

**Annotation of the work program of the discipline**  
**«ELECTIVE COURSE IN PHYSICAL CULTURE AND SPORTS»**

the main professional educational program of higher education - specialty program  
in the specialty 31.05.03 Dentistry (partially implemented in English),  
approved in December 25, 2020

**Form of study:** full-time

**Term of mastering the OPOP VO: 5 years**

**Department:** general hygiene and physical culture

**1. The purpose of the discipline:** promoting the development of the ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activity.

**2. Place of discipline in the structure of OPOP VO:** refers to the part formed by the participants educational relations of Block 1 "Disciplines (modules)" of the Federal State Educational Standard of Higher Education in the specialty 31.05.03 Dentistry (partially implemented in English).

**3. Requirements for the results of mastering the discipline:** the teaching of this discipline is based on the following types of professional activity: preventive.

**The process of studying the discipline is aimed at the formation and development of competencies:** able to maintain the proper level of physical fitness to ensure full-fledged social and professional activity (UC-7).

**Competence achievement indicators:**

- ✓ **IDUC -7-1.** Possess physical training methods.
- ✓ **IDUC -7-1.** Own the algorithm for the restoration of social and professional activity using the methods of physical culture

**4. Requirements for the results of the development of the academic discipline:**

– **know:**

- ✓ the meaning, principles and foundations of the methodology for the use of physical culture means to ensure full-fledged social and professional activity;
- ✓ methods of control and methods of assessing physical development and physical fitness;
- ✓ ways of planning individual lessons of various target orientations;
- ✓ means, methods and principles of physical education to increase the adaptive reserves of the body, improve health;
- ✓ main methods of social and professional activity regulation using physical culture methods

– **to keep:**

- ✓ carry out the selection of the necessary applied physical exercises, taking into account their impact on functional and motor capabilities, adaptive resources the body to improve health;
- ✓ make up sets of exercises of various orientations, develop physical qualities and maintain their required level;
- ✓ assess the state of the body in the process of physical education and regulate the amount of applied physical activity

– **own:**

- ✓ skills of basic types of motor activity;
- ✓ skills of using physical exercises for the development of professionally significant motor abilities;
- ✓ ways of maintaining and strengthening health, increasing the body's adaptive reserves and ensuring full-fledged activity by means of physical culture;
- ✓ means and methods of control for the diagnosis of individual physical development and the level of physical fitness;
- ✓ methods of restoring social and professional activity using the methods of physical culture;
- ✓ skills to support the proper level of physical fitness.

**5. General complexity of the discipline:** 0 ZET (328 hours).

**6. Semester:** 1–8.

**7. The main sections of the discipline:**

*Practical section*

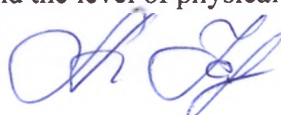
- ✓ methodological and practical foundations of physical culture and a healthy lifestyle;
- ✓ general physical fitness;
- ✓ gymnastics;
- ✓ athletics;
- ✓ sports games (basketball, volleyball);
- ✓ professionally applied physical training.

*Control section*

- ✓ diagnostics of individual physical development and the level of physical fitness of a student.

Head of the Department of General hygiene  
and physical culture, MD. Professor

Senior lecturer of the Department  
General hygiene and physical culture



A.R. Kusova



E.Yu. Rostiashvili