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Faculty of Physical Education and Rehabilitation

Department of Physical Education

I.M. Kyptcov, E.N.Kalenik

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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THE COURSE AIM AND OBJECTIVES

The overall goal of the course is the formation of a physical culture of the individual and the ability to use various means of physical culture, sports and tourism to preserve and strengthen health, psychophysical training and self-training for future professional activities.

This class develop students' skills in:

- understanding of the social role of physical education in personality development and its preparation 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 education, the attitude towards a healthy lifestyle, physical self-improvement and self-education of the need for regular physical exercises and sports;
- mastery of 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 education and sports;
- acquisition of personal experience in improving motor and functional capabilities, providing general and professionally-applied physical fitness, which determines the student's psychophysical readiness for a future profession;
- gaining experience in the creative use of physical education and sports activities to achieve vital and professional goals.

LIST OF PLANNED LEARNING OUTCOMES ON THE DISCIPLINE (MODULE), CORRELATED TO THE PLANNED OUTCOMES OF THE MAIN PROFESSIONAL EDUCATIONAL PROGRAM

The process of studying the discipline is aimed at the formation of the following competencies:

Code and name of the implemented competence	The list of planned learning outcomes in the discipline (module), correlated with indicators of achievement of competencies
<p>GC -7 The ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activity</p>	<p>To know about: A I -1 GC 7 – Know the types of exercise; A I -1.1 GC 7 - Know the role and importance of physical culture in the life of a person and society; A I -1.2 GC 7 - Know the scientific and practical foundations of physical culture, prevention of bad habits, healthy lifestyle and lifestyle;</p> <p>Be able to do: A I -2 GC 7 – - To be able to apply in practice a variety of means of physical culture, sports and tourism to preserve and strengthen health and psychophysical training; A I -2.1 GC 7 - To be able to use the means and methods of physical education for professional and personal development, physical self-improvement, the formation of a healthy lifestyle and lifestyle;</p>

	Master: A I -3 GC 7 Own means and methods of strengthening individual health to ensure full-fledged social and professional activities.
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EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE:

a) Recommended reading list

main:

1. Письменский, И. А. Физическая культура : учебник для вузов / И. А. Письменский, Ю. Н. Аллянов. — Москва : Издательство Юрайт, 2021. — 450 с. — (Высшее образование). — ISBN 978-5-534-14056-9. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/469114> (дата обращения: 23.06.2021).
2. Стриханов, М. Н. Физическая культура и спорт в вузах : учебное пособие / М. Н. Стриханов, В. И. Савинков. — 2-е изд. — Москва : Издательство Юрайт, 2021. — 160 с. — (Высшее образование). — ISBN 978-5-534-10524-7. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/473770> (дата обращения: 23.06.2021).

additional:

3. Германов, Г. Н. Двигательные способности и физические качества. Разделы теории физической культуры : учебное пособие для вузов / Г. Н. Германов. — 2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2021. — 224 с. — (Высшее образование). — ISBN 978-5-534-04492-8. — Текст : электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/472703> (дата обращения: 23.06.2021).
4. Татарова, С. Ю. Физическая культура как один из аспектов составляющих здоровый образ жизни студентов / С. Ю. Татарова, В. Б. Татаров. — М. : Научный консультант, 2017. — 211 с. — ISBN 978-5-9909615-6-2. — Текст : электронный // Электронно-библиотечная система IPR BOOKS : [сайт]. — URL: <http://www.iprbookshop.ru/75150.html>
5. Физическая культура. Ускоренное передвижение и легкая атлетика : учебное пособие / Н. А. Шипов, А. В. Трофимов, С. Н. Авдеева, А. В. Буриков. — Саратов : Ай Пи Ар Медиа, 2019. — 105 с. — ISBN 978-5-4497-0065-0. — Текст : электронный // Электронно-библиотечная система IPR BOOKS : [сайт]. — URL: <http://www.iprbookshop.ru/84086.html>

educational and methodical:

6. Каширин В. А. Диагностика и коррекция индивидуального здоровья студентов : электронный учебный курс / В. А. Каширин, Е. Н. Каленик, В. К. Федулов. - Ульяновск : УлГУ, 2017. - URL: <https://portal.ulsu.ru/course/view.php?id=94539> . - Режим доступа: Портал ЭИОС УлГУ. - Текст : электронный.
7. Купцов И. М. Методические указания для практических занятий и самостоятельной работы студентов по дисциплине «Физическая культура и спорт» для всех направлений и специальностей в соответствии с ФГОС ВО / И. М. Купцов, Е. Н. Каленик; УлГУ, ИМЭиФК. - Ульяновск : УлГУ, 2021. - 51 с. - Неопубликованный ресурс. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/10733> . - Режим доступа: ЭБС УлГУ. - Текст : электронный.
8. Купцов И. М. Физическая культура и спорт : методические указания для преподавателей для всех направлений подготовки и специальностей в соответствии с ФГОС ВО / И. М. Купцов, Е. Н. Каленик; УлГУ, ИМЭиФК. - Ульяновск : УлГУ, 2021. - 29 с. - Неопубликованный ресурс. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/10739> . - Режим доступа: ЭБС УлГУ. - Текст : электронный.

b) Software:

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

c) Professional databases, information and reference systems:

1.1. IPRbooks : электронно-библиотечная система : сайт / группа компаний Ай Пи Ар Медиа. - Саратов, [2021]. – URL: <http://www.iprbookshop.ru>. – Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.2. ЮРАЙТ : электронно-библиотечная система : сайт / ООО Электронное издательство ЮРАЙТ. – Москва, [2021]. - URL: <https://urait.ru>. – Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.3. Консультант студента : электронно-библиотечная система : сайт / ООО Политехресурс. – Москва, [2021]. – URL: <https://www.studentlibrary.ru/cgi-bin/mb4x>. – Режим доступа: для зарегистрир. пользователей. – Текст : электронный.

1.4. Консультант врача : электронно-библиотечная система : сайт / ООО Высшая школа организации и управления здравоохранением-Комплексный медицинский консалтинг. – Москва, [2021]. – URL: <https://www.rosmedlib.ru>. – Режим доступа: для зарегистрир. пользователей. – Текст : электронный.

1.5. Большая медицинская библиотека : электронно-библиотечная система : сайт / ООО Букап. – Томск, [2021]. – URL: <https://www.books-up.ru/ru/library/> . – Режим доступа: для зарегистрир. пользователей. – Текст : электронный.

1.6. Лань : электронно-библиотечная система : сайт / ООО ЭБС Лань. – Санкт-Петербург, [2021]. – URL: <https://e.lanbook.com>. – Режим доступа: для зарегистрир. пользователей. – Текст : электронный.

1.7. Znanium.com : электронно-библиотечная система : сайт / ООО Знаниум. - Москва, [2021]. - URL: <http://znanium.com> . – Режим доступа : для зарегистрир. пользователей. - Текст : электронный.

1.8. Clinical Collection : коллекция для медицинских университетов, клиник, медицинских библиотек // EBSCOhost : [портал]. – URL: <http://web.b.ebscohost.com/ehost/search/advanced?vid=1&sid=9f57a3e1-1191-414b-8763-e97828f9f7e1%40sessionmgr102> . – Режим доступа : для авториз. пользователей. – Текст : электронный.

1.9. Русский язык как иностранный : электронно-образовательный ресурс для иностранных студентов : сайт / ООО Компания «Ай Пи Ар Медиа». – Саратов, [2021]. – URL: <https://ros-edu.ru>. – Режим доступа: для зарегистрир. пользователей. – Текст : электронный.

2. Consultant Plus

[Электронный ресурс]: справочная правовая система. /ООО «Консультант Плюс» - Электрон. дан. - Москва : КонсультантПлюс, [2021].

3. Databases of periodicals:

3.1. База данных периодических изданий : электронные журналы / ООО ИВИС. - Москва, [2021]. – URL: <https://dlib.eastview.com/browse/udb/12>. – Режим доступа : для авториз. пользователей. – Текст : электронный.

3.2. eLIBRARY.RU: научная электронная библиотека : сайт / ООО Научная Электронная Библиотека. – Москва, [2021]. – URL: <http://elibrary.ru>. – Режим доступа : для авториз. пользователей. – Текст : электронный

3.3. «Grebennikon» : электронная библиотека / ИД Гребенников. – Москва, [2021]. – URL: <https://id2.action-media.ru/Personal/Products>. – Режим доступа : для авториз. пользователей. – Текст : электронный.

4. National Electronic Library

: электронная библиотека : федеральная государственная информационная система : сайт / Министерство культуры РФ ; РГБ. – Москва, [2021]. – URL: <https://нэб.рф>. – Режим доступа : для пользователей научной библиотеки. – Текст : электронный.

5. SMART Imagebase // EBSCOhost : [портал]. – URL: <https://ebSCO.smartimagebase.com/?TOKEN=EBSCO-1a2ff8c55aa76d8229047223a7d6dc9c&custid=s6895741>. – Режим доступа : для авториз. пользователей. – Изображение : электронные.

6. Federal information and educational portals:

6.1. Единое окно доступа к образовательным ресурсам : федеральный портал / учредитель ФГАОУ ДПО ЦРГОП и ИТ. – URL: <http://window.edu.ru/> . – Текст : электронный.

6.2. Российское образование : федеральный портал / учредитель ФГАОУ ДПО ЦРГОП и ИТ. – URL: <http://www.edu.ru>. – Текст : электронный.

7. UISU educational resources:

7.1. Электронная библиотека УлГУ : модуль АБИС Мега-ПРО / ООО «Дата Экспресс». – URL: <http://lib.ulsu.ru/MegaPro/Web>. – Режим доступа : для пользователей научной библиотеки. – Текст : электронный.

TOTAL DIFFICULTY OF DISCIPLINE

The volume of discipline in credit units (total) – 2 credits.

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	72*	72*					
Auditory lessons:							
Lectures	18/18*	18/18					
Practical and seminar classes	54/42*	54/42					
Independent work							
The form of current knowledge control and independent work control (control work, colloquium, abstract)		CW, abstr abs					
Type of intermediate certification (credit, exam)		credit					
Total hours for discipline	72*	72*					

* If it is necessary to use partially / exclusively distance educational technologies in the educational process, in the table, through a slash, the number of hours of work of teaching staff with students for conducting classes in a distance format using e-learning is indicated

CONTENT OF DISCIPLINE

Section 1. Theoretical.

Theme 1.1. Physical education in general cultural and vocational training of students.

Content:

Physical culture and sport as social phenomena of society. The current state of physical education and sports. Federal Law “On Physical Culture and Sport in the Russian Federation”. Physical culture of personality. The active nature of physical culture in various areas of life. Physical culture as an educational discipline of higher professional education and holistic development of personality. Value orientations and attitude of students to physical education and sport. The main provisions of the organization of physical education in higher education.

Theme 1.2. Socio-biological foundations of physical education.

Content:

The human body as a single self-developing and self-regulating biological system. The impact of natural and socio-environmental factors on the human body and life. Means of physical culture and sports in the management of improving the functional capabilities of the body in order to ensure mental and physical activity. Physiological mechanisms and patterns of improvement of individual body systems under the influence of directed physical training. Motor function and increasing the stability of the human body to various environmental conditions.

Theme 1.3. The basics of a healthy student lifestyle. Physical education in providing health.

Content:

Human health as a value and factors determining it. The relationship of the general culture of the student and his lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle and its components. Personal attitude to health as a condition for the formation of a healthy lifestyle. Basic requirements for organizing a healthy lifestyle. Physical self-education and self-improvement in a healthy lifestyle. Criteria for the effectiveness of a healthy lifestyle.

Theme 1.4. Psychophysiological foundations of academic work and intellectual activity. Physical culture in the regulation of performance.

Content:

Psychophysiological characteristics of intellectual activity and student work. The dynamics of students' performance during the academic year and the factors that determine it. The main causes of changes in the psychophysical state of students during the examination session, the criteria for neuro-emotional and psychophysical fatigue. Features of the use of physical culture to optimize performance, prevention of neuro-emotional and psychophysical fatigue of students, increase the effectiveness of academic work.

Theme 1.5. General physical and special training in the system of physical education.

Content:

Part 1. Methodological principles of physical education. Methods of physical education. Fundamentals of Motion Learning. Fundamentals of improving physical qualities. The formation of mental qualities in the process of physical education.

Part 2. General physical fitness, its goals and objectives. Special physical training. Sports training, its goals and objectives. Athlete preparedness structure. Zones and intensity of physical activity. The value of muscle relaxation. The possibility and conditions of correction of physical development, physique, motor and functional fitness by means of physical education and sports at a student age. Forms of exercise. A training lesson as the main form of training in physical exercises. The structure and focus of the training session.

Theme 1.6. Fundamentals of the methodology of independent physical exercises.

Content:

Motivation and focus of independent studies. Forms and content of independent studies. The organization of independent physical exercises of various kinds. The nature of the content of classes depending on age. Features of independent studies for women. Self-study planning and management. The limits of the intensity of loads in the conditions of independent studies in people of different ages. The relationship between the intensity of the loads and the level of physical fitness. Hygiene of independent studies. Self-monitoring of the effectiveness of self-study. Participation in sports competitions.

Theme 1.7. Sport. Individual choice of sports or exercise systems.

Content:

Mass sports and sports of the highest achievements, their goals and objectives. Sports classification. Student sport. Features of the organization and planning of sports training at the university. Sports competitions as a means and method of general physical, vocational, sports training of students. The system of student sports. Community student sports organizations. Olympic Games and Universiade. Modern popular exercise systems. Motivation and justification of the student's individual choice of a sport or exercise system for regular classes. Brief psychophysiological characteristics of the main groups of sports and exercise systems.

Theme 1.8. Features of practicing your favorite sport or exercise system.

Content:

Brief historical background. Characteristic features of the impact of this sport (system of physical exercises) on physical development and fitness, mental qualities and personality traits. Model characteristics of a high-class athlete. Determining the goals and objectives of sports training (or occupation by the system of physical exercises) in a university.

Possible forms of organization of training at the university.

Promising, ongoing and operational training planning. The main ways to achieve the necessary preparedness structure for students. Monitoring the effectiveness of training sessions. Special credit requirements and standards for years (semesters) of training in a chosen sport or system of physical exercises. Calendar of student competitions. Sports classification and rules of sports competitions in the chosen sport.

Theme 1.9. Self-monitoring of exercise and sports.

Content:

Diagnosis and self-diagnosis of the state of the body with regular exercise and sports. Medical supervision, its contents. Pedagogical control, its content. Self-control, its main methods, indicators and a diary of self-control. The use of standard methods, anthropometric indices, nomograms of functional tests, exercise tests to assess physical development, physique, functional state of the body, physical fitness. Correction of the content and methods of physical exercises and sports according to the results of control indicators.

Theme 1.10. Professionally-applied physical training (PAPT) students.

Content:

I part. General provisions of professionally-applied physical training.

Personal and socio-economic need for special psychophysical preparation of a person for work. The definition of PAPT, its goals, objectives, means. Place PAPT in the system of physical education of students. Factors determining the specific content of PAPT. Methods of selecting PAPT funds. The organization, forms and means of PAPT students at the university. Monitoring the effectiveness of professionally-applied physical fitness of students.

II part. Features PAPT students in the chosen direction of training or specialty.

The outline of the section at each faculty: the main factors that determine the PAPT of the future specialist in this profile; additional factors affecting the content of PAPT in the chosen profession; the main content of the PAPT of the future bachelor and specialist; applied sports and their elements. Test requirements and standards for the PAPT by years of study (semesters) for students of the faculty.

Theme 1.11. Production physical education. Production gymnastics.

Content:

Features of the choice of forms, methods and means of physical education and sports in working and free time of specialists. Prevention of occupational diseases and injuries by physical culture. Additional tools to enhance overall and professional performance. The influence of individual characteristics, geographic and climatic conditions and other factors on the content of the physical culture of specialists working in production. The role of future specialists in the implementation of physical education in the production team.

TOPICS OF PRACTICAL AND SEMINAR LESSONS

SECTION 2. METHODOICAL AND PRACTICAL.

The educational material of the section is aimed at increasing the level of functional and motor abilities, the formation of the necessary qualities and personality traits, at mastering the methods and means of physical culture and sports activities, at acquiring personal experience in the directed use of physical culture and sports.

Methodical and practical classes provide for the development of the basic methods and methods for the formation of educational, professional and life skills and means of physical education and sports.

Each methodical and practical lesson is consistent with the corresponding theoretical theme. When conducting methodical and practical classes, it is recommended to adhere to the following approximate scheme:

- in accordance with the planned topic of the lesson, the teacher gives students an assignment in advance to familiarize themselves with the recommended literature and the necessary instructions for its development;

- the teacher briefly explains the teaching methods and, if necessary, shows the appropriate techniques, methods of performing physical exercises, motor actions to achieve the necessary results by the studied methodology;

- students practically during mutual control reproduce thematic tasks under the supervision of a teacher;

- students are given individual recommendations for practical self-improvement of thematic actions, techniques, methods. Under the guidance of the teacher, the results of the assignment are discussed and analyzed.

The program provides the following list of mandatory methodological and practical classes related to the lecture course.

Topic 2.1. Topic: Short-distance running technique in athletics (practical).

Questions on the topic.

1. Development of general endurance.
2. Teaching short-distance running technique
3. Education of moral and volitional qualities

Topic 2.2. Low start technique for short distance running (practical).

Questions on the topic.

1. Teaching a low start and exit from a low start.
2. Development of flexibility and coordination.
3. Fostering a sense of camaraderie in the classroom.

Topic 2.3. Short-distance running technique. Starting acceleration and distance running (practical).

Questions on the topic.

1. Consolidation of the start technique for short distances.
2. Teaching the starting acceleration when running short distances.
3. Development of coordination

Topic 2.4. Short-distance running technique. Finishing effort (practical).

Questions on the topic.

1. Improving the technique of starting, starting acceleration and distance running.
2. Technique of execution of finishing effort when running on short distances
3. Development of endurance.
4. Education of moral and volitional qualities.

Topic 2.5 Medium-distance running technique. Start and starting acceleration (practical).

Questions in the dark.

1. Teaching a high start, starting acceleration when running at medium distances.
2. Development of speed-power qualities.
3. Education of moral and volitional qualities.

Topic 2.6. Medium distance running technique. Distance running and finishing effort (practical).

Questions to the topic.

1. Improving the technique of running in a straight line.
2. Improving endurance.
3. Development of speed-power qualities.

Topic 2.7. The technique of running on bends and long jump from a place (practical).

Questions on the topic.

1. learning the technique of running on bends.
2. Improving the technique of long jump from the spot.
3. Development of motor-coordinating qualities, endurance.

Topic 2.8. The technique of running on bends and long jump from a run (practical).

Questions on the topic.

1. Acquaintance with the technique of long jump with a running start.
2. Improving the technique of running on bends.
3. Improving the technique of long jump from the spot.
2. Passing the control standard 2000 m (girls), 3000 m (boys).
4. Development of flexibility.

Topic 2.9. Long jump technique with a running start method "Bending legs" (practical).

Questions on the topic.

1. Teaching the long jump technique with a running start.

2. Development of speed qualities.
3. Education of motor activity.

Topic 2.10. Relay running technique (practical).

Questions on the topic.

1. Teaching relay race.
2. Improving the technique of running in turns.
3. Development of speed-power qualities.

Topic 2.11. Relay running technique. Long jump by the "Scissors" method (practical).

Questions on the topic.

1. Improvement of the relay race.
2. Teaching the technique of long jump with a running start method "Scissors"
3. Fostering collective action.

Topic 2.12. Reception and transfer of the ball in volleyball (practical).

Questions on the topic.

1. Teaching the technique of receiving and passing the ball from above, from below.
2. Teaching down and passing the ball after serving
3. Development of agility and endurance.

Topic 2.13. Volleyball bottom straight serve (practical).

Questions on the topic.

1. Improving the technique of receiving and passing the ball from above, from below.
2. Teaching the bottom line of the ball.
3. Development of speed-power qualities.

Topic 2.14. Volleyball overhead serve (practical).

Questions on the topic.

1. Improving the technique of receiving and passing the ball from above, from below.
2. Teaching the upper straight line of the ball.
3. Development of speed-power qualities.

Topic 2.15. Striker kick in volleyball (practical).

Questions on the topic.

1. Improving the technique of receptions and transfers of the ball from above, below, the upper straight serve.
2. Teaching the attacking strike technique.
3. Development of speed-power qualities and coordination of movement.

Topic 2.16. Dribbling in basketball (practical).

Questions on the topic.

1. Learning to dribble in basketball
2. Development of coordination skills
3. Development of speed and dexterity.

Topic 2.17. Dribbling, stopping and turning in basketball (practical).

Questions on the topic.

1. Safety precautions during sports games.
2. Learning to dribble with the left and right hand.
3. Learning to stop and turn.

Topic 2.18. Catching and passing the ball in basketball (practical).

Questions on the topic.

1. Learning to properly hold the ball in basketball.
2. Learning to catch and pass the ball.
3. Acquaintance with passing the ball in motion.

Topic 2.19. Basketball passes in motion (practical).

Questions on the topic.

1. Improving ball passing in basketball
2. Learning to pass the ball in motion
3. Equipment and inventory: basketball balls.

Topic 2.20. Throwing the ball in basketball from an average distance (practical).

Questions on the topic.

1. Learning to throw from an average distance in basketball.
2. Development of endurance.
3. Education of moral and volitional qualities.

Topic 2.21. Free throw in basketball (practical).

Questions on the topic.

1. Improving mid-range throws in basketball.
2. Teaching the free throw.

Topic 2.22 Control standards in basketball (practical).

Questions on the topic.

1. Fulfillment of control standards for basketball.
2. Development of strength qualities.
3. Development of moral and volitional qualities.

Topic 2.23. Swimming technique with the style "Crawl on the chest" (practical).

Questions on the topic.

1. Training in the work of the legs while crawling on the chest and back.
2. Coordination of footwork and breathing during crawl swimming.
3. Familiarization with the work of the legs when swimming breaststroke
4. Development of swimming endurance.
5. Education of courage, self-confidence.

Topic 2.24. Swimming technique with the "Crawl on the back" style (practical).

Questions on the topic.

1. Teaching the work of the legs when swimming with a crawl on the back.
2. Coordination of the work of legs and breathing during crawl swimming.
3. Acquaintance with footwork when swimming breaststroke.
4. Development of swimming endurance.
5. Education of courage, self-confidence.

Topic 2.25. Breaststroke swimming technique (practical).

Questions on the topic.

1. Teach breaststroke arm and leg techniques
2. To study the coordination of movements of arms, legs and breathing in breaststroke swimming
3. Promoting the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;

4. To cultivate perseverance, will, hard work, comradely mutual assistance.

Topic 2.26. Techniques for starting and turning when swimming with the style "Crawl on the chest" (practical).

Questions on the topic.

1. To study the technique of turning in a crawl on the chest using the "somersault" method, sliding after a push from the side and the first swimming movements.
2. To study the technique of starting in swimming by the crawl method on the chest from the side and the bedside table.
3. Promote the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;
4. To cultivate persistence, will, hard work, comradely mutual assistance.
5. Foster an interest in learning how to swim.

Topic 2.27. Applied swimming (practical).

Questions on the topic.

1. Fixing breaststroke swimming technique.
2. Teaching the technique of diving by breaststroke and crawl methods.
3. Teaching the general coordination of movements (continuously alternating strokes with the hands, movement of the legs in combination with correct breathing).
4. Promote an increase in the level of general physical fitness.
5. Development of general endurance, coordination of movements.
6. Development of the vital capacity of the lungs.
7. Hardening the body.

SUBJECT OF COURSE, CONTROL WORKS, ABSTRACTS

1. The emergence and initial development of physical culture and sports. Physical culture and sports in the states of the ancient world.
2. Physical culture and sports in the Middle Ages and modern times.
3. History of the Olympic movement.
4. Famous athletes of Russia.
5. Physical activity and its features at different stages of ontogenesis.
6. Characteristics of the means and methods used in sports training.
7. Rehabilitation in physical culture and sports and professional activities.
8. Diagnosis and brief description of the student's illness. The effect of the disease on personal performance and well-being.
9. Medical contraindications for physical exercise and the use of other means of physical culture in this disease (diagnosis).
10. Compilation and substantiation of an individual set of physical exercises and available means of physical culture (indicating the approximate dosage).
11. Drawing up an individual program of self-study.
12. Drawing up and carrying out complexes of morning hygienic gymnastics.
13. Conducting a separate part of a profiled educational and training session with a group of students.
14. Preparation of materials for competitions in the chosen sport.
15. Development of test items for testing theoretical and methodological knowledge of the chosen sport or system of physical exercises.
16. Preparation of multimedia presentations on the chosen sport or system of physical exercises.

17. Development of drawings and diagrams for the chosen sport or system of physical exercises.
18. Preparation of video materials on the chosen sport or system of physical exercises.
19. Production of posters for a selected sport or exercise system.
20. Participation in educational research work of students.

SCHEDULE OF QUESTIONS

№	Wording of the question
1.	Define the concept of "physical education" and expand it.
2.	Define the basic concepts of the theory of physical culture, its components.
3.	Formulate the goal, objectives and describe the forms of organization of physical education.
4.	What are the tasks of physical education of students in high school.
5.	List the main competencies of the student, formed as a result of mastering the discipline "Physical Culture".
6.	List the basic requirements for a student in the process of mastering the discipline "Physical Culture".
7.	List the basic requirements necessary for the successful certification of a student (obtaining a "credit") in the discipline "Physical Culture".
8.	Organism. Its functions. Interaction with the environment. Homeostasis.
9.	Regulation of functions in the body.
10.	Movement activity as a biological need of the body.
11.	Features of a physically trained body.
12.	Bone system. The effect on her of physical activity.
13.	Muscular system Skeletal muscles, structure, functions.
14.	Tension and muscle contraction. Isotonic and isometric mode of operation.
15.	The cardiovascular system. Blood function. Systolic and minute blood volume. Blood circulation during physical exertion.
16.	Heart work, pulse. Blood pressure.
17.	Respiratory system. The process of breathing. Gas exchange. Regulation of respiration and its features. Breathing during exercise.
18.	Life capacity of the lungs. Oxygen demand and oxygen debt.
19.	Digestion. Its features during physical exertion.
20.	Fatigue and recovery. The reaction of the body to physical activity.
21.	What is health?
22.	What health determines a person's spiritual potential?
23.	What environmental factors affect human health?
24.	What is the norm of night sleep?
25.	Indicate the average daily energy intake for girls.
26.	Indicate the average daily energy intake for young men.
27.	How much time should I eat before physical education?
28.	Indicate in hours the minimum rate of student motor activity per week.
29.	Indicate the important principle of hardening the body.
30.	Define the basic concepts: working capacity, fatigue, overwork, fatigue, recreation, relaxation, well-being.
31.	Describe the change in the state of the student's body under the influence of various modes and learning conditions.
32.	How do external and internal factors affect mental performance? What patterns can be

	traced in the change in the students' working capacity in the learning process?
33.	What means of physical culture in the regulation of mental performance, psychoemotional and functional state of students do you know?
34.	"Exercise as a means of outdoor activity" - open this position.
35.	Define the concept of "therapeutic physical culture." Briefly describe its purpose and objectives.
36.	How do physical exercises affect the human body?
37.	List the mechanisms of the therapeutic effect of physical exercises.
38.	What funds are used in physical therapy?
39.	Classification and characteristics of exercise.
40.	Forms of physical therapy.
41.	Physiotherapy for diseases of the cardiovascular system.
42.	Physiotherapy exercises for respiratory diseases.
43.	Physiotherapy exercises for diseases of the digestive system and metabolic disorders.
44.	Indications and contraindications for physical therapy.
45.	What methods of physical education do you know? Briefly describe them.
46.	What is the difference between motor skill and motor skill?
47.	List the main physical qualities, give them definitions.
48.	What forms of exercise do you know?
49.	What is OFP? His tasks.
50.	What is the difference between physical fitness and special physical training?
51.	What is sports training?
52.	Why do we need indicators of the intensity of physical activity?
53.	Tell us about the energy consumption of the body when performing loads in areas of different capacities?
54.	What is muscle relaxation?
55.	Describe the structure of the physical culture of the individual.
56.	The operational component of the physical culture of the individual.
57.	Motivational and valuable component of the physical culture of the individual.
58.	Practical and activity component of the physical culture of the individual.
59.	Define the concept of "motivation".
60.	Why is it necessary to form a personal motivation for fitness activities?
61.	The system of motives in the field of physical culture of the individual.
62.	What, in your opinion, needs to be done so that a person has a steady need for physical activity and a healthy lifestyle?
63.	What sports classification systems do you know?
64.	How does your chosen sport (type of motor activity) affect your physical development, physical fitness, your psycho-emotional sphere?
65.	What are the ways to achieve physical, technical, tactical and psychological preparedness in a chosen sport?
66.	How to plan the training process in a chosen sport (a form of physical activity)?
67.	How to control the effectiveness of training sessions?
68.	What is a student sports competition system?
69.	What are the goals and objectives of conducting student competitions at various levels?
70.	What educational and wellness functions do sports and outdoor games perform?
71.	Give a description of the most interesting sports game for you: its essence and simplified rules.
72.	What is the difference between sports and outdoor games?
73.	List the most popular sports and outdoor games - briefly describe them.

74.	Give an example of a mobile game, describe its rules.
75.	What types of classification of tourism activities do you know?
76.	Characterize recreational and sports trips.
77.	Describe the hiking route development methodology.
78.	Describe the methodology for developing a food campaign layout.
79.	Describe the equipment layout methodology.
80.	Define the concepts of technology and tactics of tourism.
81.	What is a topographic preparation of a tourist?
82.	What types of terrain orienteering techniques do you know?
83.	What do you know about travel vehicles and insurance?
84.	What is included in the content of the basic life support of tourists in the natural environment?
85.	Tell us about the technique of transporting the victim in the field and at the distances of tourist competitions.
86.	What is the health effect of active tourism on the body of the younger generation?
87.	List the basic rules for organizing and conducting a trip.
88.	List the responsibilities of each trip participant.
89.	What kind of wellness exercise system do you know. Give them a brief description.
90.	List and characterize the wellness systems of physical exercises, combined in the concept of "traditional".
91.	What modern wellness systems of physical exercises do you know?
92.	Describe in detail the most interesting and most suitable personal health-improving system of physical exercises for you.
93.	Motivation and orientation of independent studies.
94.	Morning hygienic gymnastics.
95.	Physical exercises during the school day: physical education, physical education pauses.
96.	Independent training sessions: structure, organization and conduct requirements.
97.	Motivation for the selection of types of motor activity.
98.	Independent jogging classes.
99.	Independent skiing.
100.	Independent sports activities.
101.	Self-study rhythmic gymnastics.
102.	Self-study of your chosen type of physical activity (sports).
103.	Describe the subjective and objective indicators of self-control?
104.	What information about the state of the body during exercise can a student collect through self-monitoring?
105.	What types of diagnostics are there?
106.	What is directed and what does medical control include?
107.	What is the content of pedagogical control?
108.	What key indicators can be used to assess the level of functional state and fitness?
109.	How to assess physical condition through testing and control standards?
110.	Anthropometric signs of physical development. Height, weight, chest circumference, manual dynamometry.
111.	The technique for determining blood pressure.
112.	Why are sports and mass events held?
113.	What tasks are solved in the process of holding mass physical-health-improving events (competitions)?
114.	What is the difference in terms: "sporting event" and "sporting event"?
115.	What are the features in the organization and conduct of physical education and sports

	events.
116.	How do recovery processes occur during muscular activity?
117.	Briefly describe the features of the recovery processes after training loads and competitions.
118.	What means of increasing the efficiency of restoration processes do you know?
119.	What does the concept of “rational nutrition” include?
120.	What are the main vitamins and justify their need for a balanced diet.
121.	List the main minerals and trace elements and justify their need for the body.
122.	Historical background and modern understanding of PAPT.
123.	The definition of PAPT, its goals and objectives.
124.	Organization, forms and means of PAPT in the university.
125.	The main factors determining the specific content of PAPT students.
126.	The PAPT control system for students based on the example of your specialty.
127.	Applied knowledge, psychophysical qualities and personality traits, applied skills, special qualities on the example of your specialty.
128.	Applied sports as an example of your specialty.
129.	The nature of the work of specialists and its impact on the content of PAPT specialties.
130.	Production physical education, its goals and objectives.
131.	The influence of working conditions and life of a specialist on the choice of forms, methods and means of industrial physical education.
132.	The technique of compiling exercise complexes in various types of industrial gymnastics.
133.	Sports and athletic activities for outdoor activities and increased functionality.
134.	Additional tools to improve performance.
135.	Prevention of occupational diseases and injuries by physical culture.

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.).

This type of work is not provided for in the curriculum.