

**Federal state budgetary educational institution of higher education
"North Ossetian state medical academy"
of the Ministry of healthcare of the Russian Federation**

Department of general hygiene and physical culture

«APPROVED»

Head of the department, professor

 A.R. Kusova

« 28 » February 2023 year

Calendar-thematic plan of practical classes

Discipline _____ Elective course in physical culture and sports _____

Course _____ I _____

The faculty _____ Dentistry (partially implemented in English) _____
for the II semester 2022–2023 academic year

Topic number	Topic title	Duration of the lesson
1.	Volleyball: movement technique, training in volleyball stances and upper transfer of the ball from above with two hands. Educational game.	2
2.	Methodical lesson: "Flexibility. Methods of development and control" (main training department). Volleyball: improving movement, passing the ball in pairs and over oneself, into the wall, an educational game.	2
3.	Volleyball: teaching the bottom straight serve. Improvement of passing with two hands from above, development of speed. Educational game of volleyball. Simplified game.	2
4.	Volleyball: Perfection of passing with two hands from above, lower straight serves. The development of speed. Educational game of volleyball. Simplified game.	2
5.	Volleyball: development of speed, dexterity; improving the upper gear with two hands, teaching the lower straight and side feed. Relays with the ball. Educational game of volleyball.	2
6.	Methodical lesson: "Health-improving system "Baby" P.K. Ivanova" (special training department). Volleyball: improving the transfer from above after moving, improving the technique of the lower straight and side serve, developing jumping ability.	2
7.	Acceptance of control standards (fund of assessment tools – regulatory requirements for volleyball).	2
8.	Methodical lesson: "Paradoxical gymnastics by A. Strelnikova (special training department). Development of flexibility (stretching exercises: active, passive, static). Mastering the technique of long jumps from a place.	2
9.	Development of speed, speed-strength qualities (game and jumping exercises). Mastering the technique of running exercises: cross-country running, sprinting (30 m, 50 m, 100 m, 200 m, 300 m, 400 m).	2
10.	Methodological lesson: "Artificial ultraviolet irradiation" (special training department). Development of speed, speed-strength qualities (exercises for the speed of motor reaction. Jumping exercises. Running 10, 15, 20, 30 m. Throwing stuffed balls. Outdoor games and relay races). Mastering the technique of a high start, starting acceleration and finishing.	2
11.	Development of speed endurance (running in anaerobic mode on segments from 50 to 200 m. Outdoor games and relay races). Mastering the technique of low start, starting acceleration, and finishing.	2
12.	Development of speed endurance (relay races, running segments using the interval training method). Mastering the technique of running at medium distances (500 m., 600 m., 800 m., 1000 m.).	2
13.	Development of general endurance. Mastering the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
14.	Acceptance of control standards (fund of assessment tools – regulatory requirements for general physical training).	2
Total hours		28

Head of the educational part of the department
senior lecturer

« 28 » February 2023 year


E.Yu. Rostiashvili

**Federal state budgetary educational institution of higher education
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Department of general hygiene and physical culture

«APPROVED»

Head of the department, professor


A.R. Kusova
« 08 » February 2023 year

Calendar-thematic plan of practical classes

Discipline Elective course in physical culture and sports
Course II
The faculty Dentistry (partially implemented in English)
for the IV semester 2022–2023 academic year

Topic number	Topic title	Duration of the lesson
1.	Volleyball: development of jumping ability, jumping endurance; improvement of transmission from above and below, bottom feed. Mobile and educational games.	2
2.	Volleyball: the development of jumping ability, improving the transfer of the ball from above and below, on the spot and on the move, serve.	2
3.	Volleyball: development of speed-strength qualities, improvement of passing the ball from above and below, performing technical elements in the game, game exercises, relay races. Educational game.	2
4.	Volleyball: development of dexterity, improvement of the transfer of the ball (after jumps, after somersaults, in oncoming columns). Educational game.	2
5.	Methodical lesson: "Method of fasting according to G. Shelton" (special training department). Volleyball: improving the transfer of the ball (after jumps, after somersaults, in oncoming columns). Teaching the top straight serve and receiving from the serve. Educational game.	2
6.	Volleyball: development of speed and agility, training in an attacking blow, improving the technique of a direct serve, an educational game.	2
7.	Volleyball: improving the transfer, serve. Attacker training. Educational game.	2
8.	Methodical lesson: "Respiratory gymnastics "Body-flex" (special training department). Volleyball: improvement of technical elements: receiving and serving, attacking blow. Educational game.	2
9.	Acceptance of control standards (fund of assessment tools – regulatory requirements for volleyball).	2
10.	Development of strength, strength endurance (exercises with external resistance; exercises with overcoming your own body weight; isometric exercises). Mobile games and relay races.	2
11.	Methodical lesson: "Different types of massage" (special training department). Development of coordination abilities (exercises without objects and with objects; elements of gymnastics, exercises in running, jumping, outdoor games with high requirements for coordination of movements).	2
12.	Applied exercises: walking, running, jumping, balance exercises, pulling up on the bar, bending and unbending the arms in a lying position, exercises using weights, jumping rope.	2
13.	Development of speed endurance (running in anaerobic mode on segments from 50 to 200 m. Outdoor games and relay races).	2
14.	Development of general endurance (running, cross training).	2
15.	Methodical lesson: "Stretching" (main training department, special training department). Development of flexibility (dynamic and static stretching exercises). Improving sprint technique. Explanation of the essence of sprinting.	2
16.	Development of general endurance (cyclic exercises lasting at least 15-20 minutes, performed in an aerobic mode). Improving running technique for medium and long distances.	2
17.	Development of speed endurance (relay races, running segments using the interval training method). Improving running technique for medium and long distances. Running from a high start with finishing acceleration at the end of the distance.	2
18.	Acceptance of control standards (fund of assessment tools – regulatory requirements for general physical training).	2
Total hours		36

Head of the educational part of the department
senior lecturer

« 08 » February 2023 year

E.Yu. Rostiashvili