

Ministry of Science and Higher Education of the Russian Federation
Federal State Budgetary Educational Institution of Higher Education
"Ulyanovsk State University"
Faculty of Physical Education and Rehabilitation
Department of Physical Education

I.M. Kyptcov, E.N. Kalenik,

Elective discipline of Physical Education and Sport

Guidelines
for independent work of students
Direction (specialty): 31.05.01 «General medicine»

Ulyanovsk, 2021

UDC 796 (075.8)
LBC 75я73
K 92

*Published by decision of the Academic Council of Institute of Medicine, Ecology and Physical
Culture Ulyanovsk State University N9/229 14 May 2021*

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

Elective discipline of Physical Education and Sport: Guidelines for independent work of students of medical faculty / I.M. Kuptsov, E.N.Kalenik, - Ulyanovsk: UISU, 2021 .-- 35 p.

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".

© Kuptsov I.M., 2021

© Kalenik E.N., 2021

© Ulyanovsk State University, 2021

Content

THE COURSE AIM AND OBJECTIVES	3
LIST OF PLANNED LEARNING OUTCOMES ON THE DISCIPLINE (MODULE), CORRELATED TO THE PLANNED OUTCOMES OF THE MAIN PROFESSIONAL EDUCATIONAL PROGRAM	3
EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE:	5
TOTAL DIFFICULT	7
CONTENT OF DISCIPLINE	8
TOPICS OF COURSE, CONTROL WORKS, ABSTRACTS:	32
SCHEDULE OF QUESTIONS	33

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.

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 style="text-align: center;">GC -7</p> <p>The ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activity</p>	<p>To know about:</p> <p>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:</p> <p>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</p>

	<p>- 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> <p>Master: A I -3 GC 7</p> <p>Own means and methods of strengthening individual health to ensure full-fledged social and professional activities.</p>
--	---

EDUCATIONAL AND METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE:

a) Recommended reading list the main:

1. Спортивные игры: правила, тактика, техника: учебное пособие для вузов / Е. В. Конеева [и др.]; под общей редакцией Е. В. Конеевой. — 2-е изд., перераб. и доп. — Москва: Издательство Юрайт, 2021. — 322 с. — (Высшее образование). — ISBN 978-5-534-11314-3. — Текст: электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/475335>
2. Теория и методика избранного вида спорта: учебное пособие для вузов / Т. А. Завьялова [и др.]; под редакцией С. Е. Шивринской. — 2-е изд., испр. и доп. — Москва: Издательство Юрайт, 2021. — 189 с. — (Высшее образование). — ISBN 978-5-534-07551-9. — Текст: электронный // ЭБС Юрайт [сайт]. — URL: <https://urait.ru/bcode/472873>

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>
4. 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>
5. Элективные дисциплины по физической культуре и спорту: курс лекций / составители А. В. Шулаков [и др.]. — Новосибирск: Новосибирский государственный университет экономики и управления «НИИХ», 2018. — 83 с. — ISBN 978-5-7014-0874-4. — Текст: электронный // Электронно-библиотечная система IPR BOOKS: [сайт]. — URL: <http://www.iprbookshop.ru/87184.html>

educational-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 «Элективные дисциплины по физической культуре и спорту» для всех направлений и специальностей в соответствии с ФГОС ВО / И. М. Купцов, Е. Н. Каленик; УлГУ, ИМЭиФК. - Ульяновск: УлГУ, 2021. - 42 с. - Неопубликованный ресурс. - URL: <http://lib.ulsu.ru/MegaPro/Download/MObject/10734>. - Режим доступа: ЭБС УлГУ. - Текст: электронный.
8. Купцов И. М. Элективные дисциплины по физической культуре и спорту: 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/10740> . - Режим доступа: ЭБС УлГУ. - Текст : электронный.

b) Software:

- Operating system Alt Workstation;
- 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 DIFFICULT

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

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*		72/54	72/54	72/54	72/54	40/32
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*		72/54	72/54	72/54	72/54	40/32

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

CONTENT OF DISCIPLINE

Theoretical course for full-time study: "This type of work is not provided by the curriculum."

TOPICS OF PRACTICAL AND SEMINAR LESSONS

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 activity, at acquiring personal experience of the directed use of physical culture and sports means.

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.

Each methodological and practical lesson is consistent with the corresponding theoretical topic. When conducting methodological 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 the students a task 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, ways of performing physical exercises, motor actions to achieve the necessary results according to the studied methodology;

- students, practically with 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 compulsory methodological and practical classes associated with the lecture course.

Section 1. Methodical and practical (2 term - 72 hours, 1 year)

Topic 1.1. Technique for performing acrobatic exercises (practical)

Questions on the topic of the section.

1. Rules of safe behavior in gymnastics classes in the gym;
2. Exercises aimed at perfecting drill drills;
3. Leading exercises to perform somersaults forward and backward.
4. Complexes aimed at the formation of correct posture;
5. Complexes aimed at developing strength, flexibility, dexterity;

Topic 1.2. The technique of performing somersault forward and standing on the shoulder blades in gymnastics. (practical)

Questions on the topic of the section.

1. Exercises aimed at developing coordination.
2. Complexes of exercises aimed at developing strength, flexibility, agility.
4. Complexes of exercises aimed at the formation of correct posture;
5. Learning the correct breathing when performing ORU.
6. Fostering a sense of responsibility when providing insurance.

Topic 1.3. Acrobatic exercises: forward and backward roll, a bridge from a prone position, a stand on the shoulder blades. (practical)

Questions on the topic of the section.

1. Exercises aimed at fixing acrobatic elements (standing on the shoulder blades, somersault forward, acrobatic combination).

2. Complexes of exercises without an object to music.
3. Improving the skills of preventing correct posture.
4. Exercises aimed at developing strength, dexterity, coordination of movements, motor memory, attention, coordination of movements.
5. Formation of skills of cooperation in different situations, the ability not to create conflicts and find ways out of disputable situations

Topic 1.4. Gymnastic exercises on apparatus, versatile physical development of students with the help of gymnastic exercises. (practical)

Questions on the topic of the section.

1. Elements of acrobatics in improving physical fitness.
2. Performing 2-3 somersaults together in a group.
3. Fostering a sense of mutual help and support, tolerant attitude towards each other.
4. Exercises aimed at developing strength, dexterity, coordination of movements, motor memory, attention, coordination of movements.
5. Complexes of exercises aimed at the formation of correct posture;

Topic 1.5 Gymnastic exercises performed with and without insurance. (practical)

Questions on the topic of the section.

1. Exercises that contribute to the development of physical qualities (flexibility and dexterity in combination).
2. Technique of acrobatic elements.
3. To develop creativity through acrobatics in gymnastics lessons.
4. Fostering a sense of mutual assistance, independence

Topic 1.6. Control exercises (CU), physical fitness test in the gymnastics section (practical).

Questions on the topic of the section

1. Control standards for the sport of gymnastics
2. Forms of exercises included in the TRP
3. Control exercises in gymnastics

Topic 1.7. Technical actions in basketball. (practical).

Questions on the topic of the section.

1. To improve the transfer - catching the ball on the spot, with oncoming traffic;
2. To improve skills in throwing the ball into the basket, in motion with reflection from the shield, picking up the ball;
3. To improve playing abilities in the training game "Basketball".
4. To develop motor qualities - dexterity, quickness of movements, endurance.
5. To educate moral and volitional qualities - courage, honesty, collectivism

Topic 1.8. Techniques for dribbling, catching, passing the ball and throwing into the ring from two steps in basketball. (practical).

Questions on the topic of the section.

1. To improve the technique of leading, catching and passing.
2. To improve the technique of throwing into the ring with two steps.
3. To develop coordination, dexterity, speed, strength, endurance.
4. Education moral - strong-willed qualities - courage, honesty, decisiveness, a sense of camaraderie, mutual understanding.

Topic 1.9. Dribbling the ball with overcoming obstacles, passing in oncoming columns. (practical).

Questions on the topic of the section.

1. Improving the ball dribbling with overcoming obstacles
2. Passing the ball in oncoming columns;
3. Exercises aimed at developing reaction speed, eye, coordination, endurance.
4. Instilling a sense of camaraderie, mutual assistance, discipline and safety.
5. Strengthening the functional systems of the body.

Topic 1.10. Catching and passing the ball in motion. (practical).

Questions on the topic of the section.

1. Improving the technique of dribbling.
2. Catching and passing the ball with one two hands on the spot and in motion.
3. Catching and passing the ball in motion, dribbling the ball and then attacking the ring

Topic 1.11. Basketball throws from two steps. (practical).

Questions to the topic.

1. To improve the throws of the ball into the basket in various ways, depending on the playing situation.
2. To create conditions for self-realization of students in physical activity, the development of coordination of movements.
3. Nurturing tolerance, a sense of justice, mutual assistance, camaraderie

Topic 1.12. Dribbling and then attacking the hoop in basketball. (practical).

Questions on the topic of the section.

1. To improve the technique of dribbling the ball in motion.
2. To improve the attack technique, using two steps when attacking the ring.
3. To develop motor qualities - dexterity, quickness of movements, endurance.
4. Education moral and volitional qualities - courage, honesty, collectivism.

Topic 1.13. Control exercises (CU), physical fitness test in the basketball section (practical).

Questions on the topic of the section

1. Control standards for the sport of basketball
2. Sports tests in basketball
3. Control exercises in basketball

Topic 1.14. Short-distance running technique. (practical).

Questions to the topic.

1. Teaching the technique of low start for short distances.
2. Improving the starting acceleration when running for short distances.
3. Development of speed endurance.

Topic 1.15. Starting acceleration and short-distance running. (practical).

Questions on the topic of the section.

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

Topic 1.16. Medium distance running technique (practical).

Questions on the topic of the section.

1. The technique of running at medium distances, analysis of the distance according to the style of overcoming.
2. Development of speed qualities.

3. Education of motor activity.

Topic 1.17. Middle distance running and finishing effort. (practical).

Questions on the topic of the section.

1. Improving the technique of running at medium distances in a straight line and with turns.
2. Improving speed endurance.
3. Development of general physical fitness.

Topic 1.18. Medium distance running technique. Start and starting acceleration. (practical).

Questions on the topic of the section.

1. Different styles of middle distance running.
2. Development of speed-power qualities, speed endurance.
3. Fostering a sense of time in motion.

Topic 1.19. Low start technique when running short distances. (practical).

Questions on the topic of the section.

1. Consolidation of the low start technique for short distances.
2. Improving the starting acceleration when running for short distances.
3. Development of speed endurance.

Topic 1.20. Control exercises (CU), physical fitness test in the athletics section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport athletics
2. Exercises included in the TRP
3. Control exercises in athletics

Topic 1.21. Hand techniques are the main phases in the Crawl style. A rowing row. Exercises with the board. (practical).

Questions on the topic of the section.

1. Exercises aimed at improving the work of the hands when swimming "crawl".
2. Working out breathing while swimming "crawl".
3. Development of strength endurance.

Topic 1.22. Hand techniques are the main phases in the Crawl style. Long stroke, high elbow. (practical).

Questions on the topic of the section.

1. Fix the technique of working hands when swimming "crawl"
2. To improve the coordination of hand movements and breathing when swimming "crawl"
3. Promoting the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;

Topic 1.23. Krol style. The work of the body is balance on the chest, sliding. (practical).

Questions on the topic of the section.

1. Fix the sliding technique after pushing from the side and the first swimming movements.
2. To improve the technique of starting in swimming by the way of a crawl 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. Foster an interest in learning how to swim

Topic 1.24. Krol style. Respiratory endurance. (practical).

Questions on the topic of the section.

1. Fix the swimming technique with the "crawl" style
2. To improve the technique of starting in swimming by the way of a crawl on the chest from the side and the bedside table.
3. Promote the development of respiratory endurance
4. Foster an interest in learning how to swim.

Topic 1.25. Krol style. Footwork technique. Exercises with and without a board. Straight legs. (practical).

Questions on the topic of the section.

1. Fix the crawl-style footwork technique
2. To improve the interaction of foot, arm and breathing.
3. To promote the development of arm muscle strength, coordination of movements, the strength of the respiratory muscles;

Topic 1.26. Krol style. Footwork training. (practical).

Questions on the topic of the section.

1. Fix the crawl-style footwork technique
2. To improve the interaction of foot, arm and breathing.
3. To promote the development of arm muscle strength, coordination of movements, the strength of the respiratory muscles;

Topic 1.27. Control exercises (CU), physical fitness test in the swimming section (practical).

Questions on the topic of the section

1. Control standards for the sport of swimming
2. Exercises included in the TRP
3. Control exercises in swimming

Topic 1.28. Exercises for the development of special speed. Ball possession technique. Kicking the ball. Stopping the ball. (practical).

Questions on the topic of the section

1. Technique of ball possession by field players in football.
2. Kicking the ball by field players in football.
3. Stopping the ball by field players in football.
4. Exercises for the development of special speed.

Topic 1.29. Exercises for the development of speed-strength qualities. The technique of deceiving movements. (practical).

Questions on the topic of the section

1. Technique of deception by field players in football.
2. Kicking and feints by field players in football.
3. Stopping the ball by field players and the goalkeeper in football.
4. Exercises for the development of speed-strength qualities

Topic 1.30. Exercises to develop special endurance. Ball selection technique. (practical).

Questions on the topic of the section

1. The technique of taking the ball by field players in football.
2. Defensive actions by field players in football.
3. Stopping the ball by field players and the goalkeeper in football.
4. Exercises for the development of special endurance.

Topic 1.31. Exercises to develop special dexterity. Throwing in the ball. (practical).

Questions on the topic of the section

1. The technique of throwing in the ball by field players and the goalkeeper in football.
2. Team action by field players in football.
3. Exercises to develop special dexterity.

Topic 1.32. Control exercises (CS), physical fitness test in the football section (practical).

Questions on the topic of the section

1. Control standards for the sport of football
2. Sports tests in football
3. Control exercises in football

Topic 1.33. General and special physical training (base, pumping, stretching) (practical).

Questions on the topic of the section

1. General preparation for the implementation of the basic complex of fitness aerobics.
2. Mastering the technique of the base march, jog, skip, lift, kick, jumping jack, lunge connection to dance complexes.
3. Development of coordination, endurance and dance plastics

Topic 1.34. Dancing fitness-aerobics complexes (practical).

Questions on the topic of the section

1. Special physical training in fitness aerobics.
2. Development of strength training, special exercises for the muscles of the back, shoulder girdle, muscles of the legs and buttocks in dance complexes.
3. Development of special strength, dexterity, rhythm.

Topic 1.35. Strength fitness-aerobics complexes (practical).

Questions on the topic of the section

1. Special physical training in fitness aerobics.
2. Development of strength, plasticity, flexibility, agility.
3. Study of complexes aimed at strength.

Topic 1.36. Control exercises, test of physical fitness in the section of fitness-aerobics (practical).

Questions on the topic of the section

1. Special physical training in fitness aerobics.
2. Drawing up a dance complex.
3. Control tests of physical fitness

Section 2. Methodological and practical (3 term - 72 hours, 2 year)

Topic 2.1. Short-distance running technique (practical).

Questions on the topic of the section

1. Improving the technique of running for short distances.
2. Strat, Acceleration and Finish Acceleration in Short Distance Running
3. Special physical training in athletics.

Topic 2.2. Short-distance running technique. Finishing effort. (practical).

Questions on the topic of the section

1. Improving the technique of running for short distances.
2. Finishing acceleration in short distance running
3. General physical fitness in athletics.

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

Questions on the topic of the section

1. Improving the technique of running for short distances.
2. Strat and acceleration in short distance running.
3. Special physical training in athletics.

Topic 2.4. The technique of long jump with a running start in the "bending legs" method. Acceleration repulsion. (practical).

Questions on the topic of the section

1. The technique of the long jump with a running start method "bending legs".
2. Acceleration before take-off in the long jump with a running start by bending legs.
3. Take-off from the board in the long jump with a running start using the "bending legs" method.
4. Special physical training in athletics.

Topic 2.5. Long jump technique. (practical).

Questions on the topic of the section

1. Technique of the long jump from the spot.
2. Development of coordination, speed-strength qualities.
3. Take-off from the board in the long jump from the spot.
4. General physical fitness in athletics.

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

Questions on the topic of the section

1. Improving the technique of running at medium distances.
2. Finishing acceleration in middle distance running
3. General physical fitness in athletics.

Topic 2.7. Control exercises (CU), physical fitness test in the athletics section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport athletics
2. Sports tests in athletics
3. Control exercises in athletics

Topic 2.8. The technique of working the arms when swimming in the "Crawl on the chest" style. (practical).

Questions on the topic of the section.

1. Exercises aimed at improving the work of the hands when swimming "crawl on the chest".

2. Working out breathing while swimming "crawl on the chest".
3. Development of strength endurance.

Topic 2.9. The technique of starting and turning when swimming in the "Crawl on the chest" style. (practical).

Questions on the topic of the section.

1. Fix the technique of hand work when swimming "crawl on the chest"
2. To improve the coordination of movements of the arms and legs when turning.
3. To improve the coordination of movements of the arms and legs at the start when swimming "crawl on the chest".
4. Promoting the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;

Topic 2.10. The technique of the hands when swimming in the "Crawl on the back" style. (practical).

Questions on the topic of the section.

1. Exercises aimed at improving the work of the hands when swimming "crawl on the back".
2. Working out the work of legs when swimming "crawl on the back".
3. Development of strength endurance.

Topic 2.11. Back crawl style. Start and turn technique. (practical).

Questions on the topic of the section.

1. Fix the sliding technique after pushing from the side and the first swimming movements.
2. To improve the technique of starting in swimming by the crawl on the back from the side.
3. Promote the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;
4. Foster an interest in learning how to swim.

Topic 2.12. Krol style. Respiratory endurance. (practical).

Questions on the topic of the section.

1. Fix the swimming technique with the "crawl" style
2. To improve the technique of starting in swimming by the way of a crawl on the chest from the side and the bedside table.
3. Promote the development of respiratory endurance
4. Foster an interest in learning how to swim.

Topic 2.13. Control exercises (CU), physical fitness test in the swimming section (practical).

Questions on the topic of the section

1. Control standards for the sport of swimming
2. Exercises included in the TRP
3. Control exercises in swimming

Topic 2.14. Basic technique: Racket grip, ball juggling. (practical).

Questions on the topic of the section.

1. Basic Techniques - Table Tennis Racket Grip.
2. Basic techniques - ball juggling.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 2.15. Basic Technique: Racket Exercises, Strikes from the Right, Left. Serial strikes for hitting accuracy. Single strikes. (practical).

Questions on the topic of the section.

1. Basic techniques - table tennis racket exercises.
2. Basic techniques - hitting the ball.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 2.16. Mastering basic techniques and footwork. Simulation of strikes from basic positions. Repetition of impact movement with movements (practical).

Questions on the topic of the section.

1. Mastering the basic technique and footwork in table tennis.
2. Repetition of impact movement with movements.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 2.17. Control exercises (CS), physical fitness test in the table tennis section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport table tennis.
2. Sports tests in table tennis.
3. Control exercises for table tennis.

Topic 2.18. Development of general endurance. Determination of the scope of training. (practical).

Questions on the topic of the section.

1. Mastering the basic techniques in bodybuilding.
2. Determination of the scope of training.
3. Development of general physical fitness.
4. Development of general endurance.

Topic 2.19. Improved muscle coordination and exercise performance. (practical).

Questions on the topic of the section.

1. Development of muscle strength, bodily forms.
2. Development of general physical fitness.
3. Development of muscle coordination.

Topic 2.20. Full body work without dividing muscle groups. (practical).

Questions on the topic of the section.

1. Strength exercises for all muscle groups.
2. Development of general physical fitness.
3. Development of strength endurance.

Topic 2.21. Control exercises (CU), physical fitness test in the bodybuilding section (practical).

Questions on the topic of the section

1. Control standards for the sport of bodybuilding.
2. Sports tests in bodybuilding.
3. Control exercises for bodybuilding.

Topic 2.22. General physical training. Free style of movement 1-2 km. (practical).

Questions on the topic of the section.

1. Development of coordination qualities in skiing.
2. Development of general endurance in skiing
3. Development of general physical fitness.

Topic 2.23. General physical training. Free style of movement 3-5 km. (practical).

Questions on the topic of the section.

1. Development of coordination qualities in skiing.
2. Development of general endurance in skiing
3. Development of general physical fitness.

Topic 2.24. Technical training. Classic move technique. (practical).

Questions on the topic of the section.

1. Development of coordination qualities in skiing.
2. Improvement of one-step and two-step stroke
3. Development of special endurance.

Topic 2.25. Technical training. The tactical and technical overcoming of obstacles in the classical course. (practical).

Questions on the topic of the section.

1. Moving uphill in the classic way in skiing.
2. Improvement of one-step and two-step stroke on the rise.
3. Development of special endurance.

Topic 2.26. General physical training. Classic style of movement 3-5 km. (practical).

Questions on the topic of the section.

1. Development of coordination qualities in skiing.
2. Development of general endurance in skiing
3. Development of general physical fitness.

Topic 2.27. Control exercises (CU), physical fitness test in the skiing section (practical).

Questions on the topic of the section

1. Control standards for the sport of skiing.
2. Sports tests in table skiing.
3. Control exercises in skiing.

Topic 2.28. The technique of receiving and passing the ball in volleyball. (practical).

Questions on the topic of the section.

1. To improve the technique of receiving and passing the ball from above with two hands on the spot and after moving.
2. To develop a "sense of the ball", dexterity and coordination of movements.
3. To cultivate persistence, will to win, hard work.
4. To help strengthen the musculoskeletal system, cardiovascular and respiratory systems.

Topic 2.29. Lower straight serve technique in volleyball. (practical).

Questions on the topic of the section.

1. Repetition of ball reception and overhead pass technique
2. Teaching the filing technique.
3. Education of collectivism, hard work, activity.
4. Consolidation of the passed material during the educational game.

Topic 2.30. Technique of the upper straight ball serving. (practical).

Questions on the topic of the section.

1. Improving the technique of passing the ball from above with two hands.
2. Improvement of the technique of the lower straight line of ball serving, spatial, temporal and power accuracy of movements.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 2.31. Striker kick in volleyball. (practical).

Questions on the topic of the section.

1. To teach basic stances and movements before the attacking blow;
2. To acquaint with the types of attacking strikes and blocking.
3. Fastening of receptions and transmissions with two hands from above and below;
4. Improving feeds;

Topic 2.32. Control exercises (CS), physical fitness test in the volleyball section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport volleyball.
2. Sports tests in volleyball.
3. Control exercises in volleyball.

Topic 2.33. Dribbling the ball in basketball. (practical).

Questions on the topic of the section.

1. Teaching the ball dribbling technique.
2. To promote the development of agility, speed, strength, coordination of movements.
3. Foster the need and desire for systematic physical exercise.

Topic 2.34. Dribbling, stopping and turning in basketball. (practical).

Questions on the topic of the section.

1. Learning to lead without visual control.
2. Improving the studied elements of the game: passes, stops, throws.
3. Development of coordination.
4. Repetition of judges' gestures.

Topic 2.35. Catching and passing the ball in basketball. Free throw in basketball. (practical).

Questions on the topic of the section.

1. Fixing the technique of throwing the ball into the ring, based on the previously studied material (dribbling the ball, dribbling the ball, resistance of the defender, help of the attacking partner - by screening the defender).
2. Development of coordination qualities (orientation in space, rhythm of movements, accuracy of movements, visual reaction).
3. Education of moral and volitional qualities (determination).

Topic 2.36. Basketball passes in motion. Basketball throws from mid-range. (practical).

Questions on the topic of the section.

1. To improve the transfer - catching the ball on the spot, with oncoming traffic;
2. To improve skills in throwing the ball into the basket, in motion with reflection from the shield, picking up the ball;
3. To improve playing abilities in the training game "Basketball".

4. To develop motor qualities - dexterity, speed movements, endurance. Control standards for the sport of basketball.

Section 3. Methodical and practical (4 term - 72 hours, 2 year)

Topic 3.1. General and special physical training (base - march, jog, skip, lift, kick, jumping jack, lunge) (practical).

Questions on the topic of the section.

1. General preparation for the implementation of the basic complex of fitness aerobics.
2. Mastering special terms and techniques of the base march, jog, skip, lift, kick, jumping jack, lunge.
3. Development of coordination, endurance and dance plastics.

Topic 3.2. General and special physical training (pumping - back muscles, shoulder girdle, legs and buttocks muscles) (practical).

Questions on the topic of the section.

1. Special physical training in fitness aerobics.
2. Development of strength training, special exercises for the muscles of the back, shoulder girdle, muscles of the legs and buttocks.
3. Development of special strength, dexterity, rhythm.

Topic 3.3. General and special physical training (stretching) (practical).

Questions on the topic of the section.

1. Special physical training in fitness aerobics.
2. Development of plasticity, flexibility, dexterity.
3. Studying complexes aimed at stretching.

Topic 3.4. Control exercises (CU), physical fitness test in the fitness aerobics section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport fitness aerobics.
2. Sports tests in fitness aerobics.
3. Control exercises for fitness aerobics.

Topic 3.5. General physical training, exercises of the RLD complex, exercises for speed of movement (hands, legs, trunk) (practical).

Questions on the topic of the section

1. General physical fitness in athletics.
2. Performing exercises of the TRP complex.
3. Special exercises for the speed of movement (arms, legs, trunk).

Topic 3.6. Special running exercises of an athlete. Running technique from a low start. (practical).

Questions on the topic of the section

1. Special running exercises of an athlete in motion, in place, with apparatus.
2. Technique of running from a low start. Use of pads.
3. Development of speed-strength training.

Topic 3.7. Improving the technique of sprint running from a low start. Running at a distance of 30-300 m (practical).

Questions on the topic of the section

1. Improving the technique of sprint running from a low start with and without blocks.
2. Development of speed qualities, running for 30 meters.

3. Development of endurance, series 3, 300m.

Topic 3.8. Control exercises KU, test of physical fitness in the section: athletics (practical).

Questions on the topic of the section

1. Control standards for the kind of sport athletics.
2. Sports tests in athletics.
3. Control exercises in athletics.

Topic 3.9 Hand technique - main phases in the bras style. (practical).

Questions on the topic of the section

1. Improving the work of the hands when swimming with a breaststroke.
2. Strengthening the work of hands and breathing when swimming with a breaststroke.
3. Improving the work of the hands when swimming with a crawl on the back.
4. Development of coordination.

Topic 3.10. Hand technique - the main phases in the bras style. Long stroke, slide. (practical).

Questions on the topic of the section

1. Improving the work of the hands when swimming with a breaststroke.
2. Strengthening the work of the arms, body and breathing during breaststroke swimming.
3. U-turns when swimming with breaststroke.
4. Development of respiratory endurance

Topic 3.11. Footwork techniques are the main phases in the bras style. (practical).

Questions on the topic of the section

1. Improving leg work when swimming with a breaststroke.
2. Strengthening the work of legs and breathing when swimming with a breaststroke.
3. Improving the work of the hands when swimming with a crawl on the back.
4. Development of coordination, respiratory endurance.

Topic 3.12. Control exercises KU, test of physical fitness in the section: swimming (practical).

Questions on the topic of the section

1. Control standards for the sport of swimming.
2. Sports tests in swimming.
3. Control exercises in swimming.

Topic 3.13. Basic technique: Racket grip, shuttlecock juggling (practical).

Questions on the topic of the section.

1. Basic techniques - racket grip in badminton, open and closed racket, figure eight exercises, imitations.
2. Basic techniques - juggling shuttlecock.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 3.14. Basic technique: exercises with a racket, strikes from the right, left. Serial strikes for hitting accuracy. Single strikes. (practical).

Questions on the topic of the section.

1. Basic techniques - exercises with a racket in badminton.
2. Basic techniques - strikes on the shuttle, short, long, high, far, flat.
3. Development of general physical fitness.

4. Development of coordination qualities.

Topic 3.15. Mastering basic techniques and footwork. Simulation of strikes from basic positions. Repetition of impact movement with movements (practical).

Questions on the topic of the section.

1. Mastering the basic technique and footwork in badminton.
2. Repetition of the percussion movement with movements, in the corners of the site.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 3.16. Movements in the playing stance with changing zones. Practicing attacking strikes, defense, smash, arrow attack. (practical).

Questions on the topic of the section.

1. Mastering the basic technique and
2. Repetition of impact movement with movements.
3. Practicing attack strikes, defense, smash, arrow attack.
4. Development of general physical fitness.

Topic 3.17. Control exercises (CU), physical fitness test in the badminton section (practical).

Questions on the topic of the section

1. Control standards for the sport of badminton.
2. Sports tests in badminton.
3. Control exercises in badminton.

Topic 3.18. Exercises to develop special endurance. Technique of attacking actions. (practical).

Questions on the topic of the section

1. Technique of attacking actions by strikers in football.
2. Improvement of kicks on the ball by field players in football.
3. Improving ball selection by midfielders in football.
4. Exercises for the development of special endurance.

Topic 3.19. Exercises to develop special dexterity. Feints in motion and in place with the ball. (practical).

Questions on the topic of the section

1. Improvement of the technique of deceiving movements by field players in football.
2. Kicking and feints by field players in football.
3. Improving the possession of the field players and the goalkeeper in football.
4. Exercises to develop special dexterity.

Topic 3.20. Exercises for the development of special speed. Technique of attacking actions in threes, in pairs. (practical).

Questions on the topic of the section

1. Technique of attacking actions in triplets, in pairs by field players in football.
2. Defensive actions by field players in football.
3. Improving the possession of the field players and the goalkeeper in football.
4. Exercises for the development of special speed.

Topic 3.21. Improving interaction with attacking team actions and defense. (practical).

Questions on the topic of the section

1. Technique of interaction in attacking team actions of attack by field players in football.
2. Improvement of defensive actions by field players in football.
5. Improving the possession of the field players and the goalkeeper in football.
3. Exercises for the development of special endurance.

Topic 3.22. Control exercises (CS), physical fitness test in the football section (practical).

Questions on the topic of the section

1. Control standards for the sport of football
2. Sports tests in football
3. Control exercises in football

Topic 3.23. Shots from behind the three point line in basketball (practical).

Questions on the topic of the section

1. The technique of throwing the ball from behind the three point line in basketball.
2. To improve the technique of throwing into the ring with two steps.
3. To develop coordination, dexterity, speed, strength, endurance.
4. Education moral - strong-willed qualities - courage, honesty, decisiveness, a sense of camaraderie, mutual understanding.

Topic 3.24. Leading with change of direction. Improving ball throws to the basket

Questions on the topic of the section

1. Improving dribbling with overcoming obstacles, dribbling with a change of direction.
2. Improving ball throws from behind the three-point line.
3. Development of speed of reaction, eye, coordination, endurance.
4. Instilling a sense of camaraderie, mutual assistance, discipline and safety.
5. Strengthening the functional systems of the body.

Topic 3.25. Technique of movement and ball control in basketball. Educational game "basketball", "streetball". (practical).

Questions on the topic of the section

1. To improve the technique of team actions. Educational game "basketball", "streetball".
2. To improve the technique of movement and ball control in basketball.
3. To develop motor qualities - agility, quickness of movements, endurance.
4. Education moral and volitional qualities - courage, honesty, collectivism.

Topic 3.26. The technique of interaction in defense and attack in basketball (practical).

Questions on the topic of the section

1. To improve the technique of team actions. Educational game "basketball", "streetball".
2. To improve the technique of interactions in defense and attack in basketball.
3. To develop motor qualities - agility, quickness of movements, endurance.
4. Education moral and volitional qualities - courage, honesty, collectivism.

Topic 3.27. Shots from behind the three point line in basketball. Improving the technique of movement and ball control in basketball. (practical).

Questions on the topic of the section

1. To improve the ball throws into the basket in different ways, depending on the game situation. Shots from behind the three point line in basketball.
2. Improving the technique of movement and ball control in basketball.
3. Create conditions for self-realization of students in physical activity, the development of coordination of movements.

4. Fostering tolerance, a sense of justice, mutual assistance, camaraderie

Topic 3.28. Dribbling the ball with a change of direction and passing to a partner or attacking the ring. Improving ball throws in motion. (practical).

Questions on the topic of the section

1. To improve the technique of dribbling, catching and passing with a change of direction and passing to a partner or attacking the ring.
2. To improve the technique of throwing into the ring with two steps.
3. Develop coordination, agility, quickness, strength, endurance
4. Education moral - strong-willed qualities - courage, honesty, determination, a sense of camaraderie, mutual understanding.

Topic 3.29. Control exercises (CU), physical fitness test in the basketball section (practical).

Questions on the topic of the section

1. Control standards for the sport of basketball
2. Sports tests in basketball
3. Control exercises in basketball

Topic 3.30. Reception of the service, the first transfer to the net in zone 3, the second in zones 2,4 - attacking hit or jumping pass (practical).

Questions on the topic of the section

1. Improve the technique of passing and receiving the ball from above and below
2. with two hands.
3. Reception of service, the first transfer to the net in zone 3, the second in zones 2,4 - attacking hit or jump transfer
4. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
5. To foster persistence, will, hard work, leadership qualities

Topic 3.31. Volleyball bottom straight serve. Reception and transfer of the ball in volleyball (practical).

Questions on the topic of the section

1. Improving the technique of passing the ball from above with two hands.
2. Improvement of the technique of the lower straight line of ball serving, spatial, temporal and power accuracy of movements.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 3.32. Volleyball overhead serve (practical).

Questions on the topic of the section

1. Improving the technique of passing the ball from above with two hands.
2. Improvement of the technique of the upper straight ball serving, spatial, temporal and power accuracy of movements.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 3.33. Striker kick in volleyball (practical).

Questions on the topic of the section

1. Improve the attacking technique from different zones.
2. Improving the reception of the service, the first pass to the net in zone 3, the second in zones 2,4 - attacking hit or jumping pass.

3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 3.34. Improving the technique of serving the upper and lower straight. (practical).

Questions on the topic of the section

1. To improve the technique of passing the ball from above and below, in a jump.
2. Reinforce and improve the bottom line and top feed.
3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 3.35. Improving the blocking technique. Player interaction insurance. (practical).

Questions on the topic of the section

1. To improve the technique of blocking in threes, twos, singles.
2. To improve the interaction of players in triplets, insurance when attacking, blocking.
3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 3.36. Control exercises (CS), physical fitness test in the volleyball section (practical).

Questions on the topic of the section

1. Control standards for the kind of sport volleyball.
2. Sports tests in volleyball.
3. Control exercises in volleyball.

Section 4. Methodological and practical (5 semester - 72 hours, 3 course)

Topic 4.1. Long jump technique. Acceleration, repulsion. Takeoff run. (practical).

Questions on the topic of the section

1. Technique of the long jump with a running start.
2. The technique of acceleration and repulsion in the long jump with a run.
3. Development of special endurance, coordination qualities.

Topic 4.2. Low start perfection. Short distance running (practical).

Questions on the topic of the section

1. Improving the low start technique with and without pads.
2. Running for short distances 30 -300 m.
3. Development of speed-power qualities.

Topic 4.3. Improving the finishing spurt. Medium distance running. (practical).

Questions on the topic of the section

1. Improving the finishing spurt. Working out finishing accelerations at short distances.
2. Running at medium distances.
3. Development of special endurance.

Topic 4.4. Increasing the level, speed, speed-power qualities. Long distance running (practical).

Questions on the topic of the section

1. Running at medium distances with acceleration along the distance.
2. Running short distances with the improvement of rhythm and speed.
3. Long distance running. Development of general physical fitness.

Topic 4.5. Improving the technique of sprint running in competition conditions. (practical).

Questions on the topic of the section

1. Warm-up of the athlete.
2. Competitions in the middle distance group.
3. Cool down of the athlete.

Topic 4.6. Control exercises KU, test of physical fitness in the section: athletics (practical).

Questions on the topic of the section

1. Control standards for the kind of sport athletics.
2. Athletic tests in athletics.
3. Control exercises in athletics.

Topic 4.7. Technique of turns in the "crawl", "bras" style (practical).

Questions on the topic of the section

1. Technique of turns in the style of "crawl on the back, on the chest."
2. Technique of reversals in the style of "bras"
3. Improving coordination skills, respiratory endurance.

Topic 4.8. Starting technique with the style of "crawl" on the back, "crawl" on the chest, "bras" (practical).

Questions on the topic of the section

1. Technique of starting with the "crawl" style on the back
2. The technique of starting with the style of "crawl" on the chest, "bras" from the side, from the bedside table.
3. Development of coordination, speed-strength qualities.

Topic 4.9. Butterfly swimming technique (practical).

Questions on the topic of the section

1. Technique of swimming with the butterfly style.
2. Technique of hand work in the butterfly style.
3. Development of dexterity, arm strength and respiratory endurance.

Topic 4.10. Improving swimming technique with an integrated style. Respiratory endurance (practical).

Questions on the topic of the section

1. Improving the technique of swimming breaststroke
2. Improving the crawl swimming technique
3. Technique and rules for complex swimming.
4. Development of speed-power qualities and endurance.

Topic 4.11. Control exercises KU, test of physical fitness in the section: swimming (practical).

Questions on the topic of the section

1. Control standards for the sport of swimming.
2. Sports tests in swimming.
3. Control exercises in swimming.

Topic 4.12. Movements in the playing stance with changing zones. Practicing strikes with movement along the "triangle" (practical).

Questions on the topic of the section

1. Mastering the technique of the main stances in different zones in table tennis.
2. Practicing strikes with movement along the "triangle".
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 4.13. Improving the presentation in different ways (practical).

Questions on the topic of the section

1. Improving the pitch in different ways in table tennis.
2. Repetition of impact movement with movements.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 4.14. The technique of playing in pairs. Game practice in pairs (practical).

Questions on the topic of the section

1. Improvement of attacking strokes in table tennis.
2. Rules and technique of playing in pairs, mixed.
3. Development of special physical training.
4. Development of coordination qualities.

Topic 4.15. Control exercises KU, test of physical fitness in the section: table tennis (practical).

Questions on the topic of the section

1. Control standards for the kind of sport table tennis.
2. Sports tests in table tennis.
3. Control exercises in table tennis.

Topic 4.16. Improving the technique of playing activities. Singles, doubles (practical).

Questions on the topic of the section

1. Improvement of attacking and defensive strokes in table tennis.
2. Rules and technique of singles game.
3. Development of special physical training.
4. Development of coordination qualities.

Topic 4.17. Increase your baseline strengths: squats, dumbbell presses, and deadlifts. (practical).

Questions on the topic of the section

1. Increasing the base level of strength indicators: squats, dumbbell presses and deadlifts
2. Exercises aimed at developing strength with and without simulators.
3. Development of power indicators, special endurance.

Topic 4.18. Improving performance, increasing deadlift performance, pulling up on the horizontal bar. (practical).

Questions on the topic of the section

1. An increase in the base level of strength indicators. Stan strength. Pulling up on the horizontal bar.
2. Improving performance, determining the rate of recovery after exercise.
3. Development of coordination, dexterity, special endurance.

Topic 4.19. Increased strength endurance. Squats, press and deadlift. (practical).

Questions on the topic of the section

1. An increase in the base level of strength indicators. Squats with different weights.
2. Improving bench press and traction performance.
3. Development of coordination, agility, strength endurance.

Topic 4.20. Control exercises KU, test of physical fitness in the section: bodybuilding (practical).

Questions on the topic of the section

1. Control standards for the sport of bodybuilding
2. Sports tests in bodybuilding.
3. Control exercises for bodybuilding.

Topic 4.21. General physical training. Free style of movement 3-5 km. (practical).

Questions on the topic of the section

1. Development of general physical training. Free style of movement 3-5 km.
2. Improving the walking style in a classical way.
3. Development of coordination and speed-strength qualities.

Topic 4.22. Technical training. Basic movements of the various ski runs. (practical).

Questions on the topic of the section

1. Improving skating technique.
2. Improving the walking style in a classical way.
3. Development of coordination and speed-strength qualities.

Topic 4.23. Improving the technique of the classic move. (practical).

Questions on the topic of the section

1. Development of general physical training. Free style of movement 1-2 km.
2. Improving the walking style in a classical way.
3. Development of coordination and speed-strength qualities.

Topic 4.24. Control exercises KU, test of physical fitness in the section: skiing (practical).

Questions on the topic of the section

1. Control standards for the type of skiing
2. Sports tests in skiing.
3. Control exercises in skiing.

Topic 4.25. Improving the upper straight serve in volleyball (practical).

Questions on the topic of the section

1. Improving the technique of passing the ball from above with two hands.
2. Improvement of the technique of the upper straight ball serving, spatial, temporal and power accuracy of movements.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 4.26. Striker kick in volleyball (practical).

Questions on the topic of the section

1. Improve the attacking technique from different zones.
2. Improving the reception of the service, the first pass to the net in zone 3, the second in zones 2,4 - attacking hit or jumping pass.

3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 4.27. Team action in threes (practical).

Questions on the topic of the section

1. To improve team actions in different zones.
2. Improving defensive team actions.
3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 4.28. Block and defensive team actions

Questions on the topic of the section

1. Improving the technique of a single block, in twos.
2. Improving defensive team action.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 4.29. Improvement of tactical and tactical command actions (practical).

Questions on the topic of the section

1. Improvement of tactical and tactical rebuilding, substitutions in the game.
2. Improvement of tactical command actions in attack and defense. Playing with the libero.
3. Development of speed-power qualities.
4. Education of skills of collective interactions in the game.

Topic 4.30. Control exercises KU, test of physical fitness in the section: volleyball (practical).

Questions on the topic of the section

1. Control standards for the kind of sport volleyball
2. Sports tests in volleyball.
3. Control exercises in volleyball.

Topic 4.31. Improving the technique of interaction in defense (practical).

Questions on the topic of the section

1. Learning to dribble a basketball without visual control.
2. Improvement of the studied elements of the game in defense.
3. Development of coordination.
4. Repetition of judges' gestures.

Topic 4.32. Improving the attacking technique in basketball (practical).

Questions on the topic of the section

1. To improve the technique of passing the ball in motion.
2. To improve the technique of interaction in the attack.
3. To develop motor qualities - dexterity, quickness of movements, endurance.
4. Education moral and volitional qualities - courage, honesty, collectivism.

Topic 4.33. Improving the performance of passes in various ways in basketball (practical).

Questions on the topic of the section

1. To improve the transfer - catching the ball on the spot, with oncoming traffic;

2. To improve skills in throwing the ball into the basket, in motion with reflection from the shield, picking up the ball;
3. To improve playing abilities in the training game "Basketball".
4. To develop motor qualities - dexterity, quickness of movements, endurance.

Topic 4.34. Improving basket shots from different directions (practical).

Questions on the topic of the section

1. To improve skills in throwing the ball into the basket, in motion with reflection from the shield, picking up the ball;
2. To improve playing abilities in the training game "Basketball".
3. To develop speed-power qualities, coordination.

Topic 4.35. Improving the technique of the basic elements of the game of basketball (practical).

Questions on the topic of the section

1. To improve playing skills in the training game "Basketball".
2. Education moral and volitional qualities - courage, honesty, collectivism.
3. Development of endurance, special qualities of a basketball player.

Topic 4.36. Control exercises KU, test of physical fitness in the section: basketball (practical).

Questions on the topic of the section

1. Control standards for the sport of basketball
2. Sports tests in basketball.
3. Control exercises in basketball.

Section 5. Methodological and practical (6 term - 40 hours, 3 year)

Topic 5.1. Improving sprint running (practical).

Questions on the topic of the section

1. Special running exercises of an athlete in motion, in place, with apparatus. Special physical training.
2. Improving sprint running.
3. Development of speed-strength training.

Topic 5.2. Relay running technique. Transfer the stick. (practical).

Questions on the topic of the section

1. Technique of relay race for short distances.
2. Improving stick transfer.
3. Development of dexterity, coordination, a sense of "elbow".

Topic 5.3. Improvement of long distance running (practical).

Questions on the topic of the section

1. Special running exercises of an athlete in motion, in place, with apparatus. Special physical training.
2. Improvement of long distance running.
3. Development of speed-strength training.

Topic 5.4. Control exercises KU, test of physical fitness in the section: athletics (practical).

Questions on the topic of the section

1. Control standards for fitness aerobics and athletics

2. Sports tests in athletics
3. Control exercises in fitness aerobics and athletics

Topic 5.5. General physical training, Improving swimming in the style of "crawl" on the chest. U-turns and start. (practical).

Questions on the topic of the section

1. Improving the work of the legs and arms when crawling on the chest and back.
2. Strengthening the work of legs and breathing when swimming in crawl.
3. Improving the work of legs and arms when swimming breaststroke
4. Development of coordination.

Topic 5.6. General physical training, Improving swimming in the style of "crawl" on the back. U-turns and start. (practical).

Questions on the topic of the section

1. Improving the start when swimming with a crawl on the back.
2. Strengthening the work of legs, arms and breathing when swimming with a crawl on the back.
3. Improving the turn when crawling on the back.
4. Development of strength endurance.

Topic 5.7. General physical training, Improving swimming in the style of "bras". U-turns and start. (practical).

Questions on the topic of the section

1. Fix the technique of working hands and feet when swimming breaststroke
2. To improve the coordination of movements of the arms, legs and breathing during breaststroke swimming
3. Promoting the development of flexibility, arm muscle strength, coordination of movements, respiratory muscle strength;

Topic 5.8. Movements in the playing stance with changing zones. Practicing smash strikes. (practical).

Questions on the topic of the section

1. Mastering the technique of basic stances in various zones in badminton.
2. Practicing smash strikes with movement along the "triangle".
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 5.9. Improving the presentation in different ways (practical).

Questions on the topic of the section

1. Improving the serve in different ways in badminton high-far, low-short.
2. Repetition of impact movement with movements.
3. Development of general physical fitness.
4. Development of coordination qualities.

Topic 5.10. The technique of playing in pairs. Game practice in pairs (practical).

Questions on the topic of the section

1. Improvement of attacking strikes in badminton.
2. Rules and technique of playing in pairs, mixed.
3. Development of special physical training.
4. Development of coordination qualities.

Topic 5.11. Improving the technique of playing activities. Singles, doubles, mixed. (practical).

Questions on the topic of the section

1. Improvement of attacking strikes in badminton.
2. Improving the game in pairs, mixed.
3. Development of special physical training.
4. Development of coordination qualities.

Topic 5.12. Control exercises KU, test of physical fitness in the section: table tennis (practical).

Questions on the topic of the section

1. Control standards for the kind of sport table tennis.
2. Sports tests in table tennis.
3. Control exercises in table tennis.

Topic 5.13. Improving ball handling techniques. Development of special speed. (practical).

Questions on the topic of the section

1. Improving the technique of ball possession by field players in football.
2. Kicking and feints by field players in football.
3. Improving the goalkeeper's ball possession in football.
4. Exercises to develop special dexterity.

Topic 5.14. Improving the technique of deceiving movements. Development of speed-strength qualities (practical).

Questions on the topic of the section

1. Technique of attacking actions by strikers in football and deceiving movements.
2. Improvement of kicks on the ball by field players in football.
3. Improving ball selection by midfielders in football.
4. Exercises for the development of speed-strength qualities.

Topic 5.15. Improving the ball selection technique. Development of special endurance. (practical).

Questions on the topic of the section

1. Technique of attacking actions in triplets, in pairs by field players in football, improving the technique of taking the ball.
2. Defensive actions by field players in football.
3. Improving the possession of the field players and the goalkeeper in football.
4. Exercises for the development of special endurance.

Topic 5.16. Improving tactical team action (practical).

Questions on the topic of the section

1. Technique of interaction in attacking team actions of attack by field players in football.
2. Improvement of defensive actions by field players in football.
3. Improving the possession of the field players and the goalkeeper in football.

Topic 5.17. Control exercises (CS), physical fitness test in the football section (practical).

Questions on the topic of the section

1. Control standards for the sport of football
2. Sports tests in football
3. Control exercises in football

Topic 5.18. The technique of receiving and passing the ball from above with two hands in place and after moving. (practical).

Questions on the topic of the section

1. To improve the technique of passing and receiving the ball from above and below with both hands on the spot and after moving.
2. To consolidate and improve the bottom straight feed.
3. To develop a “sense of the ball”, dexterity, accuracy of passes, coordination of movements.
4. To cultivate perseverance, will, hard work, leadership qualities

Topic 5.19. Improving team interaction on the site. (practical).

Questions on the topic of the section

1. Improvement of actions in defense.
2. Improving the technique of interaction in defense and attack in volleyball.
3. Development of speed of reaction, eye, coordination, endurance.

Topic 5.20. Control exercises KU, test of physical fitness in the section: volleyball (practical).

Questions on the topic of the section

1. Control standards for the kind of sport volleyball
2. Sports tests in volleyball
3. Control exercises in volleyball.

TOPICS OF COURSE, CONTROL WORKS, ABSTRACTS:

1. Compilation and substantiation of an individual complex of physical exercises and available means of physical culture (indicating the approximate dosage).
2. Drawing up an individual program of self-study.
3. Drawing up and carrying out complexes of morning hygienic gymnastics.
4. Conducting a separate part of a profiled educational and training session with a group of students.
5. Preparation of materials for competitions in the chosen sport.
6. Development of test items for testing theoretical and methodological knowledge of the chosen sport or system of physical exercises.
7. Preparation of multimedia presentations on the chosen sport or exercise system.
8. Development of drawings and diagrams for the chosen sport or system of physical exercises.
9. Preparation of video materials on the chosen sport or system of physical exercises.
10. Production of posters for a chosen sport or exercise system.
11. Participation in educational research work of students.

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 ("Funds of assessment tools").

1. Give a definition to the concept of "remedial physical culture". Briefly describe its purpose and objectives.
2. How does physical exercise work on the human body?
3. List the mechanisms of the therapeutic effect of exercise.
4. What means are used by medical physical culture?
5. Classification and characteristics of physical exercises.
6. Forms of medical physical culture.
7. Therapeutic physical training in diseases of the cardiovascular system.
8. Physiotherapy exercises for respiratory diseases.
9. Physiotherapy exercises for diseases of the digestive system and metabolic disorders.
10. Indications and contraindications for physical therapy.
11. What methods of physical education do you know? Briefly describe them.
12. What is the difference between a motor skill and a motor skill?
13. List the main physical qualities, give them definitions.
14. What forms of exercise do you know?
15. What is GPP? His tasks.
16. What is the difference between general physical training and special physical training?
17. What is sports training?
18. What are the indicators of the intensity of physical activity?
19. Tell us about the body's energy consumption when performing loads in zones of different power?
20. What is Muscle Relaxation?
21. Describe the structure of a person's physical culture.
22. The operational component of a person's physical culture.
23. Motivational and value component of personality physical culture.
24. Practical-activity component of personality physical culture.
25. Give a definition to the concept of "motivation".
26. Why is it necessary to form personal motivation for physical culture and recreation activities?
27. The system of motives in the field of personal physical culture.
28. What, in your opinion, should be done in order for a person to have a steady need for physical activity and a healthy lifestyle?
29. What sports classification systems do you know?
30. How does your chosen sport (type of physical activity) affect your physical development, physical fitness, your psycho-emotional sphere?
31. What are the ways to achieve physical, technical, tactical and psychological readiness in the chosen sport?
32. How to plan the training process in the chosen sport (type of physical activity)?
33. How to monitor the effectiveness of training sessions?
34. What is the Student Sports Competition System?
35. What are the goals and objectives of holding student competitions at various levels?
36. What educational and recreational functions are performed by sports and outdoor games?
37. Describe the most interesting sports game for you: its essence and simplified rules.

38. What is the difference between sports and outdoor games?
39. List the most popular sports and outdoor games - briefly describe them.
40. Give an example of an outdoor game, describe its rules.
41. What types of classification of tourism activities do you know?
42. Describe recreational and sports trips.
43. Describe the methodology for developing a hiking route.
44. Describe the methodology for developing the product layout of the campaign.
45. Describe the technique for laying out the equipment.
46. Define the concepts of tourism technology and tactics.
47. What is the topographic preparation of a tourist.
48. What types of terrain orientation techniques do you know?
49. What do you know about travel techniques and insurance?
50. What is included in the content of the basics of life support for tourists in the natural environment?
51. Tell us about the technique of transporting the injured person in field conditions and at distances of tourist competitions.
52. What health-improving effect does active tourism have on the body of the younger generation?
53. List the basic rules for organizing and conducting a hike.
54. List the responsibilities of each hike.
55. What health-improving systems of physical exercises do you know? Give them a brief description.
56. List and describe the health-improving systems of physical exercises, united in the concept of "traditional".
57. What modern health-improving systems of physical exercise do you know?
58. Describe in detail the most interesting and most suitable health-improving system of physical exercises for you personally.
59. Motivation and focus of self-study.
60. Morning hygienic exercises.
61. Physical exercises during the school day: physical education minutes, physical training pauses.
62. Independent training sessions: structure, requirements for organization and implementation.
63. Motivation for choosing the types of physical activity.
64. Self-health jogging.
65. Independent skiing.
66. Self-practice sports games.
67. Independent practice of rhythmic gymnastics.
68. Self-practice with your chosen type of physical activity (sports).
69. Describe the subjective and objective indicators of self-control?
70. What information about the state of the body during physical exercises can a student collect through self-control?
71. What are the types of diagnostics?
72. What is the purpose and what does the medical supervision include?
73. What is the content of pedagogical control?
74. What are the main indicators that can be used to assess the level of functional state and fitness?
75. How to assess your physical condition using testing and benchmarks?
76. Anthropometric signs of physical development. Height, weight, chest circumference, hand dynamometry.
77. Method for determining blood pressure.

78. Why are physical culture and sports mass events held?
79. What tasks are being solved in the process of carrying out mass sports and recreation events (competitions)?
80. What is the difference in terms of "sporting event" and "sporting event"?
81. Name the features in the organization and conduct of physical culture and sports mass events.
82. How do recovery processes proceed during muscular activity?
83. Briefly describe the features of recovery processes after training loads and competitions.
84. What means of increasing the efficiency of recovery processes do you know?
85. What does the concept of "rational nutrition" include?
86. What are the main vitamins and justify their need for a balanced diet.
87. List the main minerals and trace elements and justify their need for the body.
88. Historical background and modern understanding of the PAPT.
89. Definition of the concept of PAPT, its goals and objectives.
90. Organization, forms and means of PAPT at the university.
91. The main factors that determine the specific content of students' PAPT.
92. The system of monitoring the students' PAPT by the example of your specialty.
93. Applied knowledge, psychophysical qualities and personality traits, applied skills and abilities, special qualities on the example of your specialty.
94. Applied sports on the example of your specialty.
95. The nature of the work of specialists and its impact on the content of the specialty PAPT.
96. Industrial physical culture, its goals and objectives.
- 97.
98. The influence of the working and living conditions of a specialist on the choice of forms, methods and means of industrial physical culture.
99. The method of drawing up exercise complexes in various types of industrial gymnastics.
100. Physical culture and sports activities for active recreation and increased functionality.

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