodenal ulcer; - liver and biliary tract: chronic hepatitis, chronic cholecystitis and cholangitis; pancreas: pancreatitis; kidney and urinary tract: chronic nephritis, chronic nephrosis, kidney stone disease; - circulatory system: leukemia, anemia; - endocrine system: diabetes mellitus, obesity.

The third direction. Classes with students diagnosed with diseases of the visual organs: myopia of medium and high degree, astigmatism.

The fourth direction.

Classes with students who are exempt from practical classes.

Students of the special department attend classes according to the schedule of their study group, however, they have limitations of motor load depending on the available contraindications due to a specific disease and in accordance with the doctor's recommendations.

Students of this educational department, who are exempt from practical classes, write essays related to the peculiarities of the use of physical culture, taking into account individual deviations in the state of health.

The content of physical education classes with students of the special department includes:

a health-improving and rehabilitative form of physical culture associated with the targeted use of physical exercises as prevention, rehabilitation of diseases and restoration of body functions disrupted or lost due to diseases, injuries, overwork and other causes. Its variety is therapeutic physical culture, which has a wide range of means and methods (therapeutic gymnastics, dosed walking, running and other exercises) related to the nature of diseases, injuries or other disorders of body functions (overstrain, chronic fatigue, age-related changes, etc.). Forms of physical education with students of a special department. Morning hygienic gymnastics (UGG) is one of the means of physical culture used by students in independent studies. It develops strength, flexibility, coordination of movements, improves the activity of internal organs, causes a rise of emotions, especially if the exercises are performed to music. UGG is best performed in the morning in combination with hardening, but not very early, especially for patients with a disease of the cardiovascular system.

Outdoor and sports games are a good means of physical development, normalization of the psycho-emotional state, improvement of coordination of movements. Including games in a physical education lesson, it is possible to significantly increase the load due to the emotional factor, and if they are carried out in the fresh air, the effectiveness also increases due to the hardening factor.

Walking and running are of great importance in the normalization of metabolic processes, the functional state of the cardiorespiratory system.

Walking as a physical exercise is a valuable tool for improving the activity of the central nervous system, cardiovascular and respiratory systems. If it is regularly performed over rough terrain (along the river bank, in the forest, etc.), then there is a training effect and prevention (preventive effect) of diseases. Positive emotions at the same time favorably affect the central nervous system of the patient.

Classes for the disabled and persons with disabilities studying full-time can be organized in the following types:

- mobile classes of adaptive physical culture in halls for special medical groups or outdoors;
- classes in table, intellectual sports;
- lectures on the topic of physical culture and sports activities and health care;
- classes on an individual program of therapeutic physical culture prescribed by the attending physician, a doctor of the university dispensary or a teacher of a special medical group.

For full-fledged classes with students with disabilities, the university guarantees the creation of specially equipped rooms, the installation of general strengthening simulators and fitness simulators. All sports equipment must meet the requirements of accessibility, reliability, durability, convenience.

8. Educational, methodological and informational support for mastering the academic discipline (printed, electronic publications, the Internet and other network resources)

8.1. Key literature references

№	Name according to bibliographic requirements	Number of copies	
		at the department	in the library
1	Edited by V.V. Ponomareva. Physical education and health. Moscow, GO VUNMC of the Ministry of Health of the Russian Federation, 2001	67	
2	N.G. Chekalova et al. Functional reserves of the body of children and adolescents. Methods of research and evaluation. Nizhny Novgorod, publishing house of the Lower NizGMA, 2010	50	

8.2. Further reading

№	Name according to bibliographic requirements	Number of copies	
		at the department	in the library
1	Barchukov I.S. Physical culture: methods of practical training: Textbook. M.: KNORUS, 2017. – 304 p.	24	
2	Detkov Y.L., Platonova V.A., Zefirova E.V. Theory and practice of physical culture for students with impaired health: Textbook. St. Petersburg: St. Petersburg State University ITMO, 2008	3	
3	Gorshkov A.G., Vilensky M.Ya. Physical culture and healthy lifestyle of a student: A textbook for universities. Gardariki, 2007	11	
4	Goloshchapov B.R. History of physical culture and sports. Textbook for students of higher educational institutions. Vulture of the Ministry of Defense of the Russian Federation. Academia, 2010	9	
5	Koval V.I., Rodionova T.A. Hygiene of physical education and sports. Textbook for students of higher educational institutions. Ed. Academia, 2010	7	

8.3. Electronic educational resources for teaching academic subjects

8.3.1. Internal Electronic Library System of the University (IELSU)

№	Name of the electronic resource	Brief description (content)	Access conditions	Number of users

8.3.2. Electronic educational resources acquired by the University

№	Name of the electronic resource	Brief description (content)	Access conditions	Number of users

8.3.3 Open access resources

№	Name of the electronic resource	Brief description (content)	Access conditions

9. Material and technical support for mastering an academic discipline

9.1. List of premises for classroom activities for the discipline

1. Lecture hall

- No. 1 (GBUZ NO NOKB named after N. A. Semashko, 190 Rodionov str.);
- 2. Lecture hall No. 2 (GBUZ NO NOKB named after N. A. Semashko, 190 Rodionov str.);
- 3. Lecture hall (academic building No. 9, 5a Meditsinskaya str.);
- 4. Lecture hall (BFC Great Hall, academic building No. 2, 70 Gagarin Ave.);
- 5. Lecture hall (small hall of the BFC, academic building No. 2, etc.)

9.2. List of equipment for classroom activities for the discipline

- 1. Sports hall (academic building No. 4, 190a Rodionova str.);
- 2. Sports complex SOK (Medicinskaya str., 5 B)

9.3. The list of equipment: a set of educational furniture; a screen (1 pc.); a multimedia projector (1 pc.); a portable personal computer (1 pc.). Cargo-block simulators; simulators for training with free weights; cardio equipment; dumbbells; barbells . Jump ropes; hoops; volleyball balls; soccer balls; basketball balls; table tennis balls; stuffed balls; volleyball net; gymnastic mats; badminton net; hand pump; roulette; badminton rackets and shuttlecocks; whistles; stopwatches; mini football gates; basketball shields and rings; table tennis tables; first aid kit. Mirrors; ballet machine; fitballs; tatami mats; steps.

9.3. A set of licensed and freely distributed software, including domestic production

Item no.	Software	number of licenses	Type of software	Manufacturer	Number in the unified register of Russian software	Contract No. and date
1	Wtware	100	Thin Client Operating System	Kovalev Andrey Alexandrovich	1960	2471/05-18 from 28.05.2018
2	MyOffice is Standard. A corporate user license for educational organizations, with no expiration date, with the right to receive updates for 1 year.	220	Office Application	LLC "NEW CLOUD TECHNOLOGIES"	283	without limitation, with the right to receive updates for 1 year.
3	LibreOffice		Office Application	The Document Foundation	Freely distributed software	
4	Windows 10 Education	700	Operating systems	Microsoft	Azure Dev Tools for Teaching	

					Subscription	
5	Yandex. Browser		Browser	«Yandex»	3722	
6	Subscription to MS Office Pro for 170 PCs for FGBOU VO "PIMU" of the Ministry of Health of Russia	170	Office Application	Microsoft		23618/HN10030 LLC "Softline Trade" from 04.12.2020

9.4. Software: Microsoft Office Professional Plus 2010; Microsoft Windows 7 Starter <https://www.microsoft.com/Licensing/servicecenter/LicensingInfo/LicenseSummary/Summary.aspx>; Kaspersky Endpoint Security for Business – Advanced Russian Edition. License No. 1150-161221-123405-913-167, valid from 01.01.2017 to 31.01.18; Kaspersky Endpoint Security for business – Extended Russian Edition. License No. 1150-180111-064822-207-166, valid from 11.01.2018 to 28.01.2019.

10. List of changes to the working program (to be filled out by the template)

Federal State Budgetary Educational Institution of Higher Education
"Privolzhsky Research Medical University"
Ministry of Health of the Russian Federation
(FSBEI HE "PRMU" of the Ministry of Health of Russia)

Department of
Name of the department

CHANGE REGISTRATION SHEET

working program for the academic discipline
NAME OF THE ACADEMIC DISCIPLINE

Field of study / specialty / scientific specialty: _____
(code, name)

Training profile: _____
(name) - for master's degree programs

Mode of study: _____
full-time/mixed attendance mode/extramural

Position	Number and name of the program section	Contents of the changes made	Effective date of the changes	Contributor's signature
1				

Approved at the department meeting
Protocol No. _____ of _____ 20__

Head of the Department

department name, academic title

signature

print name