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Department of Physical Education

I.M. Kypcov, V.A. Kashirin,

Physical Education and Sport

Guidelines

for independent work of students

Direction (specialty): 31.05.01 «General medicine»

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Reviewer - Ph.D., Associate Professor V.V. Valtsev

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The manual on the discipline "Physical Education and Sports" is intended to help teachers for classes at the designated course. Methodical instructions include requirements for the results of mastering the discipline, a thematic plan of the discipline, a list of recommended literature, and test questions. The manual is intended for students of the medical faculty studying in English in the specialty 31.05.01 "Lechebnoye delo".

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Content

1. The aim and objectives of the discipline.....	5
2. Proposed results.....	5
3. Educational and methodological support of the discipline	6
4. Sections of the discipline and types of training sessions	7
5. Subjects of practical classes.....	8
6. Independent work of students.....	16
7. The list of questions	16

1. THE COURSE AIM AND OBJECTIVES

The purpose of mastering the discipline:

the formation of a physical culture of the individual and the ability of the directed use of various means of physical culture, sports and tourism to maintain and strengthen health, psychophysical training and self-training for future professional activities.

Tasks of mastering the discipline:

- understanding the social role of physical culture in personality development and preparing it for professional activities;
- knowledge of the scientific, biological and practical foundations of physical education and a healthy lifestyle;
- the formation of a motivational-value attitude to physical culture, the attitude towards a healthy lifestyle, physical self-improvement and self-education of the need for regular physical exercises and sports;
- mastering the system of practical skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports;
- the acquisition of personal experience in improving motor and functional capabilities, providing general and professionally-applied physical fitness that determines the student's psychophysical readiness for the future profession;
- gaining experience in the creative use of physical culture and sports activities to achieve vital and professional goals.

2. PROPOCED RESULTS

The course is aimed at the following competencies:

Code and name of competency	List of planned learning outcomes by discipline (module), correlated with indicators of achievement of competencies
<p style="text-align: center;">GC-6</p> <p>The ability to use methods and means of physical education to ensure full social and professional activities</p>	<p>KNOW:</p> <ul style="list-style-type: none"> - competition rules for the chosen sport; - safety rules for sporting events and sports events; - ways to control and evaluate physical development and physical fitness; - rules and methods of planning individual lessons of various target areas; - a methodology for training and improving the technical and tactical elements of the chosen sport. <p>BE ABLE TO:</p> <ul style="list-style-type: none"> - perform and conduct a comprehensive specialized warm-up for a chosen sport; - carry out individually selected complexes of special physical training, development of physical and motor-coordination qualities necessary in the chosen sport; - perform the simplest methods of self-massage and relaxation; - overcome artificial and natural obstacles using a variety of methods of movement; - assist in refereeing competitions in a selected sport; - carry out creative cooperation in collective forms of physical education. <p>Skills:</p> <ul style="list-style-type: none"> - means and methods of strengthening individual health, physical self-improvement;

	<ul style="list-style-type: none"> - the ability to increase efficiency, maintain and promote health; - the technique of performing the elements of the chosen sport; - tactical individual actions, as well as elements of group and team interaction for participation in competitions; - methods of organizing and conducting individual, collective, family vacations and participation in mass sports competitions; - the basics of the formation of a healthy lifestyle in the process of active creative activity.
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3. EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE:

a) Required reading:

1. Kalenik E.N., Zayneeva R.Sh. Bases of physical education: tutorial for students / Kalenik E.N., Zayneeva R.Sh. — Ulyanovsk : UISU, 2019. — 26 p.— URL: <https://bibli-online.ru/bcode/431427>

Additional reading:

1. Guryanov, A. M. Systematic physical education as a condition for maintaining and strengthening the health of students of special medical groups: a training method. allowance / A. M. Guryanov, L. V. Konovalova, S. F. Sokunova; UISU, IMEiFK, Fak. physical education and rehabilitation. - Ulyanovsk: UISU, 2015. -- 30 p.: Ill. - Bibliography: p. 29-30. - b / p. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/306/Gurjanov2015.pdf>
2. Kashirin, V. A. Diagnosis and correction of individual health of students [Electronic resource]: electron. textbook. course: textbook.-method. allowance / Kashirin Valery Alexandrovich, E.N. Kalenik, V.K. Fedulov. - The electron. text data - Ulyanovsk: UISU, 2017. - URL: <http://edu.ulsu.ru/courses/818/interface/>
3. Fedulov, V. K. Self-knowledge and self-regulation of individual health of students: textbook. Method. allowance / V.K. Fedulov, V.A. Kashirin; UISU, IMEiFK. - Ulyanovsk: UISU, 2012. -- 142 p. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/1020/fedulov-kash.pdf>

b) Software:

- Operating system Alt Workstation 8;
- Office suite MyOffice Standard.

c) Professional databases, information and reference systems:

1. Electronic library systems:
 - 1.1. IPRbooks [Electronic Resource]: electronic library system / IP Air Media group of companies. - Electronic data - Saratov, [2019]. - Access mode: <http://www.iprbookshop.ru>.
 - 1.2. URIGHT [Electronic resource]: electronic library system / LLC Electronic publishing house URIGHT. - Electronic data - Moscow, [2019]. Access Mode: <https://www.bibli-online.ru>.
 - 1.3. Student Consultant [Electronic Resource]: Electronic Library System / Polytechresurs LLC. - Electronic data - Moscow, [2019]. Access Mode: <http://www.studentlibrary.ru/pages/catalogue.html>.
 - 1.4. Doe [Electronic resource]: electronic library system / ELS Doe LLC. - Electronic data - St. Petersburg, [2019]. Access Mode: <https://e.lanbook.com>.
 - 1.5. Znanium.com [Electronic resource]: electronic library system / Znanium LLC. - Electronic data - Moscow, [2019]. Access Mode: <http://znanium.com>.
2. Database of periodicals [Electronic resource]: electronic journals / IBIS LLC. - Electronic data - Moscow, [2019]. Access Mode: <https://dlib.eastview.com/brows/udb/12>.
3. National Electronic Library [Electronic resource]: electronic library / IBIS LLC. - Electronic data - Moscow, [2019]. Access Mode: <https://neb.rf>.

4. Federal information and educational portals:
 4.1. Information system Single window of access to educational resources. Access mode: <http://window.edu.ru>.
 4.2. Federal portal Russian education. Access mode: <http://www.edu.ru>.
 5. Educational resources of UISU:
 5.1. Electronic library of UISU. Access mode: <http://lib.ulsu.ru/MegaPro/Web>.
 5.2. Educational portal of UISU. Access mode: <http://edu.ulsu.ru>.

4. TOTAL DIFFICULT

4.1. The volume of discipline in credit units (total) – 328 hours.

4.2. The volume of discipline by type of education work (in hours):

Type of study	Number of hours (Full-time form of education)						
	Total according to plan	Including by semester					
		1	2	3	4	5	6
Contact work of students with a teacher in accordance with SP	328		72	72	72	72	40
Auditory lessons:							
Lectures							
Practical and seminar classes	328		72	72	72	72	40
Independent work							
The form of current knowledge control and independent work control (control work, colloquium, abstract)			CW, abstr abs	CW, abstr abs	CW, abstr abs	CW, abstr abs	CW, abstr abs
Type of intermediate certification (credit, exam)			credit	credit	credit	credit	credit
Total hours for discipline	328		72	72	72	72	40

4.3. The content of the discipline (module).

Distribution of hours by topics and types of academic work:

Full-time form of education

Title of sections and topics	Total	Type of study			The form of current knowledge control
		Auditory lessons		Independent work	
		Lectures	Practical and seminar classes		
1	2	3	4	5	6
1. Athletics	60		60		PE test
2. Gymnastics and general physical fitness	60		60		PE test
3. Sports and outdoor games	148		148		PE test
4. Swimming	60		60		PE test
Total:	328		328		

5. CONTENT OF DISCIPLINE

Training sessions are based on the wide use of theoretical knowledge and methodological skills, on the use of various means of physical education, sports and professionally-applied physical training of students.

Their focus is associated with providing the necessary motor activity by achieving and maintaining the optimal level of physical and functional fitness during the training period; the acquisition of personal experience in improving and correcting individual physical development, functional and motor capabilities; with the development of vital and professionally necessary skills, psychophysical qualities.

Means of the practical section of classes in the discipline "Physical Culture" in the work program of the department of physical education are determined by each teacher independently.

Mandatory types of physical exercises for inclusion in the work program on physical education are: individual disciplines of athletics (100 m run - men, women; 2000 m run - women; 3000 m run - men), swimming, sports, skiing, professional exercises -applied physical training (PAPT).

PAPT funds selected in accordance with the tasks of future specialists' PAPT include specially directed physical exercises, natural factors of nature, and hygiene factors.

The selection of exercises in practical classes should include the improvement of previously learned and training in new motor actions (skills), as well as the development of qualities of endurance, strength, speed, agility and flexibility. Physical exercises from various sports are used, professionally applied exercises of the improving systems of physical exercises. In the classroom, simulators and computer training systems can be used.

Practical training material for a special educational department has a corrective and health-improving focus, taking into account the indications and contraindications for each student. In its implementation, an individually-differentiated approach is necessary depending on the level of functional and physical readiness, 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 engaged in physical therapy groups and exempted from practical classes) in the first four semesters write essays related to the peculiarities of using physical culture means for their individual deviations in health status.

The content and specific means of each practical lesson in the main, special and sports departments are determined by the teachers of the training groups, taking into account the schedule of studies at this faculty and the work plan of the physical education department for each educational department.

The variable part of the program material allows the teacher to select the content of the educational material in accordance with the age and gender characteristics of students, the material and technical equipment of the educational process (gym, outdoor sports grounds, stadium, pool) and climatic conditions.

6. TOPICS OF PRACTICAL AND SEMINAR LESSONS

6.1. TOPICS OF PRACTICAL AND SEMINAR LESSONS for students of the General Physical Training Department:

6.1.1. Track and field.

Starts: high, with support on one arm, low, followed by acceleration of 5-8 m.

Running: "sprinting" - 100m; "relay"; "Cross" on 2 and 3 km; running with obstacles.

Long jumps: in the way "bending your legs" and "bending" from the start "; "Triple" jump from a place and from a short run.

Throwing a small ball; on range and on target.

Putting a stuffed ball; from the shoulder with one hand from a standing position; with a jump start (ball weight 1 kg).

Applied exercises; "Tourist" walking; march throw (men up to 5 km, women - up to 3 km); jumping over natural obstacles, jumping (height 100-1500 with a load (weight 3 kg for women and 5 kg for men) on the shoulders for precision landing and maintaining balance; jumping

(height 50-60 cm) with load on the shoulders with a short run (3-5 steps); ups and downs in steps and runs with a load on the shoulders.

6.1.2. Gymnastics and general physical fitness.

The development of speed abilities: running in place at the maximum pace (at an emphasis on the gymnastic wall and without emphasis); Shuttle run; running along the markings and to the station 20 m with maximum speed; repeated run with maximum speed and maximum frequency of steps (10-15m); running with accelerations from different starting positions; running at maximum speed with the collection of small objects lying on the floor and different heights; starting accelerations by a differentiated signal; throwing small balls at moving targets; catching a tennis ball after bouncing off the floor, wall; passing the tennis ball in pairs (left) hand and alternately; dribbling a tennis ball with acceleration in a straight line with a maximum frequency of jumps; overcoming an obstacle course, including the implementation of exercises of various biomechanical structure and direction of movement; relay races and outdoor games with a speed orientation.

Development of strength abilities: complexes of general developmental and locally acting exercises with external weights (own body weight, dumbbells, expander, stuffed balls, barbell, etc.); complexes of athletic gymnastics with corrective orientation from the position of the hang on the gymnastic wall, bending and unbending legs at a right angle; from a standing position facing the gymnastic wall, flexion and extension of the hands with their gradual dilution to the sides; from a position, standing to the gymnastic wall, holding his hand on the rail, alternating squats on the right and left leg; from a supine position and holding the legs for the gymnastic wall staff flexion of the body; from the supine position and holding the legs for the rack of the gymnastic wall multiple bending of the body); complexes of athletic gymnastics on simulators; complexes of general developmental exercises performed in the "to failure" mode; jumping with additional weight in place, from different starting positions (squat, half-squat, standing), with advancement (back, side, face forward) in different directions, on one and two legs; jumping exercises with a rope with additional weights; pulling the torso on the gymnastic bar (boys - from hanging on the hands, girls - from hanging lying); flexion and extension of the arms at the stop (boys - in the lying position, girls - in the resting position on the gymnastic bench); Squat at a different pace and in different starting positions with weight training and additional means; transfer of a stuffed ball (3 kg) in pairs at the maximum pace, in a circle, from different starting positions (standing, sitting, in a squat and semi-squat); throwing a stuffed ball (3 kg) with one and two hands (from the chest, from below, from behind the head) to a range from different starting positions; Climbing a rope (by the number of repetitions and the speed of execution); bending the trunk from a prone position; bending straight legs from the position of the hang on the hands; movement on an emphasis ("wheelbarrow") with the help and independently; movement on hands from a supine position; hanging in the arms; overcoming combined obstacle courses (with advancement in the arms hanging, crawling, running, jumping, climbing and climbing); transfer of unsaturated weights at maximum speed (peer boys on their backs); outdoor games with a power orientation (for example, impromptu basketball with a stuffed ball).

Endurance development: uniform running and skiing in moderate and high intensity modes; repeated running and skiing in maximum and submaximum intensity modes; Cross run (men - 2 km, women - 1 km) and a "march-throw" on skis in the continuous-interval way (men - 2 km, women - 1 km); cross country skiing.

Development of coordination: hands juggling a large (volleyball) and small (tennis (2-3) balls); head juggling a volleyball; legs juggling a soccer (volleyball) ball; movement on an inclined limited and movable support with an object on its head and without.

Development of flexibility: complexes of gymnastic exercises performed with a large range of motion, for joint mobility (active and passive exercises), for stretching and muscle relaxation; "Bridge" from a standing position (using); "Half-twine" and "twine", "twisting" of

the gymnastic stick with a decreasing distance between the arms; tilts in different directions, standing still, moving forward, with additional weight.

6.1.3. Sports and outdoor games

Football:

- exercises without a ball: running with a “snake” and “eight” (with a maximum variable speed of movement); running with alternating movement of the face and back forward;

- exercises with the ball: dribbling with the inside of the foot (straight, in a circle, between the uprights, “eight”), the outside of the foot (lifting of the foot (“snake” between the uprights), dribbling with the toe of the foot and the inside of the foot (in a straight line), in a circle, “snake”, between the stands), dribbling the ball in a straight line with a changing speed; a blow to a stationary and rolling ball with the inside of the foot (from a place and a run), a mid-lift of the foot from the run on the fixed ball, a kick to the ball from a run after bouncing off the ground, after leading, a blow to the ball with a turn; hit the ball with the heel; stop of the rolling ball with the inside of the foot; landing of a flying ball;

- tactical actions: group - the interaction of the players in the attack and defense when giving a corner kick, the actions of the defense and attack players with a free kick; players interacting with a throw-in due to the front line; individual - throw-in of the ball because of the sideline; selection of the ball from the opponent (by pushing the shoulder to the shoulder, knocking out, putting a foot on the ball); “Fraudulent” actions with the ball and without the ball (feint “offensive with the sole on the ball”, “false movement with the ball past the opponent”, “false swing” to hit);

- sports games: futsal, soccer according to simplified rules, soccer according to the rules;

- applied actions: playing according to simplified rules on various soils (sand, grass, gymnastic mats); varieties of soccer games used in hiking and recreation areas.

Volleyball:

- exercises without a ball: volleyball player stance, imitation of an attack hit on the ball;

- exercises with the ball: lower straight line feed through the net from the front side; top straight feed to different areas of the opponent's court; transfer in pairs on site and after moving, from zone to zone; taking the ball from below with one and two hands and from the chest (in place and in motion with extra steps); direct attack hit;

- tactical actions: group - the interaction of the front line players in the attack; interaction of the players of the back line when taking the ball from the lower pitch; the interaction of the players in defense when taking the ball; individual - the choice and methods of kicking the ball through the net; transmission from above with two hands, fist from below and fist at the upper edge of the net; "Single blocking";

- sports games: pionerball, volleyball according to simplified rules, volleyball according to the rules;

- applied actions: playing according to simplified rules on various soils (sand, grass, gymnastic mats); varieties of volleyball used in hiking and recreation areas.

Basketball:

- exercises without a ball: main stance; movement in the main rack with added steps to the right (left) side, transition from moving right to moving left side, with a change in speed and direction of movement; jump up with one push and landing on the other leg; jump stop after acceleration; stop in a step;

- exercises with the ball: dribbling the ball on the spot and in motion (in a straight line, in a circle, "snake", with a change of direction, acceleration, stroke of the passive and active opponent); catching the ball with two hands from the chest (from a place, in steps, with a change of place after a pass, after a rebound from the floor); catching and passing the ball with one hand from the shoulder, with a rebound from the floor in parallel and oncoming traffic; catching a high flying ball; passing the ball with two hands from the chest (from a place, in steps, with a change of place after the transfer); throwing the ball into the basket with both hands from the

chest from the place and after dribbling, with two hands from below; throw the ball into the basket with one and two hands in a jump; execution of a free throw - with two hands from the chest, one from the shoulder;

- tactical actions: group - in defense of the screen), in attack (quick break); individual - knocking out and interception of the ball, throwing the ball from the front line, personal defense;

- sports games: mini-basketball, basketball according to simplified rules, basketball according to the rules;

- applied actions: playing according to simplified rules on various soils (sand, grass, gymnastic mats); varieties of the game of basketball used in hiking and recreation areas.

6.1.4. Swimming.

Improving students' general physical fitness using swimming exercises.

The development of motor skills in swimming. Familiarization with safety measures during swimming. General provisions of swimming training techniques. Learning the technique of preparatory exercises for development with the aquatic environment. Learning the technique of swimming in the way of crawl on the back. General characteristics of the method of swimming crawl on the back. The position of the body and head. Learning the technique of movement of the legs and arms in a rabbit on the back. Swimming breathing training. Learning the technique of coordination of movements and breathing. The technique of a simple turn and start when swimming the crawl on the back.

Strengthening skills in swimming by crawling on the back. Learning the technique of swimming in the way of crawl on the chest. General characteristics of the method. The position of the body and head. Learning the technique of movement of the legs and arms in a rabbit on the chest. The main versions of the technique of matching the movements of the hands and breathing in a rabbit on the chest. Learning the rotation technique when swimming a crawl on his chest. The main options for turning technique. Learning the technique of starting a jump from the nightstand.

Training in swimming technique by breaststroke. General characteristics of the method of swimming breaststroke. Learning the technique of moving legs and arms in a breaststroke. Training in proper breathing while swimming. Learning the technique of coordination of movements and breathing. Learning the technique of turning and starting jump when swimming by breaststroke.

6.2. TOPICS OF PRACTICAL AND SEMINAR LESSONS for students of the sports department based on the chosen sport:

Use of specific terms and concepts; a description of physical exercises and motor actions with the allocation of their main elements and links, analysis and control of the technique for their implementation.

Determination of the functional orientation of physical exercises (based on local switches); drawing up sets of exercises for the development of flexibility, power and speedways, endurance; testing indicators of physical fitness.

Conducting independent classes in special physical training; monitoring the functional state of the body; planning and regulation of physical activity, based on individual age and gender characteristics.

Conducting fragments and parts of classes. use of inventory and equipment, teaching aids.

Conducting independent recreational forms of employment using all sports, as well as taking into account external conditions and well-being; the use of tempering procedures and massage.

Refereeing for selected sport.

6.2.1. Track and field.

Motor actions and skills

Starts: low; tall; from a prone position; resting on the arm.

Finishing: breast; shoulder.

Running: Barrier with overcoming obstacles (such as "steeple-chaz"); "Smooth" "sprinting", at medium distances, "styer"); "Cross"; "Relay race".

Jumping: with a long run in a way, bending legs, bending, "triple" jump; with a take-off run in the way of overstepping, "cross over"; Fosbury Flop (optional).

Shot put: from a place; with a run.

Walking: men 3 - km; women - 2 km.

Special Developmental Exercises

Endurance development: running at maximum speed in the mode of repeated-interval exercise; cross country running; running at a uniform speed in different zones of intensity; rerun obstacles at maximum pace; "Cross" run; running at a competitive speed; repeated uniform running with final acceleration; "Variable" run with additional weight; educational tasks on individual physical preparation (developed by students independently).

Development of strength abilities: special jumping exercises with additional weight; jumping up with the delivery of suspended objects; jumping in a semi-squat (in place, with movement in different directions); jumping followed by jumping; deep jumps using the "shock training" method; high jumps with advancement and change of directions, turns to the right and left, on the right, left foot and alternately; running with obstacles; running uphill, with additional weights and without; sets of exercises with stuffed balls; athletic gymnastics (exercises with local weights on muscle groups that provide jumping and throwing); exercises on the muscles of the body with additional weights (dumbbells, barbell, fitness equipment); individual complexes of sports and strength exercises according to the method of circular training.

The development of speed abilities: running in place at maximum speed with support on the hands and without support; running at maximum pace; maximum run uphill and downhill; repeated running of distances with maximum speed in a straight line, at the turn and to the start; maximum run "on the go"; running at maximum speed at a distance of 30-60 m; jumping rope at the maximum pace; acceleration turning into multi-jumps; multi-jumps running into acceleration; basketball and futsal according to simplified rules.

Development of coordination: specialized sets of exercises for the development of coordination (developed on the basis of the training material of the sections "Gymnastics" and "Sports Games").

6.2.2. Football.

Motor actions and skills

Exercises without a ball: running with a "snake" and "figure eight" (with a maximum and variable speed); running with alternating movement of the face and back forward.

Ball juggling: foot, head.

Dribbling: the inner part of the lifting of the foot (in a straight line, in a circle, between the uprights, "eight"); the external part of the lifting of the foot ("snake" between the racks, in a straight line with a changing speed); alternately external and internal surface of the foot with a varying speed of movement.

Strokes: midway up the foot and take off on a stationary, rolling and flying ball; after bouncing off the ground; with rotation; heel; head on a flying ball (standing still and in a jump).

Passing the ball: in place (longitudinal, transverse, diagonal, low, high); in move.

Throw-in: because of the sideline, standing still, with a take-off.

Taking away the ball from the opponent: pushing shoulder to shoulder; knocking out; putting foot on the ball; rolled.

Stop the flying ball: the inside of the foot; breastfeeding.

Deceitful actions: individual with a ball and without a ball (feints); "Attack on the ball"; "False promotion", "with the ball past the opponent"; "False swing".

Group fraudulent actions: "false pass"; "False actions to get a pass from a throw-in from the front line"; "Pass the ball to a partner"; "Leaving the ball to the partner"; "False actions when applying a corner kick.

Tactical actions: the interaction of players in attack and defense when giving a corner kick and when breaking free throws; the interaction of the players when throwing the ball in because of the front line.

Sports games: futsal, soccer according to simplified and basic rules.

Special Developmental Exercises

The development of speed abilities: starts from various positions and with the ball; running at maximum speed in a straight line, with stops (on the whistle, clap, given signal), with accelerations, "jerks", changes in the direction of movement; running and walking backwards at the maximum pace, in a straight line, with 180 ° and 360 ° turns, in a circle and a "snake"; "Short" jumps on the markings on the right (left) leg, between the uprights, back forward; hitting the ball into the wall with a maximum pace (distance of 1 m); the implementation of the learned technical methods of the game with the highest possible speed; somersaults forward, backward, sideways with a subsequent jerk; individual instructional tasks with an increased volume of "jerking" actions, speed runs, feints without a ball and with a ball (developed independently by schoolchildren on the basis of educational material).

Development of strength abilities: sets of exercises with additional burden on the main muscle groups; Multi-hop; "Multi-jump" through obstacles; jumping from an elevated support with subsequent acceleration, long jump; jumping on two legs with additional weights (forward, backward, in a squat, with forward movement); jumping on one with the emphasis of the other, face and side to the support (with emphasis on the gymnastic bench and gymnastic wall, gymnastic goat and slide mats); dribbling the ball (1 kg); repeated running at maximum speed with additional weights in a straight line and uphill, along gymnastic mats (in a straight line, with an outline of the racks, between the racks); repeated running with additional weights at maximum speed (boys up to 20 m, girls up to 10 m); acrobatic and gymnastic exercises performed in the mode of repeated-interval exercises; individual training (developed by students independently on the basis of educational material).

Endurance development: uniform long-distance running (men - 3 km, women - 2 km); Cross-country running (3 km); repeated running of distances (100-150m) with a changing interval of rest; continuous running with alternating speed; simplified football game with increasing playing time.

6.2.3. Volleyball.

Motor actions and skills

Actions without the ball: imitation of passing the ball; hit the ball.

Serving the ball: upper and lower straight; upper lateral.

Passing the ball: from above with two hands from a place, in a jump, after moving; from zone to zone; from the depths of the site to the grid; standing at the grid with two hands on top; standing with your back in the direction of transmission; from above from the depths of the site.

Reception of a ball: on a back line from the bottom direct and lateral giving; lower and upper direct feed in the attack zone; from above with two hands, falling to the side on the thigh and rolling to the back; from below with two hands and one hand with falling forward onto the arm and rolling over to the chest.

Offensive strike through the net: in the course of zones 4, 3 and 2; in zones 4 and 2 with transmission from the depth of the site; from zone 3 with high and medium gears; from remote from the gear grid.

Blocking attacking strikes: single and group in zones 4 and 2, performed from the transmission from zone 3; along the way, performed from two zones (4-3 and 2-3) in a known direction.

Individual tactical actions: selection and methods of kicking the ball through the net; transmission from above with two hands, fist from below; the choice of location to block the attacking strike; selection of a place to perform an attack hit.

Group tactical actions: the interaction of the front line players in the attack; the interaction of the players of the back and front lines in attack and when taking a feed; "Protective actions of players within the line and between the lines when accepting innings and subsequent transfer; attacking actions of front line players in second gear; a defensive game system with insurance of an attacking player of the back line; in an attack, the interaction of players of zone A 2 with players of zones 3 and 4 during the alternation of long and short passes; in defense, the interaction of players of zones 2 and 6 when taking difficult balls from innings, attacking blows, deceitful actions of an opponent; team - when receiving the ball in zone 4, second gear to zones 3 and 2.

Sports games: volleyball according to the simplified and basic rules of the competition.

Special Developmental Exercises

The development of speed abilities: walking and running with acceleration, "jerks" from different starting positions and in different directions; running in place with a maximum frequency of steps; "Shuttle" run (3x10; 5x6; 7x4); running in a straight line with maximum speed; running "snake" with maximum speed; acceleration with additional weighting and getting the ball suspended at different heights; jumping up from a place and in movement with getting reference points with the left (right) hand; passing the ball into the "wall" with two hands from the chest with the maximum frequency of movements; beating the ball up (in front of it) with one and two hands at the maximum pace and with a varying flight height of the ball the ball is received after being fed into the wall with different bounce amplitudes; passing the ball into the wall at the maximum pace when jumping in the semi-squat position; jerks 3 - 5 m, after a somersault forward, backward, sideways; individual instructional tasks with an increased volume of "jerking" actions, shortened gears, acrobatic exercises (developed by students independently on the basis of educational material).

Development of strength abilities: sets of exercises with additional weights on the main muscle groups; jumping on one and two legs, moving forward in a circle, "snake", in place with a rotation of 180 ° and 360 °; long and high jumps from a place and from a run; Jumping through a shortened rope jumping rope in place and movement; jumping in a semi-squat with passing the ball over itself, in pairs, with advancement; multi-hop; jumping on a hill of mats and jumping, followed by acceleration, jumping in a semi-squat in various directions (face, back, right or left side forward); throws of a stuffed ball (1-3 kg) from different starting positions and with different ball flight paths; throws of a stuffed ball (2 kg) with two hands from behind the head with maximum bending of the body during a swing (in pairs, in motion from one or two steps, through a volleyball net in place and in motion); individual training.

Endurance development: obstacle courses with an increased volume of various jumping exercises; from hanging lying on a low bar, bending the arms at the maximum pace; repeated running with a maximum speed of up to 20 m with a changing interval of rest; repeated execution of multi-jumps with a variable jump height; volleyball according to the rules with increased playing time (with the constant replacement of tired players); a volleyball game with additional weights on the legs.

Coordination development: double-triple somersaults back and forth; groupings in a squat, sitting, lying on a back; rolls in a group of sitting positions, crouching; passing the ball over itself on the spot, moving forward and backward along a limited area; passing the ball from above with two hands into the wall with a change in the height of the transmission (standing still and in combination with movements); jumps from a throwing bridge with imitation of blow and block; jumps on markings with different amplitude of movement; transfer of the ball into the

“wall” for accuracy from the application of a half-squat and sitting on the floor, standing with turns and jumps; throws a small ball into the wall, followed by catching after a rebound from the wall, from the floor (the exercise is performed at the highest possible pace, alternating with different starting positions).

6.2.4. Basketball.

Motor actions and skills

Actions without a ball: jump upwards by pushing one leg and landing on the other; movement with added steps to the right and left side with alternating speed and direction of movement; translation from movement with the right side to movement with the left side; movement in the main rack; jump stop after acceleration; stop in step.

Catching the ball: from the floor (from the bounce and half bounce), rolling (standing still and in motion), flying high, in steps.

Passing the ball: with one hand from the shoulder, from below (in place, in motion), in increments, in a jump.

Dribbling: on the spot and in motion (in a straight line, in a circle, "snake"), with a change in direction and speed of movement, the height of the rebound from the floor.

Throwing the ball into the basket: with two hands from below (free throw) and from the chest in motion after two steps; with one hand after catching the ball (standing still and in motion) and after dribbling; with one and two hands in motion after two steps; with one and two hands in a jump after catching the ball; with two hands in a jump from medium and long range; with one hand on top from a long distance from a place.

Tactical actions: individual actions in defense (interception of the ball; fight for the ball that did not hit the basket); command actions in an attack (“quick attack”).

Sports games: mini-basketball, basketball according to simplified rules, basketball according to the rules.

Special Developmental Exercises

The development of speed abilities: walking and running in various directions at the maximum pace and with sudden stops and performing various tasks (jumping up, back, right, left; squats); running with a maximum frequency of steps and maximum speed with jumping up and getting landmarks with the left (right) hand; “Shuttle” run (alternating the passage of predetermined distance segments face and back forward); running at maximum speed between the racks (face and back forward); running at maximum speed with the preliminary execution of multi-jumps; acceleration in a straight line with lunges in the right and left sides; acceleration with a hand reaching for a ball suspended at different heights; passing the ball with two hands from the chest in the oncoming run in the columns; jumping in different directions with one and two hands reaching the ball suspended at different heights; somersaults forward, backward, sideways, followed by a jerk of 3-5 m; the implementation of mastered tactical actions and techniques at a fast pace; individual training tasks with an increased volume of “jerking” actions of speed runs, feints without a ball and with a ball (developed by students independently).

Development of strength abilities: sets of exercises with additional burden on the main muscle groups; walking in a deep squat; jumping on one and two legs, moving forward in a circle, “snake”, in place with a rotation of 180 ° and 360 °; jumping rope (and shortened rope) in place and with movement; jumping in the semi-squat in different directions (face, back, right or left side forward), in pairs with passing the ball with both hands from the chest; various jumping exercises with additional weights; jumping and jumping, followed by acceleration, performing a somersault forward; throws of a stuffed ball (1-3 kg) from different starting positions, with different paths of the ball with one or two hands; multi-jump over obstacles; “Shuttle” (5x6) running with a hand touching the floor; running on gymnastic mats with maximum speed; running, turning into multi-jumps and alternating with multi-jumps; multi-jumps turning into a run; acrobatic and gymnastic exercises performed in the mode of repeated-

interval exercises; individual strength training (developed by students independently on the basis of educational material).

Endurance development: repeated running of speed distances (100–150 m) with a changing interval of rest; continuous running with alternating speed in moderate and maximum intensity; repeated "smooth" running and running "snake" in high intensity mode; Cross-country running and cross-country running; obstacle courses with an increased volume of various jumping exercises; a game of basketball with increasing game time.

Coordination development: acrobatic exercises (double and triple somersaults back and forth); running on the rail of a gymnastic bench, on a gymnastic log of equal height; jumps on markings with a varying amplitude of movement; throws a small ball into the wall with one (two) hand with its subsequent catch after bouncing off the wall (floor); dribbling the ball between the posts; dribbling with a variable speed and direction of movement; dribbling a tennis ball.

7. INDEPENDENT WORK OF STUDENTS.

The content, requirements, conditions and procedure for organizing students' independent work, taking into account the form of training, are determined in accordance with the "Regulation on the organization of students' independent work", approved by the Academic Council of UISU (protocol No. 8/268 of 03/26/2019.).

8. SCHEDULE OF QUESTIONS

As criteria for the effectiveness of training sessions are the requirements and indicators based on the use of physical activity not lower than a certain minimum, the regularity of attendance of compulsory classes; mandatory and additional tests developed by the Department of Physical Education for students of different educational groups in general physical training and in sports («Фонды оценочных средств»).