



MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN
FEDERATION

Federal state autonomous educational institution
of higher education

«Far Eastern Federal University»
(FEFU)

SCHOOL OF BIOMEDICINE

«AGREED»

Head of education program
«General medicine»

Khotimchenko Yu.S.

(signature)

(Full name)

«09» of July 2019

«APPROVED»

Director of the Department of Clinical
Medicine

Geltser B.I.

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(Full name)

«09» of July 2019



WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)

«Physical Training and Sport»

Education program

Specialty 31.05.01 «General medicine»

Form of study: full time

year 1, semester 1
lectures 2 hours
practical classes 68 hours
laboratory works not provided
total amount of in-classroom works 70 hours
independent self-work 2 hours
control works ()
pass-fail exam year 1, semester 1
exam not provided

The working program is drawn up in accordance with the requirements of the Federal state educational standard of higher education (level of training), approved by the order of the Ministry of education and science of the Russian Federation from 09.02.2016 № 95.

The working program of the discipline was discussed at the meeting of the Department of fundamental and clinical medicine. Protocol No. 8, 09 of July 2019

Authors: Elkina I.O., Stebliy T.V.

ANNOTATION

The discipline "Physical Training and Sport" is purposed for students enrolled in the educational program 31.05.01 "General medicine", and included in the basic part of the curriculum. Discipline is implemented on 1st year, 1st semester.

Development of the working program of the discipline was made in accordance with the Federal state educational standard of higher education in the specialty 31.05.01 "General medicine", the curriculum of training in the specialty 31.05.01 "General medicine".

The total complexity of the discipline studying is 2 credits, 72 hours. The curriculum provides 2 hours of lectures, 68 hours of practical classes and independent self-work of the student (2 hours.). Overall in-class learning activity amounts to 70 hours. Pass-fail exam is in the 1st semester.

The content of practical lessons includes material for getting special knowledge and skills, for development of technical and tactical motor actions, for development of physical qualities.

The practical part of the program is realized at the training sessions in students' groups.

The goal of discipline of students is the formation of physical culture of an individual and the ability to use a variety of tools of physical culture and sport for the preservation and strengthening of health, psycho-physical training and self-training for the future life and career.

The tasks of the discipline:

• **Formation of healthy life style culture of a person who is a future professional who is claimed in today's job market;**

1. Understanding the social importance of physical education and its role in the development of personality and preparation for professional activities;

2. Development of physical qualities and abilities, improving the functionality of the body, strengthening the individual's health;

3. Enrichment of an individual's experience in exercises and basic sports;

4. Mastering the system of life-relevant practical skills;

5. Development of a system of knowledge about physical education and its role in creating a healthy lifestyle;

6. Mastering the skills of creative collaboration in collective forms of exercise.

For successful studying of the discipline "Physical Training and Sport" the following preliminary competences are to be formed:

- the ability to use a variety of means of physical activity in individual physical training aimed at improving health, prevention of diseases;
- presence of interest in and habit of systematic physical training and sports;
- possession of a system of knowledge about the personal and public hygiene, knowledge of the physical exercise rules.

As a result of the study of this discipline students form the following types of the general cultural competences.

Competence code and formulation	Stages of forming the competence	
the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	the main tools and methods of physical education
	Can	select and apply the methods and tools of physical training to improve the basic physical qualities
	Possesses	Methods and means of physical training to ensure full social and professional activities

I. STRUCTURE AND CONTENT OF THE THEORETICAL PART OF THE COURSE

Theme I. Theoretical and methodological basics of physical culture of students (2 hours).

Physical culture and sport as a social phenomenon. Physical culture and sport as a means of preserving and strengthening the health of students, their physical and sporting development. Basics of a healthy way of life of the student, substantial characteristics of the components of a healthy lifestyle. Means, methods, forms of physical culture. General and special physical training, sports training. Fundamentals of organization and judging competitions.

II. THE STRUCTURE AND CONTENT OF THE PRACTICAL PART OF THE COURSE

Practical classes (68 hours)

Section 1. Track and field athletics (30 hours).

Lesson 1. Methods of teaching the running technique at middle and short distances (8 hours).

1. Create an understanding of the technique of track and field running and its characteristics at different distances;
2. Teaching running technique in a straight line and in turns;
3. Training of technique of high and low start;
4. Training the technique of transition from a start to run at a distance;
5. Improving the technique of track and field running;
6. Development of the speed with using of sprinting technique;
7. Development of endurance with the help of middle and long distance running.

Lesson 2. Teaching the technique of athletic jumps (4 hours).

1. Create an understanding of athletic jumps technique and its peculiarities in different types of jumps;
2. Training the technique of repulsion in conjunction with a flight in a step;
3. Training the technique takeoff at the long jump;
4. Training the technique of touchdown;
5. Improving the technology of athletics jumps;
6. Development of speed-power capabilities with the help of athletic jumps.

Lesson 3. Methods of teaching the technique of Athletics throwing (4 hours).

1. Creation of an understang of the athletics throwing technique and its characteristics in different types of throwings;
2. Training the technique of holding and technique of final effort in throwing a small ball (grenades) and shot put;
3. Training takeoff techniques for different types of throwing;
4. Improving the technique of athletics throwings;
5. The development of power and speed-power capabilities with the help of track and field throwing.

Lesson 4. Methods of teaching the technique of running a relay race (4 hours).

1. Creation of understanding of the technique of running a relay race.
2. Training the technique of the baton transferring;
3. Improving the technique of running a relay race;
4. Conducting relay race.

Lesson 5. Passing the standards (4 hours).

1. Competition on the 3km run (boys) and 2 km (women) / cross-country 5 (km) boys and 3 km (girls);
2. Competitions in a 100 m sprint;
3. Competition in the long jump;
4. Competitions in athletics throwing;
5. General physical preparation contest: pull-ups; flexibility; lifting the torso from a prone position; weights and other breakthrough.

Lesson 6. Athletics competitions (6 hours).

1. Competitions on cross-country race;
2. Team competitions in athletics;
3. Competitions in athletics relay race across the campus.

Section 2. Swimming (38 hours).

Lesson 7: "Introduction to an aquatic environment" (6 hours).

1. Prevention accuracy measures in the pool.
2. Analysis of the games used for getting comfortable at water and for acquaintance with the properties of water.
3. Studying the static and dynamic exercises for the development of the water.

Lesson 8: Techniques and methods of teaching the method of freestyle swimming (6 hours).

1. Training the technique of movements with hands and legs;
2. Training the technique of coordinated movements with the hands and legs;
3. Improving swimming freestyle technique.

Lesson 9. Technique and methodology of training the start and the rotation in freestyle swimming (6 hours).

1. Teaching the start in freestyle;
2. Teaching rotation techniques in freestyle;
3. Improving swimming technique.

Lesson 10: Technique and methodology of teaching the backstroke swimming (6 hours).

1. Teaching the hand movements;
2. Teaching the leg movements;
3. Improving the backstroke swimming techniques;
4. Teaching rotation techniques;
5. Teaching the start;
6. Improving backstroke swimming technique.

Lesson 11. Techniques and methods of teaching method "breaststroke" (6 hours).

1. Teaching the hand movements;
2. Teaching the leg movements;
3. Improving the breaststroke swimming techniques;
4. Improving the way swimming techniques "breaststroke" in general.

Lesson 12. Improving swimming technique (6 hours).

1. Improving of sport swimming techniques;
2. Preparation for passing standards;
3. Preparation for participation in the competition.

Lesson 13. Passing the standards (2 hours).

1. Swimming 50m;
2. Team competitions in swimming.

III. SCHOLASTIC-METHODICAL PROVISIONING FOR THE STUDENTS' INDIVIDUAL WORK

Scholastic-methodical provisioning for the students' individual work in the "Physical Training and Sport" discipline is presented in Appendix 1 and includes:

- plan-schedule of individual work on the subject, including the approximate time standards for performance on each task;

- characteristics of the tasks for individual work of students and methodical recommendations for their implementation;

- requirements for the presentation and registration of the results of individual work;

- assessment of the implementation of individual work.

IV. CONTROL TO THE ACHIEVEMENT OF THE COURSE OBJECTIVES

№	Controlled sections/topics of the discipline	Codes and stages of forming the competences	Means for evaluation		
			Current control	Half-way attestation	
1	Track and field athletics	the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	Test	Pass-fail exam in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
1	Swimming	the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	Test	Pass-fail exam in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	

The model tests, methodical materials prescribing procedures for evaluation of knowledge, skills and/or practical experience, as well as criteria and indicators necessary to assess knowledge, abilities, skills and the defined stages of forming competencies in the process of acquiring educational program, are presented in Supplement 2.

V. LIST OF EDUCATIONAL LITERATURE AND INFORMATIONAL-METHODICAL REQUIREMENTS FOR THE DISCIPLINE

Basic literature

1. Sports Medicine Volume 46 2016 г. Springer International Publishing Print ISSN 0112-1642 Online ISSN 1179-2035
<https://link.springer.com/journal/40279>

2. Prevention of Injuries and Overuse in Sports DOI <https://doi.org/10.1007/978-3-662-47706-9> Copyright Information ESSKA 2016 Publisher Name Springer, Berlin, Heidelberg Print ISBN 978-3-662-47705-2 Online ISBN 978-3-662-47706-9
<https://link.springer.com/book/10.1007/978-3-662-47706-9#editorsandaffiliations>

Additional literature

1. Endurance Sports Medicine DOI <https://doi.org/10.1007/978-3-319-32982-6> Copyright Information Springer International Publishing Switzerland 2016 Publisher Name Springer, Cham eBook Packages Medicine Print ISBN 978-3-319-32980-2 Online ISBN 978-3-319-32982-6
<https://link.springer.com/book/10.1007/978-3-319-32982-6#editorsandaffiliations>

The list of resources of the information-telecommunication network

“Internet”

1. Electronic Library System 'Lan' Publisher <http://e.lanbook.com>
2. All-Russian sports complex "Ready for Labor and Defense" <https://gto.ru>

LIST OF INFORMATION TECHNOLOGIES AND SOFTWARE

The location of the computer equipment on which the software is installed, the number of jobs	List of licensed software
Multimedia auditorium Vladivostok Russian island, Ayaks 10, building 25.1, RM. M723 Area of 80.3 m2 (Room for independent work)	Windows Seven enterprice SP3x64 Operating System Microsoft Office Professional Plus 2010 office suite that includes software for working with various types of documents (texts, spreadsheets, databases, etc.); 7Zip 9.20 - free file archiver with a high degree of data compression; ABBYY FineReader 11 - a program for optical character recognition; Adobe Acrobat XI Pro 11.0.00 - software package for creating and viewing electronic publications in PDF; WinDjView 2.0.2 - a program for recognizing and viewing files with the same format DJV and DjVu.

In order to provide special conditions for the education of persons with disabilities all buildings are equipped with ramps, elevators, lifts, specialized places equipped with toilet rooms, information and navigation support signs.

VI. METHODOLOGICAL RECOMMENDATIONS ON THE COMPLETING THE DISCIPLINE

The course is structured on the principle of the sequence development of motor actions that allows you to organize the educational material on the subject.

Formation of the abovementioned competence of the students is going in three stages. In the first stage, by means of lectures in the first lesson, as well as theoretical explanations during the practical training.

The successful development of theoretical material, allows to form students' motor skills and basic skills in sports.

The testing of knowledge on the subject, including the theoretical test is carried out through the test. Practical qualify tests can be successfully dealt only with the initial development of theoretical material.

During the study of the course materials are offered various forms of work: lectures, work in practical classes, independent work on filling in the diary of physical fitness and educational literature, the implementation of practical and independent assignments formulated by the teacher.

Lecture is focused on the covering of the main topics for each section of the course and is designed to systematize the theoretical material, to lay the foundations for the further successful formation of practical skills, perform individual work of students.

The largest volume of work on the subject is carried out at the training practice sessions (68 hours) under the direct supervision of the teacher.

Individual work is realized basing on the instructions of the students' teacher, but without his direct involvement.

The content of individual work is determined in accordance with the recommended types of work, according to the working program of discipline. For individual work the following methods can be used:

- For the acquisition, consolidation and systematization of knowledge: regular filling the diary of physical training, where students fix: personal data (sex, height, weight, age, etc.), Indicators of physical fitness at the entrance (in the beginning of the semester), monthly physical fitness dynamics on the basis of specialized tests that are performed within the class, reference points and special achievements; Results of participation in competitions, also held during the workshops, etc .;

- For the formation of skills: development of individual ways of developing physical fitness (with the help of a teacher), which is also recorded in the diary of individual physical fitness.

More detailed guidelines on the organization of independent work of students are presented in Appendix 1.

Guidelines for the preparation to a pass-fail exam

In order to prepare successfully for the pass-fail exam of the discipline "Physical Training and Sport" the student must attend all classroom training, as well as systematically keep a diary of individual physical fitness, participate in all forms and types of monitoring. Students are advised to study the standards of physical fitness tests and presented in Annex 2.

MATERIAL AND TECHNICAL MAINTENANCE OF DISCIPLINE

For practical work, as well as for the organization of independent work, students have access to the following laboratory equipment and specialized classrooms that meet the current sanitary and fire regulations, as well as safety requirements during training and scientific and industrial works:

Name of the equipped rooms and rooms for independent work	List of main equipment
The computer class of the School of biomedical AUD. M723, 15 work placts	Screen, electrically 236*147 cm to trim the screen; Projector DLP technology, 3000 ANSI LM, WXGA with 1280x800 resolution, 2000:1 Mitsubishi EW330U; Subsystem of specialized mounting equipment course-2007 Tuarex; Subsystem of videocommunity: matrix switch DVI and DXP 44 DVI Pro advertising; extension cable DVI over twisted pair DVI 201 TX/RX advertising; Subsystem of audiocommentary and sound; speaker system for ceiling si 3ct LP Extron on from; digital audio processor DMP 44 LC the Extron; the extension for the controller control IPL T CR48; wireless LAN for students is provided with a system based on 802.11 a/b/g/N 2x2 MIMO(2SS) access points. Monoblock HP Loope 400 all-in-one 19.5 in (1600x900), core i3-4150t, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, and a DVD+ / -RW, GigEth, Wi-Fi and BT, the USB port of roses/MSE, Win7Pro (64-bit)+Win8.1Pro(64-bit), 1-1-1 Wty
	AIO PC HP ProOne 400 G1 AiO 19.5" Intel Core i3-4130T 4GB DDR3-1600 SODIMM (1x4GB)500GB; Screen projection

Multimedia audience	Projecta Elpro Electrol, 300x173 cm; Multimedia projector, Mitsubishi FD630U, 4000 ANSI Lumen 1920 x 1080; Flush interface with automatic retracting cables TLS TAM 201 Stan; Avervision CP355AF; lavalier Microphone system UHF band Sennheiser EW 122 G3 composed of a wireless microphone and receiver; Codec of videoconferencing LifeSizeExpress 220 - Codeonly - Non-AES; Network camera Multipix MP-HD718; Two 47 " LCD panels, Full HD, LG M4716CCBA; audio commutation and sound amplification Subsystem; centralized uninterruptible power supply
Reading rooms of the Scientific library of the University open access Fund (building a - 10)	Monoblock HP Loope 400 All-in-One 19.5 in (1600x900), Core i3-4150T, 4GB DDR3-1600 (1x4GB), 1TB HDD 7200 SATA, DVD+/-RW,GigEth,wifi,BT,usb kbd/mse,Win7Pro (64-bit)+Win8.1Pro(64-bit),1-1-1 Wty Speed Internet access 500 Mbps. Jobs for people with disabilities equipped with displays and Braille printers.; equipped with: portable reading devices flatbed texts, scanning and reading machines videovelocity with adjustable color spectrums; increasing electronic loops and ultrasonic marker
Accreditation-simulation center of the school of Biomedicine	



THE MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION
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SCHOOL OF BIOMEDICINE

**TRAINING AND METHODOLOGICAL SUPPORT OF STUDENTS INDIVIDUAL
WORK**
Discipline “Physical Training and Sport”
Educational program 31.05.01. General Medicine
Form of training full-time

Vladivostok
2016

Schedule of individual work on discipline

№	Data	Type of individual work	<u>Recommended norms for realization (hours)</u>	Form of control
1	Weeks 1-18	Physical training diary	2	Checking the filled diary

Characteristics of tasks for individual work of students and guidelines for their implementation

Individual work of students consists of filling in the diary of physical fitness.

Individual work is considered to be credited, in the case of its implementation and the marking by teacher its implementation in the diary of physical fitness.

Methodical instructions to the individual work

All kinds of physical activity that the student makes during practical classes on physical training as well as during the self-study in physical culture and sports are recorded in the diary of physical fitness.

During individual work necessary to exercise self-control. Self-control - a regular independent monitoring dealing with the state of his health. These self-recorded data of physical fitness helps to control and regulate the methodology of training sessions. In the diary of physical fitness it is recommended to record regularly the subjective (mood, sleep, appetite, pain) and objective (heart rate, body mass, sports scores) self-monitoring data. The state of health is marked as good, fair or poor. Various health deviations quickly recognized, so its deterioration is usually the result of fatigue or disease . Painful sensations are fixed at their location, character (sharp, blunt, cutting, etc.) and the power of

manifestation. Heart rate - an important indicator of the state of the body. It is recommended to count regularly in the same time of day. Preferably in the morning, lying, after waking up and before the training (3-5 minutes before), and immediately after the athletic workout. Body weight should be determined periodically (1-2 times per month) in the morning on an empty stomach, at the same scale. In the first period of training weight is usually reduced and then stabilized in the future due to the slightly increase in muscle mass. All forms of self-study, if present (morning gymnastics, self-training session, engaging in sports clubs, participate in the competition), the load (duration - minutes, hours, number of repetitions, kilometers, meters, intensity as a percentage of the maximum), the result achieved (if available), along with other indicators of self-control are put into the diary.

Aims and objectives of students' individual work - improving the functionality of the body, strengthening the individual's health; enrichment of individual experience basic training sports - athletics and swimming. Individual work of the student on discipline " Physical Training and Sport" is considered by us as an integral and mandatory part of a healthy way of life of the student.

The results of the implementation of the individual work of the student in the diary of physical fitness are fixed by student. A must for fixation are being indicators, motor load, performance at the competition, the results of motor tests conducted during practical training, filling the individual trajectory of physical fitness.

Criteria for assessing the performance of individual work.

Ability to use the theoretical knowledge and practical skills is evaluated during the performance of tasks for independent work; the regularity and completeness of mandatory indicators of physical fitness diary is also evaluated.



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SCHOOL OF BIOMEDICINE

ASSESSMENT FUND

Discipline “Physical Training and Sport”

Educational program 31.05.01. General Medicine

Form of training full-time

Vladivostok

2016

Passport of assessment fund

Completed in accordance with the Regulations on the Funds of Evaluation Assets of Educational Programs of Higher Education - Bachelor's Programs, Specialties, FEFU Magistrates, approved by order of the Rector No. 12-13-850 of May 12, 2015.

Competence code and formulation	Stages of forming the competence	
the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	the main tools and methods of physical education
	Can	select and apply the methods and tools of physical training to improve the basic physical qualities
	Possesses	Methods and means of physical training to ensure full social and professional activities

CONTROL TO THE ACHIEVEMENT OF THE COURSE OBJECTIVES

№	Controlled sections/topics of the discipline	Codes and stages of forming the competences	Means for evaluation		
			Current control	Half-way attestation	
1	Track and field athletics	the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	Test	
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
1	Swimming	the ability to use the methods and means of physical culture to ensure full social and professional activities (GCC - 6);	Knows	Test	
				Pass-fail exam in the form of passing the qualifying tests	

The scale of assessment the level of formation of competences

Competence code and formulation	Stages of forming of the competence		Criteria	Figures
<p>GC-6 the ability to use the methods and tools of physical training to ensure full social and professional activities</p>	<p>knows (the threshold level)</p>	<ul style="list-style-type: none"> - The general theoretical aspects of physical education, their role and importance in the formation of a healthy lifestyle; - The principles and methods of organization, judging health and fitness and sports events 	<p>Knowledge of the basic safety regulations when engaging in swimming and athletics; Basic knowledge of basic technique of motor actions in swimming and athletics; Knowledge of the rules of the competition in swimming and athletics, the main provisions of the organization of sporting events</p>	<p>The ability to characterize the basic safety guidelines in conducting classes in swimming and athletics; To characterize the equipment, plant and equipment and techniques in swimming and track and field, ability to evaluate the performance of the technique of motor actions, specify errors and ways to correct them; The ability to specify the role and the importance of physical culture resources in the formation of healthy lifestyles; Integrate the principles and methods of organizing, refereeing sports events with the participation in the competition, as well as personal involvement in their organization and refereeing</p>
	<p>Can (advanced)</p>	<ul style="list-style-type: none"> - self build of an individual way of doing sports and sporting achievements; - use a variety of means and methods of physical training to maintain and strengthen health, improve efficiency; - can use methods of self-control physical condition 	<ul style="list-style-type: none"> - The ability to use the basic tools and techniques of athletics and swimming for individual physical improvement, strengthening and maintaining the health and performance; - The ability to self-monitor their physical condition; 	<p>The ability, depending on the objectives of physical fitness, to choose the most appropriate means of swimming and athletics; Capacity to demonstrate basic motor actions in swimming and athletics without significant errors; The ability to use the methods of self-monitoring of physical fitness, including the conduct of physical fitness diary</p>

	<p>posess (high)</p>	<p>Use various forms and types of sports activities for the organization of a healthy lifestyle; self-way of individual health indicators of physical fitness; - the mobility of the basic sports and actively apply them in the game, and competitive activity; - the system of professional and vitally important practical skills, ensuring the preservation and strengthening of physical and mental health</p>	<p>Possession the productive ways of adaptation of different means and methods of swimming and athletics; Possession of methods of self-control of physical fitness; Experience of participation in the competition; Possession of basic motor actions in basic sports, ensuring the preservation and strengthening of health of the individual.</p>	<p>Ability to assess adequately the level of physical fitness, to assess the degree of progression; The ability to select and organize the means and methods of athletics and swimming depending on the individual level of physical fitness and health; The ability to demonstrate a technically correct movement of the base sports.</p>
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Guidelines that determine the results of evaluation procedures development discipline

Guidelines defining the evaluation procedures of the results of studying the "Physical Training and Sport" include a description assessment tools for current and interim assessment.

Evaluation tools for intermediate certification

For the above-mentioned discipline we provide certification in semester 1 in the form of pass-fail.

During the development of the discipline, visiting the workshops, sports clubs and participation in competitions, etc. a student must get the required amount of points to pass at least 100 points.

Subject to assess:

1. Visit classes 1 - 2 points;
2. Visit the sports sections FEFU (at least 2 times a week) - 10 points;
3. Weekly filling the diary of physical fitness - 25 points;
4. Participation in the competitions held in FEFU - 5 points;
5. Passing the qualifying tests for the mark:
"1" - 5 points
"2" - 6 points
"3" - 7 points
"4" - 8 points
"5" - 9 points.

Control ratios are presented in Table 2 and 3.

Table 2

Control standards for athletics

test	mark				
	5	4	3	2	1
Boys					
1. running 100 m	13,7	14,2	14,7	15,3	15,9
2. running 1000 m	3.40	3.50	4.00	4.15	4.30
3. running 3000 m	12.00	12.35	13.20	14.10	15.10
4. pull-up	15	12	9	6	3
5. Abdominal exercise (lifting straight legs to the bar)	10	8	6	4	2

Girls					
1. running 100 m	15,7	16,4	17,0	17,5	18,0
2. running 1000 m	4.40	4.45	5.00	5.25	5.50
3. running 2000 m	10.00	10.50	11.30	12.20	13.10
4. Abdominal exercise (lifting the torso from a prone position on the back)	50	40	30	25	20

Table 3

Control standards for swimming

№	Test	Mark				
Boys						
		«1»	«2»	«3»	«4»	«5»
1.	50 m backstroke(min., sec.)	2.0	1.55	1.50	1.40	1.30
2.	50 m freestyle (crawl) (min., sec.)	2.00	1.50	1.40	1.30	1.20
3.	50 m breaststroke (min., sec.)	2.15	2.10	2.00	1.50	1.40
4.	Diving in length (m)	4	6	9	12	15
5.	Diving (m)	1	1,5	2	2,5	3
6.	Transportation (m)	5	10	15	20	25

Girls

№	Tests	Mark				
		«1»	«2»	«3»	«4»	«5»
1.	50 m backstroke(min., sec.)	1.50	1.40	1.30	1.20	1.10
2.	50 m freestyle (crawl) (min., sec.)	1.25	1.20	1.10	1.00	0.50
3.	50 m breaststroke (min., sec.)	1.50	1.45	1.40	1.30	1.20
4.	Diving in length (m)	4	6	9	12	15
5.	50 m backstroke(min., sec.)	1	1.5	2	2,5	3

Estimation funds for the current attestation

Current attestation of students on discipline "Physical Training and Sport" is carried out in accordance with the local regulations of the Far Eastern Federal University and is mandatory.

The objects of evaluation are:

- academic discipline (the activity at lesson, the attendance of all kinds of classes on the attested discipline, level of physical activity outside the class);
- learning level of the theoretical knowledge demonstrated during doing the practical exercises and passing through the theoretical test;
- level of mastering in practical motor skills in swimming and track and field athletics - testing the general physical preparedness and the specialized physical preparedness;
- participation in the competition;
- regularity and completeness of filling the personal physical activity diary.

The list of assessment tools

№	Name of an assessment tools	Short characteristics of an assessment tools	Presentation of an assessment fund
Written works			
1	personal physical activity diary	Partially regulated task, in which a student completes their own individual physical activity. Disclose individual student achievement.	Indicators for the putting into the diary
2	Test	The system of standardized tasks to automate the procedure of measuring the level of knowledge and skills of a student	tests
Physical training qualification tests			
1	Testing the general physical preparedness and the specialized physical preparedness	An instrument for checking the level of general physical and special physical preparedness of students by the pre-selected tests.	List of qualification norms
2	Participation in competitions	The tool that allows you to assess the degree of	List of competitions

		involvement in sports and athletic students' activity.	
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Participation in competitions

During the term, a student must participate in competitions held by the School of Art, Culture and Sports FEFU:

- Relay race;
- Athletics competitions among first-year students;
- Swimming competitions among first-year students;
- Relay in the swimming pool.

Filling the personal physical activity diary

Diary of physical activity is filled by a student at least once per week. A teacher checks diary regularly, at least 1 time per month. Required information: all kinds of student's physical activity performed on practical trainings. Additional indicators can be filled.

The diary contains the following indicators:

- FULL NAME;
- sex;
- age;
- height;
- weight;
- body mass index;
- general physical and mental state (before and after classes);
- Heart rate before loading and after exercising;
- physical activity during practical classes describing type and intensity of physical activity;
- Results of participation in a competition;
- Results physical fitness test, at least 2 times per semester, at the beginning and at the end.

Test for «Physical Training and Sport» discipline

1. The concept of "Physical culture" - is:
 - A) certain aspects of human motor abilities
 - B) method of restoring human health

C) part of the universal culture, targeted to diversified strengthening and improvement of the human body, improving his life through the use of means of physical training

D) teaching process targeted to training human motor actions and training of physical qualities

2. Choose the basic form of physical education in high school:

A) morning hygienic gymnastics

B) Sports competitions

C) training sessions

D) training in sports sections

3. The primary tools of physical training are:

A) sports equipment

B) exercising

C) hygiene factors

D) healing forces of nature

4. The indicators characterizing the physical development of a person include:

A) indicators of the functional systems of the body and the development of physical qualities

B) athletic performance and physical fitness

C) the level of formation of motor skills

D) passing the standards

5. Ability to stay active for long time without reducing the effectiveness of work is called:

A) functional resistance

B) physical fitness

B) exercise tolerance

6. Which of the physical qualities in case of excessive its development has negative effect on the flexibility?

A) exercise tolerance

B) strength

C) speed

D) dexterity

7. Speed-strength exercises include:

- A) push-ups
- B) slopes
- C) Jumping
- D) running

8. Sprint develops:

- A) exercise tolerance
- B) flexibility
- C) speed
- D) strength

9. What exercises develop strength mostly?

- A) sprint
- B) pull-ups
- C) long-distance running
- D) jumps

10. Which of the indicators are essential for assessing the impact of systematic physical exercises on the human body:

- A) growth
- B) Weight
- C) HR
- D) Pulmonary capacity

11. The objective of self-control indicators include:

- A) general physical state
- B) mood
- C) the desire to train
- D) Body weight

12. The most important physical quality for health is:

- A) strength
- B) flexibility
- C) exercise tolerance
- D) dexterity

13. Why is physical activity is a necessary component of a healthy lifestyle?

- A) the movement stimulates the growth and development
- B) intense physical exercise improves mental performance
- C) hypokinesia leads to various diseases

14. Morning hygienic gymnastics is performed for the purpose of:

- A) development of physical qualities
- B) preparing for the upcoming work (studying) day
- C) the formation of motor skills
- D) development of physical qualities

15. Training to improve the functionality of the cardiovascular system is most effective at loadings, which increase the heart rate up to (for students without deviations in health condition):

- A) 90 beats / min
- B) 100-110 beats / min
- C) 130-150 beats / min

16. What kind of exercise is recommended to use in the final part of the training session?

- A) running
- B) attention exercises
- B) relaxation exercises
- D) strength development exercise

17. Specify the optimal amount of general developmental exercises for preparation to a training session:

- A) 10-12 exercises
- B) 5-6 exercises
- B) 14-15 Exercise

18. The content of independent training sessions is determined by:

- A) objectives
- B) dietary regimen
- B) the level of general physical fitness of students.

Evaluation of the test

The test is considered to be successfully passed if a student have answered correctly for 14 questions