

№ СТOM-21 ИИ

Federal State Budgetary Educational Institution of Higher Education
«North-Ossetia State Medical Academy»
of the Ministry of Healthcare of the Russian Federation



APPROVED

Rector of FSBEI HE NOSMA
МОН Russia

O.V. Remizov

« 30 » march 2022

EDUCATIONAL TRAINING PROGRAM OF 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 on 30.03.2022

Form of education _____

Full-time

The period of development

5

Department of _____

general hygiene and physical culture

Vladikavkaz, 2022

When developing an educational training program, the discipline is based on:

1. Federal State Educational Standard of Higher Education on specialty 31.05.03 Dentistry (partially implemented in English), approved by the Ministry of Education and Science of the Russian Federation on august 12, 2020 № 984.
2. Academic plan on specialty 31.05.03 Dentistry (partially implemented in English):
CTOM-21-01-21 ИИ;
CTOM-21-02-22 ИИ, approved by the Scientific Council of the Federal State Budgetary Educational Institution of Higher Education «North-Ossetia State Medical Academy» of the Ministry of Healthcare of the Russian Federation «30» march, 2022, protocol № 6.

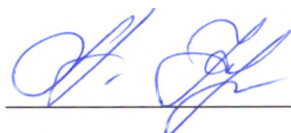
The educational training program of the discipline was approved at a meeting of the department of general hygiene and physical culture from «16» march 2022, protocol № 8.

The educational training program of the discipline was approved at a meeting of the central coordinating training and methodological council from «22» march 2022, protocol №. 4.

The educational training program of the discipline was approved by the Scientific Council of the State Medical University of the Federal State Budgetary Educational Institution of Higher Education «North-Ossetia State Medical Academy» of the Ministry of Healthcare of the Russian Federation from «30» march 2022, protocol № 6.

Developers:

Head of the department of general hygiene and physical culture, professor, doctor of medical science



A. R. Kusova

Senior lecturer of the department of general hygiene and physical culture



E. Yu. Rostiashvili

Reviewers:

Khamikoev A.A. – head of the department of theory and methodology of physical education and sports disciplines of FSBEI HE «North Ossetian state university named after Kosta Levanovich Khetagurov», candidate of pedagogical sciences

Bibaeva L.V. – head of the department of biology and histology of FSBEI HE NOSMA of Healthcare ministry of Russian Federation, professor, doctor of medical science

Content of the work program

1. name of the discipline;
2. list of planned results of training in the discipline, correlated with the planned results of the development of the educational program;
3. specifying the place of the discipline in the structure of the educational program;
4. the volume of the discipline in credit units indicating the number of academic or astronomical hours allocated for contact work of students with the teacher (by type of training) and for independent work of students;
5. the content of the discipline, structured by topic (sections) with an indication of the number of academic or astronomical hours allocated to them and the types of training sessions;
6. list of educational and methodological support for independent work of students in the discipline;
7. fund of evaluation funds for conducting intermediate certification of students in the discipline;
8. list of basic and additional educational literature necessary for the development of the discipline;
9. list of resources of the information and telecommunications network " Internet "(hereinafter - the "Internet"), necessary for the development of the discipline;
10. guidelines for students on the development of the discipline;
11. list of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems (if necessary);
12. description of the material and technical base necessary for the implementation of the educational process in the discipline.
13. conducting educational activities using e-learning and distance learning technologies.

2. The list of planned learning outcomes in the discipline and the results of mastering the educational program

№.№ p/p	Number / index compe- tence	Content of competence (or part of it)	Topic of the lesson (section)	Achievement indicators competencies	The learning outcomes of the		
					know	be able to	master
Practical section							
Educational and training subsection							
1.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	GENERAL PHYSICAL TRAINING (GPT)	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Self-control during performing physical loads; ✓ technology of motor skill formation; ✓ methodology for the development and improvement of physical qualities (endurance, strength, flexibility, speed, agility) 	<ul style="list-style-type: none"> ✓ Vary the components of the load for the implementation of the rational impact of the training load on the body; ✓ reproduce basic motor actions and use them in their professional activities 	<ul style="list-style-type: none"> ✓ Methodology for the development and improvement of physical qualities
2.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	GYMNASTICS	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Technique for performing frontline and ordinal exercises; various rebuilds; outdoor switchgear complexes; ✓ methodology for the development of the vestibular apparatus, coordination abilities, flexibility 	<ul style="list-style-type: none"> ✓ Perform marching and order exercises; various rebuilds; complexes of general development exercises 	<ul style="list-style-type: none"> ✓ Techniques for the development and improvement of the vestibular apparatus, coordination abilities, flexibility
3.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	ATHLETICS	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Basics of running exercise technique (cross-country running, short, medium and long distance running); ✓ the basics of long jump technique 	<ul style="list-style-type: none"> ✓ Perform technically correct running exercises; ✓ perform a technically correct long jump from place 	<ul style="list-style-type: none"> ✓ By means of training physical qualities: strength, speed, dexterity, flexibility, endurance
4.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	SPORT GAMES (basketball, volleyball)	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Game rules; ✓ safety precautions during sports games 	<ul style="list-style-type: none"> ✓ Perform basic technical and tactical techniques of basic sports 	<ul style="list-style-type: none"> ✓ Skills for exercising self-control in the process of playing sports; ✓ techniques necessary for the development of speed-strength abilities
5.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	PROFESSIONALLY APPLIED PHYSICAL TRAINING (PAPT)	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ The specifics of the upcoming professional activity and the professionally important qualities of the future specialist, the methodology for their development 	<ul style="list-style-type: none"> ✓ Use the acquired knowledge in practice 	<ul style="list-style-type: none"> ✓ Methods for the development of professionally important qualities
6.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	<i>Methodical and practical subsection</i>	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Methodology for the independent use of physical culture and sports for recreation in the process of educational and professional activities 	<ul style="list-style-type: none"> ✓ Use funds and methods of physical education to increase the adaptive reserves of the body, improve health, correct physical development and physique 	<ul style="list-style-type: none"> ✓ Basic methods and ways formation of professional and life skills and abilities by means of physical culture and sports
Control section							
7.	UC-7	Able to maintain the proper level physical fitness to ensure full social and professional activity	COMPLIANCE WITH CONTROL REGULATIONS FOR ASSESSING THE PHYSICAL PREPAREDNESS OF STUDENTS	ID-1 To own the methods of physical training. ID-2 Own the algorithm for restoring social and professional activity using physical culture methods.	<ul style="list-style-type: none"> ✓ Standards of physical fitness of students: types of control, features of the implementation of control standards 	<ul style="list-style-type: none"> ✓ Perform technically correct tests and standards for assessing the level of physical fitness students 	<ul style="list-style-type: none"> ✓ Technical and tactical element-by-element training sports and outdoor games; ✓ the technique of performing control tests and effectively performing them in accordance with the requirements of the Federal State Educational Standard of Higher Education

3. Place of discipline in the structure of the educational program

The discipline "**Elective course in physical culture and sports**" is the discipline of the part formed by participants of 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).

4. Discipline volume

№.№ п/п	Kind of work	In total test units	In total clocks	Semester								
				I	II	III	IV	V	VI	VII	VIII	
				Hours								
1	2	3	4	5	6	7	8	9	10			
1.	Contact work of students with teacher (total), including:	0 ZET	296	24	28	34	36	38	36	36	64	
2.	Lectures (L)			–	–	–	–	–	–	–	–	–
3.	Practical classes (PC)		296	24	28	34	36	38	36	36	64	
4.	Independent work of a student (IWS)		32	18	14	–	–	–	–	–	–	–
5.	Type of intermediate certifications	To pass a test (S)		–	–	–	–	–	–	–	–	3
		examination (Э)		–	–	–	–	–	–	–	–	–
6.	TOTAL: general labor intensity	clocks		328	42	42	34	36	38	36	36	64
		ZET	0 ZET									

5. Content of the discipline

The teaching material of each didactic unit is differentiated through the following sections of the program:

- ✓ **practical**, consisting of two subsections:
 - *methodological and practical*, providing operational mastery of methods and methods of physical culture and sports activities to achieve educational, professional and life goals of the individual;
 - *educational and training*, promoting the acquisition of experience of creative practical activity, the development of amateur performance in physical culture and sports in order to achieve physical perfection, increase the level of functional and motor abilities, aimed at the formation of qualities and personality traits;
- ✓ **control**, which determines the differentiated and objective accounting of the process and results of students' educational activities.

№/п	№ semester	Name of the subject (section) of the discipline	Educational types activity (in hours)				Forms of current control progress
			L	PZ	IWS	in total	
1.	I–VIII	Practical section					
2.	I–VI	Metodiko-praktichesky subsection*					
		Main physical qualities:					Report, presentation
	I	<i>Endurance. Methods of development and control (mtd)</i>					
	III	<i>Force. Methods of development and control (mtd)**</i>					
	II	<i>Flexibility. Methods of development and control (mtd)</i>					
	I	<i>Speed. Methods of development and control (mtd)</i>					
	V	<i>Dexterity. Methods of development and control (mtd)</i>					
		Health system:					
	III	<i>Fasting procedure according to P. Breggu (std)</i>					
	IV	<i>G. Shelton Starvation procedure (std)</i>					
	VI	<i>Wellness system of N. E. Semenova (std)</i>					
	VI	<i>Wellness system of S. Knapp (mtd)</i>					
	II	<i>Wellness system "Baby" P. K. Ivanov (std)</i>					
		Respiratory system:					
	II	<i>Paradoxical gymnastics by A. Strelnikova (std)</i>					
	IV	<i>Breathing exercises «Body Flex» (std)</i>					
		Massage and self- massage:					
	IV	<i>Various massages (std)</i>					
	I	<i>Point massage by A. Umanskaya, for prevention of SARS, flu (std)</i>					
		Motive systems:					
	VI	<i>Health-improving motive system N. Amosova (std)</i>					
	III	<i>Health-improving motive system K. Cooper (std)</i>					
	VI	<i>Health-improving motor system A. Mikulina (std)</i>					
	IV	<i>Stretching (mtd, std)</i>					
		Non-traditional methods of physical education:					
	V	<i>Spray and herbal medicine (std)</i>					
	II	<i>Artificial ultra-violet radiation (std)</i>					
	V	<i>Relaxation treatment-and-prophylactic gymnastics (std)</i>					
		Medical physical culture:					
	III	<i>TPC in musculoskeletal diseases (std)</i>					
	I	<i>Physical therapy in diseases of the visual organs (std)</i>					
3.	I–VIII	Educational and training subsection					
	I	<i>Educational and training subsection (gymnastics, GPT, athletics, basketball)</i>		20	18	38	Control of attendance, individual tasks; tests of general physical and professionally applied physical training
	II	<i>Educational and training subsection (gymnastics, GPT, athletics, volleyball, professionally applied physical training)</i>		24	14	38	
	III	<i>Educational and training subsection (gymnastics, GPT, athletics, basketball, professionally applied physical training)</i>		30		30	
	IV	<i>Educational and training subsection (gymnastics, GPT, athletics, volleyball, professionally applied physical training)</i>		32		32	
	V	<i>Educational and training subsection (gymnastics, GPT, athletics, basketball, professionally applied physical training)</i>		34		34	
	VI	<i>Educational and training subsection (gymnastics, GPT, athletics, volleyball, professionally applied physical training)</i>		32		32	
	VII	<i>Educational and training subsection (gymnastics, GPT, athletics, basketball, professionally applied physical training)</i>		32		32	
	VIII	<i>Educational and training subsection (gymnastics, GPT, athletics, volleyball, professionally applied physical training)</i>		60		60	
4.	I–VIII	Control subsection:		32		32	Control standards, paper
		TOTAL:	–	296	32	328	

***Note:** methodological and practical classes are held within the framework of practical classes according to the training schedule.

****Note:** MTD – main training department; STD – special training department.

6. List of educational and methodological support for independent work students of the discipline

№/п	№ semesters	Name of the educational and methodological development
1.	I, II, III, IV	Rostiashvili E.Y., Andiev O.Kh., Asitashvili S.G. "Theoretical course for practical training in the discipline "Physical culture". 2016.
2.	I	Andiev O.H., Asitashvili S.G. "Application of acupressure for prevention of SARS , flu". Guidelines for students. 2016.
3.	II	Andiev O.H., Asitashvili S.G. "Wellness system P.K. Ivanov". Methodological recommendations for independent work of students. 2016.
4.	II	Rostiashvili E.Y. "Paradoxical gymnastics of A.N. Strelnikova" Methodical recommendations for students. 2016.
5.	II	Kusova A.R., Razuvaeva A.A. "Ultraviolet radiation and its use for therapeutic and preventive purposes". Guidelines for students. 2016.
6.	IV	Kusova A.R., Rostiashvili E.Y. "Various types of massage". Educational and methodological guide. 2016.
7.	IV	Asitashvili S.G., Andiev O.H. "The respiratory system "Body-Flex". Methodological recommendations for independent work of students. 2016.
8.	V	Kusova A.R., Razuvaeva A.A. "Relaxation therapeutic and preventive gymnastics". Methodological recommendations for independent work of students. 2016.
9.	V	Asitashvili S.G. "Dexterity. Methods of development and control". Guidelines for students. 2016.
10.	VI	Rostiashvili E.Yu., Andiev O.Kh. "Health-Improving motor system of N. M. Amosov". Guidelines for students. 2016.
11.	VI	Rostiashvili E.Y. "Health system of N.E. Semenova". Methodological recommendations for independent work of students . 2016.
12.	VI	Andiev O.H., Rostiashvili E.Y. "Health system of S. Knapp". Guidelines for students. 2016.
13.	VI	Razuvaev A.A., Asitashvili S.G. "Improving the propulsion system of A.A. Mikulins". 2016.
14.	I-VIII	Andiev O.Kh., Asitashvili S.G., Revazov M.O., Gorokhov S.V. "Athletics in the system of physical education. Technique and methods of teaching"; methodical manual for students. 2016.
15.	I-VIII	Kusova A.R., Razuvaeva A.A. "The use of fitness means in the process of physical education." Toolkit. 2017.
16.	I-VIII	Kusova A.R., Rostiashvili E.Yu. "Methods for assessing and correcting posture"; methodical recommendations for students. 2017.
17.	I-VIII	Kusova A.R., Shatalova A.A. "Organization of physical culture classes according to fitness programs for students of a special medical department"; methodical recommendations for students. 2018.
18.	I-VIII	Kusova A.R., Rostiashvili E.Yu. "Organization of physical culture classes for overweight students"; methodical recommendations for students. 2018.

19.	I-VIII	Kusova A.R., Rostiashvili E.Yu. "Organization of physical education classes for students of a special medical group with a violation of the musculoskeletal system (flat feet)"; methodical recommendations for students. 2019.
20.	I-VIII	Gorokhov S.V., Kozaev R.Kh. "Mobile games with elements of badminton in the classroom with students of a special medical group"; methodical manual for students. 2019.
21.	I-VIII	Shatalova A.A., Andiev O.Kh., Asitashvili S.G., Revazov M.O. "The use of outdoor games in physical education classes at the university"; teaching aid. 2019.
22.	I-VIII	Kusova A.R., Rostiashvili E.Yu. "Organization of physical education classes for students of a special medical department with a disease of the musculoskeletal system - scoliosis"; methodical manual for students. 2020.
23.	I-VIII	Andiev O.Kh., Asitashvili S.G., Revazov M.O. "Methods of teaching and conducting general developmental exercises without objects in physical education classes"; Toolkit. 2020.
24.	I-VIII	Kusova A.R., Shatalova A.A. Pilates as a health-improving system. Toolkit. 2020.
25.	I-VIII	Kusova A.R., Shatalova A.A., Gorokhov S.V., Kozaev R.Kh. "Modern auxiliary and non-traditional health-improving and physical means and technologies." Toolkit. 2020.
26.	I-VIII	Rostiashvili E.Yu., Gorokhov S.V. "Health gymnastics in the system of physical education". Methodological guide for students of the special medical department. 2021.
27.	I-VIII	Andiev O.Kh., Asitashvili S.G. "Methods of teaching and conducting general developmental exercises with objects", teaching aid for students. 2021.
28.	I-VIII	Kusova A.R., Tedeeva I.V. "Stretching for beginners. Methods of recovery after physical exertion". Methodological guide for students. 2021.

7. Fund of evaluation funds for conducting intermediate certification of students in the disciplines

No	List of competencies	№ semesters	Assessment indicator(s)	Evaluation criterion(s)	Grading scale	Name of the FAF
1.	UC-7	VIII	See training quality control standard, approved. By order of the FSBEI HE SOGMA of the Ministry of Health of Russia dated July 10, 2018, No. 264 /o	See training quality control standard, approved. By order of the FSBEI HE SOGMA of the Ministry of Health of Russia dated July 10, 2018, No. 264 /o	See training quality control standard, approved. By order of the FSBEI HE SOGMA of the Ministry of Health of Russia dated July 10, 2018, No. 264 /o	Tests of general physical and professional applied physical training, paper

8. List of basic and additional educational literature necessary for mastering the discipline

№ п/п	Наименование	Автор (ы)	Год, место издания	Кол-во экземпляров		Наименование ЭБС/ссылка ЭБС
				в библ.	на каф.	
Основная литература						
1.	Физическая культура и спорт: учебное пособие	Ю.И. Евсеев	Ростов-на-Дону Феникс, 2014	200	5	
2.	Физическая культура и здоровье: учебник	В.В. Пономарева	М.: ГОУ ВУНМЦ МЗ РФ, 2001	41	3	
3.	Здоровый образ жизни и физическое совершенствование: учебное пособие	Г.С. Туманян	М.: Академия, 2006	20	2	
4.	Физическая культура и спорт: методология, теория, практика: учебное пособие	И.С. Барчуков, А.А. Нестеров	М.: Академия, 2006	5	2	
Дополнительная литература						
5.	Physical therapy: tutorial guide	V.A. Epifanov A.V. Epifanov	Moscow: GEOTAR-Media, 2022	-	1	«Консультант студента» https://www.studentlibrary.ru/book/ISBN9785970467954.html
7.	Практикум по теории и методике физического воспитания и спорта: учебное пособие	Ж.К. Холодов, В.С. Кузнецов	М.: Академия, 2006	5	2	
8.	Основы научно-методической деятельности в физической культуре и спорте: учебное пособие	Ю.Д. Железняк	М.: Академия, 2005	5	2	
9.	Спортивные игры: техника, тактика, методика обучения: учебник	Ю.Д. Железняк	М.: Академия, 2006	4	2	
10.	Лечебная физическая культура: справочник	В.А. Епифанов	М.: Медицина, 2004	15	3	«Консультант студента» http://www.studentmedlib.ru/ru/book/ISBN9785970426456.html

СОГЛАСОВАНО
Зав. библиотекой

Л.В. Соловьева

9. List of resources of the Internet information and telecommunications «network», necessary for the development of the discipline

"Student Counselor"

1. <http://www.studmedlib.ru/ru/book/ISBN9785970426456.html>
2. <http://www.studmedlib.ru/ru/book/ISBN9785970430842.html>
3. <http://www.studmedlib.ru/ru/book/ISBN9785305002249.html>
4. <http://www.studmedlib.ru/ru/book/ISBN9785970436479.html>
5. <http://www.studmedlib.ru/ru/book/ISBN9785970436592.html>

✓ **database software, reference and search systems**

1. <http://www.minsport.gov.ru/> - Official site of the Ministry of Sports of the Russian Federation.
2. <https://www.rosminzdrav.ru/> - Official site of the Ministry of Health of the Russian Federation.
3. <http://lib.sportedu.ru> - Central branch library for physical culture and sports of the Russian Federation.
4. <http://elibrary.ru> - Scientific electronic library.
5. <http://www.edu.ru/> - Russian education. Federal portal.
6. <http://www.teoriya.ru/ru> - Physical culture: upbringing, education, training. Quarterly scientific and methodological journal of the Russian Academy of Education.
7. <http://edu.garant.ru/garant/study/> - Student Guarantor: Encyclopedia of Russian legislation (educational institutions support program). Special issue for students, graduate students, teachers.
8. "Consultant Plus" <http://www.consultant.ru>.
9. Information system "Single window of access to educational resources" - <http://window.edu.ru/>.
10. http://cnit.ssau.ru/kadis/ocnov_set/ - Student's physical culture. Electronic textbook. The content of the textbook corresponds to the approximate program of the discipline "Physical culture" for higher educational institutions.
11. <http://www.volley.ru/pages/497/> - All-Russian Volleyball Federation.
12. <http://www.badm.ru/> - National Badminton Federation of Russia.
13. <http://www.afkonline.ru/> - Adaptive physical culture. Quarterly magazine.
14. <http://kzg.narod.ru/> - Journal "Culture of healthy life" (open access).

✓ **electronic educational resources:**

<https://elibrary.ru>

<http://www.scsml.rssi.ru>

<http://biblio-vluki.ru/catalog/gafc/>

<https://ru.wikipedia.org/wiki>

10. Guidelines for students on the development of the discipline

Practical lessons are carried out in the form of educational, educational-methodical, educational-training, control lessons. Methodical and practical lessons provide for mastering the basic methods and ways of forming educational, professional and life skills and abilities by means of physical culture and sports. When conducting methodological and practical classes in accordance with the planned topic of the lesson, the teacher gives the students an assignment in advance to familiarize themselves with the recommended literature and the necessary instructions for mastering it. Each student is provided with access to the library funds of the academy and department.

The practical section of the program is implemented in training sessions in educational groups of the main, special and sports departments. Compulsory types of physical exercises are sports games, exercises of speed-strength, strength orientation and professionally applied physical training.

Educational and training lessons are based on the wide use of theoretical knowledge and methodological skills, on the use of various means of physical culture, sports and professionally applied physical training of students. Their orientation is connected with the provision of the necessary physical activity, the achievement and maintenance of the optimal level of physical and functional readiness during the period of study; the acquisition of personal experience of improvement and correction of individual physical development, functional and motor capabilities; with the development of vital and professionally necessary skills, psychophysical qualities.

The means of PAPT (professional-applied physical training), selected in accordance with the tasks of the PAPT of future specialists, include specially targeted physical exercises, natural factors of nature, hygienic factors.

The main study time is allocated for practical work on the development of physical qualities and the development of motor skills and abilities. The criterion for the success of mastering the educational material is the teacher's expert assessment of indicators based on the use of physical activity not lower than a certain minimum: regularity of attending classes; results of compulsory (federal component) and additional tests (department and specialized) developed by the department.

Students from all academic departments who complete the curriculum take credit. The criterion for assessing the success of mastering the educational material is the expert assessment of the teacher and the assessment of the test results of the practical section not lower than a certain minimum, the regularity of attending classes. The list of requirements and tests for each section, their assessments are developed by the department and cover their general physical, sports-technical and professional-applied physical fitness.

Practical material for the special educational department is developed taking into account the indications and contraindications for each student. The teaching material has corrective and health-improving and prophylactic orientation. Its implementation

requires an individually differentiated approach depending on the level of functional and physical fitness, the nature and severity of structural and functional disorders in the body caused by temporary or permanent pathological factors. Students of a special educational department (including those exempted from practical classes) write essays related to the peculiarities of using physical culture means with their individual deviations in health. The student's competencies, formed as a result of mastering the academic discipline, are considered through the relevant knowledge, abilities and skills.

Independent work is a type of learning activity of the student, which is carried out outside the classroom. The purpose of independent work is an in-depth assimilation of educational material, the development of abilities, creative activity, the manifestation of individual interest in the study of individual topics and issues of discipline. In the process of independent work, the student may have questions that need to be clarified using individual consultations of the teacher.

Educational technologies for independent work include:

- development of recommended literature on the topics of the program; work with teaching materials on discipline;
- allows you to better understand the material of the future lesson, to understand problematic issues, to work actively in the classroom;
- carrying out by students of self-control of mastering the topics of discipline by solving tests, tasks and exercises, answers to control questions contained in the assessment and methodological materials on the discipline.

Working off of missed classes is carried out in the following forms: training sessions; preparation of a report on the methodological and practical section of the program with a presentation; writing an abstract.

Mastering the discipline by disabled people and persons with disabilities

Depending on the nature of the student's illness and the degree of disability (in accordance with the recommendations of the medical and social examination service), classes for students with disabilities can be organized in the following forms:

- ✓ active adaptive physical education classes in the gym or on open air;
- ✓ classes in table, intellectual sports;
- ✓ preparation of an essay on a topic developed for each student, reflecting health-improving and prophylactic orientation of physical education.

11. The list of information technologies used in the implementation of the educational process in the discipline

Microsoft Office;
Power Point;
Internet Explorer

12. Description of the material and technical base necessary for the implementation of the educational process in the discipline

No.	Equipment identification	Amount	Technical condition
1	2	3	4
<i>Educational and practical equipment</i>			
1.	Computer	3	Good
2.	Projector	1	Good
3.	Copier technology	1	Good
4.	Gymnastic mat	10	Good
5.	Amortization ring	2	Good
6.	Plastic play shield	2	Good
7.	Volleyball stand	1	Good
8.	Step platform	15	Good
9.	Tennis table	3	Good
10.	Chess table	6	Good
11.	Stadiometer	1	Good
12.	Shop	5	Good
13.	Darts	2	Good
14.	Basketball ball	10	Good
15.	Volleyball	15	Good
16.	Soccer ball	8	Good
17.	Domino rug	2	Good
18.	Karemat	20	Good
19.	Sports mats	5	Good
20.	Fitness ball	10	Good
21.	Dumbbells	5	Good
22.	Ball pump	2	Good
23.	Steel gymnastic weighted hoop	10	Good
24.	Gymnastic stick	10	Good
25.	Rackets for table tennis	20	Good
26.	Badminton racket	20	Good
27.	Stopwatch	1	Good
28.	Basketball net	7	Good
29.	Volleyball net	4	Good
30.	Table tennis net	3	Good
31.	Gymnastic rope	20	Good
32.	Chess	7	Good
33.	Chest expander	3	Good
34.	Hand dynamometer	1	Good
35.	Mechanical scales	1	Good
36.	Table tennis ball	100	Good
37.	Blackboard	1	Good
38.	Hand dynamometer	4	Good
39.	Automatic tonometer	1	Good
40.	Mechanical tonometer	3	Good
41.	Training apparatus	1	Excellent

<i>Sports halls (offices)</i>			
42.	Sports hall No.1	1	Good
43.	Sports hall No.2	1	Good
44.	Shooting range	1	Satisfactory
45.	Classroom for methodical, lecture classes	1	Good
46.	Teaching	1	Good
47.	Dressing room for teachers	1	Good
48.	Utility rooms for storing inventory and equipment	1	Good
<i>Outdoor sports grounds</i>			
49.	Futsal playing field	1	Satisfactory
50.	Marking track for long jump	1	Good
51.	Futsal goal	2	Satisfactory

13. Conducting educational activities using e-learning and distance learning technologies

In the context of the introduction of restrictive measures (quarantine) associated with an unfavorable epidemiological situation, the threat of the spread of a new coronavirus infection and other force majeure events that do not allow full-time training, it is possible to study this discipline or part of it using e-learning and distance educational technologies.

Teaching the discipline in the above situations will be carried out through the development of an electronic course with access to video lectures and interactive course materials: presentations, articles, additional materials, tests and various tasks. When conducting training sessions, monitoring progress, as well as intermediate certification of students, platforms of the electronic information and educational environment of the academy and / or other e-learning systems recommended for use in the academy, such as Moodle, Zoom, Webinar, etc., can be used.

Lectures can be presented in the form of audio, video, "live lectures", etc.

Conducting seminars and practical classes is possible on-line in both synchronous and asynchronous modes. Seminars can be held in the form of web conferences.