

**State-funded educational institution higher education
"THE NORTH OSSETIAN STATE MEDICAL ACADEMY"
Ministries of Health of the Russian Federation**

**ANNOTATION OF THE WORK PROGRAM OF DISCIPLINE
"PHYSICAL CULTURE" (ELEKTIV)**

Direction of training (specialty) 31.05.01 Healing

- 1. Purpose of the discipline** – formation of medical students motivation and incentives for physical training and sports as an essential part of the general cultural value and general health-improving tactics in the professional activity of the future specialist.
- 2. Tasks of the discipline:**
 - ✓ strengthen the health of students, improve and maintain at the optimal level of physical and mental performance;
 - ✓ develop students' values for the qualitative use of means and methods of physical training as an integral component of a healthy lifestyle;
 - ✓ develop and improve the basic physical, applied mental and special qualities necessary in the future professional activity of the doctor-clinic, supporting them throughout all the years of study at the university;
 - ✓ to instill knowledge and teach practical skills in using non-traditional means of physical culture to strengthen and restore health; To expand the arsenal of applied motor coordination;
 - ✓ increase the range of the physician's medical capabilities to prevent exposure to hazardous occupational factors in future professional activities;
 - ✓ train self-and mutual control in group and individual classes with physical education means, maintain a diary of self-control, compose and conduct complexes of morning gymnastics and industrial gymnastics;
 - ✓ forming skills to comply with the requirements of personal and public hygiene, motivational and value attitude to the daily implementation of the motor regime, to instill interest in sports and the desire to abandon bad habits.
- 3. The place of discipline in the structure of the PLO:** Block 1 elective disciplines (modules).
- 4. General complexity of the discipline** – 328 academic hours, the specified academic hours are mandatory for mastering 1-6 semesters and are not transferred to credit units.
- 5. Competences of the student, formed as a result of mastering the discipline "Physical Culture" (Elektiv):** ability to use methods and means of physical culture to ensure full social and professional activities (OC-6).
- 6. Requirements for the results of mastering the academic discipline:**

KNOW / UNDERSTAND:

- ✓ rules and methodology for compiling hygienic gymnastics and
- ✓ general development exercises,
- ✓ basic physical, applied mental and professional-moral qualities necessary in the future activity of the doctor;
- ✓ the methodology of education of physical qualities;
- ✓ the technique of performing the main types of motor activity;
- ✓ the most effective methods aimed at the formation of a healthy lifestyle and safety of life;
- ✓ the basis of safety and prevention of injuries and diseases in those engaged in physical culture and sports.

TO KEEP:

- ✓ use the basic methods of physical education in the process of developing physical qualities and promoting health, depending on the morphofunctional state of a person;
- ✓ use methods of control and self-control when exercising;
- ✓ use the means of physical culture for the directed development of physical qualities;
- ✓ use the correct terminology of the fundamentals of refereeing sports and mobile games;
- ✓ understand the issues of physical culture used for prevention and treatment.

OWN:

- ✓ methods of physical self-improvement and self-education for realization the future professional activities of a pediatrician;
- ✓ the technique of performing the basic motor actions;
- ✓ technical and tactical training in the elements of sports and outdoor games;
- ✓ various motor skills, combining with professionally-applied physical training;
- ✓ skills of control and self-control over a person's physical condition with physical activity.

7. The main sections of the discipline:**PRACTICAL SECTION****Methodical and practical subsection *****Basic physical qualities:**

- Endurance. Methods of development and control.
- Strength. Methods of development and control.
- Flexibility. Methods of development and control.
- Fast. Methods of development and control.
- Dexterity. Methods of development and control.

Improving systems:

- Fasting method according to P. Bregg.
- The method of starvation by G. Shelton.
- Health system N.E. Semyonovoy.
- The Kneipp health system.
- Recreational system "Detka" P.K. Ivanova.

Respiratory system:

- Paradoxical gymnastics A. Strelnikova.
- Breathing gymnastics "Body-flex".

Massage and self-massage:

- Different types of massage.
- Acupressure.
- Acupressure for A. Umanskaya, for the prevention of acute respiratory viral infection, influenza.

Motor systems:

- Improving motor system N. Amosova.
- K. Cooper's health system.
- Mikulina's health system.
- Stretching.

Non-traditional methods of physical education:

- Artificial ultraviolet irradiation.
- Relaxation treatment and prophylactic gymnastics.
- Autogenic training.

Healing Fitness:

- LFK in diseases of the musculoskeletal system.
- Exercise for diseases of the eyes.

* **Note:** practical classes are conducted in the framework of practical lessons on the training schedule.

Educational-training sub-section:

- ✓ general physical training;
- ✓ athletics;
- ✓ sports (basketball, volleyball) and outdoor games;
- ✓ professionally-applied physical training.

CHECK SECTION:

- ✓ control pedagogical testing of physical fitness students.

8. Types of educational work: methodical and practical, practical exercises.

9. Формы аттестации:

- ✓ ***текущий контроль:*** реферативные работы, обязательные тесты для определения физической подготовленности студентов, контрольные тесты;
- ✓ ***промежуточный контроль:*** зачет 6 семестр (педагогическое тестирование физических качеств и технических навыков).

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