

**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

«08» February 2023 year

Calendar-thematic plan of practical classes

Discipline _____ Elective course in physical culture and sports

Course _____ I

The faculty _____ General Medicine (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.	Volleyball: training in stances and movements, upper transfer with two hands from above, passes over oneself.	2
3.	Volleyball: passing the ball over oneself, on the wall. Agility development. Educational game.	2
4.	Methodical lesson: "Flexibility. Methods of development and control" (main training department). Volleyball: improving movement, passing the ball in pairs and over oneself.	2
5.	Volleyball: improving movement, passing the ball in pairs and over oneself, into the wall, an educational game.	2
6.	Volleyball: improving movement, passing the ball in pairs and over oneself, into the wall, an educational game.	2
7.	Volleyball: teaching the bottom straight serve. Improvement of passing with two hands from above, development of speed. Educational game of volleyball. Simplified game.	2
8.	Volleyball: development of speed, improvement of the upper transfer with two hands, training in the lower straight and side serve. Relays with the ball. Educational game of volleyball.	2
9.	Methodical lesson: "Health-improving system "Baby" P.K. Ivanova" (special training department). Volleyball: development of speed, improvement of the upper transfer with two hands, training in the lower straight and side serve. Relays with the ball. Educational game of volleyball.	2
10.	Volleyball: development of agility, improvement of the upper pass with two hands, learning to pass from the bottom and the bottom straight serve. Relay races with movement along the lines of the volleyball court. Educational game.	2
11.	Volleyball: development of agility, improvement of the upper pass with two hands, learning to pass from the bottom and the bottom straight serve. Relay races with movement along the lines of the volleyball court. Educational game.	2
12.	Volleyball: development of agility, improvement of the upper pass with two hands, learning to pass from the bottom and the bottom straight serve. Relay races with movement along the lines of the volleyball court. Educational game.	2
13.	Volleyball: learning to pass the ball from above after moving, serving. Mobile and educational games.	2
14.	Volleyball: learning to pass with 2 hands from above after moving, improving the serve. Mobile and educational games.	2
15.	Volleyball: learning to pass with 2 hands from above after moving, improving the serve. Mobile and educational games.	2
16.	Volleyball: improving the transfer from above after moving, improving the technique of the lower straight and side serve, developing jumping ability.	2
17.	Volleyball: improving the transfer from above after moving, improving the technique of the lower straight and side serve, developing jumping ability.	2
18.	Acceptance of control standards (fund of assessment tools – regulatory requirements for volleyball).	2
19.	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

20.	Methodical lesson: "Paradoxical gymnastics by A. Strelnikova" (special training department). 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
21.	Development of coordination abilities (exercises without objects and with objects. Elements of gymnastics, exercises in running, jump outdoor and sports games with high requirements for coordination of movements)ing,.	2
22.	Development of coordination abilities (sports and outdoor games, game exercises).	2
23.	Development of flexibility (stretching exercises: active, passive, static). Mastering the technique of long jumps from a place.	2
24.	Development of flexibility (stretching exercises: active, passive, static). Mastering the technique of long jumps from a place.	2
25.	Development of flexibility (dynamic and static stretching exercises).	2
26.	Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
27.	Development of strength, strength endurance (strength exercises with external resistance and with the weight of one's own body).	2
28.	Methodological lesson: "Artificial ultraviolet irradiation" (special training department). Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
29.	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
28.	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
30.	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
31.	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
32.	Development of general endurance (cyclic exercises lasting at least 15-20 minutes, performed in an aerobic mode, sports games).	2
33.	Development of general endurance. Mastering the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
34.	Development of general endurance. Mastering the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
36.	Acceptance of control standards (fund of assessment tools – regulatory requirements for general physical training).	2
Total hours		72

Head of the educational part of the department
senior lecturer



E.Yu. Rostiashvili

« 08 » February 2023 year

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Department of general hygiene and physical culture

«APPROVED»

Head of the department, professor

A.R. Kusova 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 _____ General Medicine (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: development of jumping ability, jumping endurance; improvement of transmission from above and below, bottom feed. Mobile and educational games.	2
3.	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
4.	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
5.	Methodical lesson: "Method of fasting according to G. Shelton" (special training department). 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
6.	Volleyball: development of dexterity, improvement of the transfer of the ball (after jumps, after somersaults, in oncoming columns). Educational game.	2
7.	Volleyball: development of dexterity, improvement of the transfer of the ball (after jumps, after somersaults, in oncoming columns). Educational game.	2
8.	Volleyball: improving the transfer of the ball. Teaching the top straight serve and receiving from the serve. Educational game.	2
9.	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
10.	Methodical lesson: "Respiratory gymnastics "Body-flex" (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
11.	Volleyball: development of speed and agility, training in an attacking blow, improving the technique of a direct serve, an educational game.	2
12.	Volleyball: development of speed and agility, training in an attacking blow, improving the technique of a direct serve, an educational game.	2
13.	Volleyball: improving the transfer, serve. Attacker training. Educational game.	2
14.	Volleyball: improving the transfer, serve. Attacker training. Educational game.	2
15.	Volleyball: improvement of technical elements: receiving and serving, attacking blow. Educational game.	2
16.	Volleyball: improvement of technical elements: receiving and serving, attacking blow. Educational game.	2
17.	Acceptance of control standards (fund of assessment tools – regulatory requirements for volleyball).	2
18.	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
19.	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

20.	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
21.	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 and sports games with high requirements for coordination of movements).	2
22.	Development of coordination abilities (exercises without objects and with objects. Elements of gymnastics, exercises in running, jumping, outdoor and sports games with high requirements for coordination of movements).	2
23.	Development of flexibility (stretching exercises: active, passive, static). Improving the technique of long jumps from a place.	2
24.	Development of flexibility (stretching exercises: active, passive, static). Improving the technique of long jumps from a place.	2
25.	Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
26.	Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
27.	Development of speed, speed-strength qualities (game and jumping exercises). Improving the technique of running exercises: cross-country running, sprinting (30 m, 50 m, 100 m, 200 m, 300 m, 400 m).	2
28.	Methodical lesson: "Stretching" (main training department, 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). Improving the technique of a high start, starting acceleration and finishing.	2
29.	Development of speed endurance (running in anaerobic mode on segments from 50 to 200 m. Outdoor games and relay races). Improving the technique of low start, starting acceleration, and finishing.	2
30.	Development of speed endurance (relay races, running segments using the interval training method). Improving the technique of running at medium distances (500 m., 600 m., 800 m., 1000 m.)	2
31.	Development of general endurance (cyclic exercises lasting at least 15-20 minutes, performed in an aerobic mode, sports games).	2
32.	Development of general endurance. Improving the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
33.	Development of general endurance. Improving the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
34.	Acceptance of control standards (fund of assessment tools – regulatory requirements for general physical training).	2
Total hours		68

Head of the educational part of the department
senior lecturer

« 08 » February 2023 year



E.Yu. Rostiashvili

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A.R. Kusova

« 08 » February 2023 year

Calendar-thematic plan of practical classes

Discipline Elective course in physical culture and sports

Course III

The faculty General Medicine (partially implemented in English)
for the VI semester 2022–2023 academic year

Topic number	Topic title	Duration of the lesson
1.	Volleyball: development of speed and agility. Teaching the game in defense, improving the reception and transmission, attacking strike. Educational game.	2
2.	Volleyball: development of endurance, improvement of reception and serves, defense game, educational game.	2
3.	Volleyball: development of speed, improvement of ball passing, attack. hit. Educational game.	2
4.	Volleyball: development of speed and agility, improvement of passing, serving, playing defense, attacking blow. Educational games.	2
5.	Methodical lesson: "The health system of N.E. Semyonova" (special training department). Volleyball: improving the transfer and technical elements in a game environment, an attacking strike, a training game.	2
6.	Volleyball: development of dexterity, improvement of reception and transmission, attacking blow, defense techniques, educational game.	2
7.	Volleyball: development of quick thinking, improvement of technical elements in a game environment, educational game.	2
8.	Volleyball: game exercises in defense, improvement of technical elements, educational game.	2
9.	Volleyball: game exercises in defense, improvement of technical elements, educational game.	2
10.	Volleyball: improving the reception and transfer of the ball from above and below, innings, attacking blow. Educational game with student refereeing.	2
11.	Methodical lesson: "Health system of S. Kneipp" (main training department). Volleyball: improving the reception and transfer of the ball from above and below, innings, attacking blow. Educational game with student refereeing.	2
12.	Relay races with the use of elements of volleyball technique (serving from below above oneself, in motion). Educational game.	2
13.	Relay races with the use of elements of volleyball technique (serving from below above oneself, in motion). Educational game.	2
14.	Volleyball: improving the technique of receiving and passing from above and below in place and on the move, serving, playing exercises. Educational game.	2
15.	Volleyball: improving the technique of receiving and passing the ball from below and above on the spot, serving, attacking hit from the 4th number.	2
16.	Acceptance of control standards (fund of assessment tools – regulatory requirements for volleyball).	2
17.	Development of coordination abilities (exercises without objects and with objects. Elements of gymnastics, exercises in running, jumping, outdoor and sports games with high requirements for coordination of movements).	2
18.	Development of flexibility (stretching exercises: active, passive, static). Improving the technique of long jumps from a place.	2
19.	Development of flexibility (stretching exercises: active, passive, static). Improving the technique of long jumps from a place.	2
20.	Methodical lesson: "A. Mikulin's health-improving motor system" (special training department). 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

21.	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
22.	Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
23.	Development of strength, strength endurance (exercises with external resistance. Exercises with overcoming your own body weight. Isometric exercises).	2
24.	Development of speed, speed-strength qualities (game and jumping exercises). Improving the technique of running exercises: cross-country running, sprinting (30 m, 50 m, 100 m, 200 m, 300 m, 400 m).	2
25.	Development of speed endurance (running in anaerobic mode on segments from 50 to 200 m. Outdoor games and relay races). Improving the technique of low start, starting acceleration, and finishing.	2
26.	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). Improving the technique of a high start, starting acceleration and finishing.	2
27.	Development of speed endurance (relay races, running segments using the interval training method). Improving the technique of running at medium distances (500 m., 600 m., 800 m., 1000 m.)	2
28.	Development of general endurance (cyclic exercises for at least 15-20 minutes, performed in an aerobic mode, sports games).	2
29.	Development of general endurance. Improving the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
30.	Development of general endurance. Improving the technique of long-distance running (2000 m - girls; 3000 m - boys).	2
31.	<i>Acceptance of control standards (fund of assessment tools – regulatory requirements for general physical training).</i>	2
Total hours		62

Head of the educational part of the department
senior lecturer



E.Yu. Rostiashvili

« *08* » *February* 2023 year