



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»



(signature) Khotimchenko Yu.S.
(Full name)
«09» of July 2019

«APPROVED»

Director of the Department of Clinical
Medicine



(signature) Geltser B.I.
(Full name)
«09» of July 2019



WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)

Physical training

(Элективные курсы по физической культуре и спорту)

Education program

Specialty 31.05.01 «General medicine»

Form of study: full time

year 1,2,3, semester 2-6
lectures not provided
practical classes 328 hours
laboratory works not provided
total amount of in-classroom works 328 hours
independent self-work not provided
reference works ()
control works ()
credit year 1,2,3, semester 2-6
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 to the Work Program for the subject
"Physical training" («Элективные курсы по физической культуре и спорту»)**

Working program discipline "Physical training" («Элективные курсы по физической культуре и спорту») is intended for students enrolled in the educational program 31.05.01 "General Medicine". Discipline is implemented in 1,2,3 courses, 2,3,4,5,6 semesters. Total complexity of the discipline "Physical training" («Элективные курсы по физической культуре и спорту») is 328 academic hours.

The discipline "Physical training" («Элективные курсы по физической культуре и спорту») refers to the choice disciplines of the variable part of the curriculum. The course is a continuation of the discipline " Physical Training and Sport"

The purpose of the discipline is the formation of the physical culture of the individual, the formation of the ability of the directed use of various means of physical culture and sports to preserve and promote health, psychophysical training and self-preparation for future professional activities.

Tasks of the discipline:

- formation of physical culture of the personality of the future professional who is in demand in the modern labor market;
- development of physical qualities and abilities, improvement of the functional capabilities of the body, strengthening individual health;
- enrichment of individual experience in practicing specially-applied physical exercises and basic sports
 - mastering the system of professional and vital practical skills;
 - mastering the system of knowledge about physical education, their role in the formation of a healthy lifestyle;
 - mastering the skills of creative cooperation in collective forms of exercise.

To study the discipline "Physical training" («Элективные курсы по физической культуре и спорту») successfully, the following preliminary competences should be formed:

- the ability to use a variety of means of physical activity in individual physical education classes, focused on improving body efficiency, preventing diseases;
- presence of interest and habits to practice physical culture and sports systematically;
- knowledge of the system of personal and public hygiene, knowledge of the rules of regulation of physical activity.

As a result of studying this discipline, the following general cultural competencies are formed.

Competence code and formulation	Stages of forming the competence	
GCC-6 the ability to use the methods and tools of physical training to ensure full social and professional activities	Knows	<ul style="list-style-type: none"> - general theoretical aspects of physical education, their role and importance in the formation of a healthy lifestyle; - principles and methods of organizing, refereeing physical culture and sports events
	Can	<ul style="list-style-type: none"> - build an individual trajectory of physical and sporting achievements independently; - use a variety of means and methods of physical culture to preserve and promote health, improve working capacity; - use the methods of self-control of one's own physical condition; - work in a team to achieve common and personal goals
	Possesses	<ul style="list-style-type: none"> - Various forms and types of physical activity for the organization of a healthy lifestyle; - the tools of self-control of individual health indicators and physical fitness; - motor actions of basic sports and able to actively apply them in gaming and competitive activities; - a system of professional and vital practical skills that ensure the preservation and strengthening of physical and mental health

I. STRUCTURE AND CONTENT OF THEORETICAL PART OF THE COURSE

Not provided

II. STRUCTURE AND CONTENT OF THEORETICAL PART OF THE COURSE

Practice classes (328 hours)

2nd term

Section 1. Sports games (36 hours)

Basketball

Lesson 1. General physical preparedness control tests. (2 hours)

1. Safety rules in physical education classes.
2. General physical preparedness control tests.

Lesson 2. Technique of standing positions and movements of basketball player. (2 hours)

1. Studying the standing positions of a basketball player.
2. Studying the movements technique of a basketball player.
3. Safety norms.
4. Coordination development.

Lesson 3. Technique of standing positions and movements of basketball player. (2 hours)

1. Studying the technique of sidestep protective movements (with right and left side, with face forward, with back forward).
2. Improvement of a standing position (forward and defensive player).
3. Leg muscle strengthening.

Lesson 4. Technique of standing positions and movements of basketball player. (2 hours)

1. Improvement of sidestep movements (with right and left side, with face forward, with back forward).
2. Improvement of basketball player movements.

3. The development of strength endurance.

Lesson 5. Technique of standing positions and movements of basketball player. (2 hours)

1. Studying forward standing position.
2. Improvement of protective sidestep technique movements (with right and left side, with face forward, with back forward).
3. The development of speed-strength endurance

Lesson 6. Technique of standing positions and movements of basketball player. (4 hours)

1. Consolidation of a forward standing position technique.
2. Improvement of previously studied technique elements.
3. Speed development.

Lesson 7. Technique of catching the ball with two hands standing at one spot. (2 hours)

1. Studying the technique of catching the ball with two hands standing at one spot.
2. Improvement of forward standing technique and defensive player standing technique.
3. General endurance development.

Lesson 8. Technique of transferring the ball with two hands from the chest standing at one spot. (4 hours)

1. Studying technique of transferring the ball with two hands from the chest standing at one spot.
2. Consolidation of the technique of catching the ball with two hands standing at one spot.
3. Development of speed of movement.

Lesson 9. Technique of transferring the ball with two hands from the chest standing at one spot. (2 hours)

1. Consolodation of the technique of transferring the ball with two hands from the chest standing at one spot.

2. Studying combinations of learnt technique elements .
3. Speed development.

Lesson 10. Stops technique. (2 hours)

1. Two steps stop technique.
2. Technique of transferring the ball with two hands from the chest standing at one spot.
3. Development of jumping endurance.

Lesson 11. Stops technique. (2 hours)

- 1 Studying jumping stop technique.
- 2 Improvement the technique of previously studied standing positions.
- 3 Start speed development.
- 4 Game.

Lesson 12. Stops technique. (2 hours)

1. Consolidation of previously studies stop techniques.
2. Studying combinations of previously studied techniques.
3. Body torso strength development.
4. Game.

Lesson 13. Technique of turns without a ball (2 hours)

1. Studying technique of turns without a ball.
2. Improvements of previously studies stop technique.
3. Agility development.
4. Game.

Lesson 14. Improvement basketball playing technique(6 hours)

5. Control tests.
6. Basketball competitions.
7. Referee practice.

Section 2. Track and field (36 hours)

Lesson 1. Methods of teaching the running technique at middle and short distances (14 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 (12 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: 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;

Lesson 4: athletics competitions (6 hours)

1. Competitions on cross-country race;
2. Team competitions in athletics;

3rd term

Section 1. Sports games (36 hours)

Basketball

Lesson 1. General physical preparedness control tests. (2 hours)

1. Safety rules in physical education classes.
2. General physical preparedness control tests.

Lesson 2. Studying individual tactics. (2 hours)

1. Studying the individual tactics of a basketball player.
2. Simplified rules. game
3. Coordination development

Lesson 3. Studying “fake” movements (10 hours)

1. Studying “fake” movements.
2. Improvement of individual tactics

Lesson 4. Studying sets of individual tactic actions of a player (2 hours)

1. Studying sets of individual tactic actions of a player
2. Improvement of basketball player movements.
3. The development of strength endurance.

Lesson 5. Learning the technique of throwing the ball in motion with one hand from below, one hand from above with a passive resistance of the defender (4 hours)

1. Studying the ball throwing technique in motion with one hand from the below.
2. Studying the technique of throwing the ball in motion with one hand from below, one hand from above with a passive resistance of the defender.

Lesson 7. Studying group tactic interactions(4 hours)

4. Studying group tactic interaction.
5. Speed development

Lesson 8. Studying tactic interactions in defense. (4 hours)

4. Studying tactic interactions in defense.
5. Development of speed of movement.

Lesson 9. Studying tactic interactions of forward players. (4 hours)

1. Studying tactic interactions of forward players.
2. Development of speed endurance.

Lesson 14. Improvement basketball playing technique(4 hours)

1. Control tests.
2. Basketball competitions.
3. Referee practice.

Section 2. Track and field athletics (36 hours)

**Lesson 1. Revising the running technique at middle and short distances
(6 hours)**

1. Revising running technique in a straight line and in turns;
2. Revising technique of high and low start;
3. Revising the technique of transition from a start to run at a distance;
4. Running tests

Lesson 2. Revising the technique of athletic jumps (6 hours)

1. Revising the technique of repulsion in conjunction with a flight in a step;
2. Revising the technique takeoff at the long jump;

3. Revising the technique of touchdown;
4. Jumping tests

Lesson 3. Athletics throwing (10 hours)

1. Creation of an understand of the athletics throwing technique and its characteristics in different types of throwing;
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 throwing;

Lesson 4. 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.
5. The development of power and speed-power capabilities with the help of track and field throwing.

Lesson 5. Passing the standards (4 hours)

1. Competition on the 3 km 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.

4th term

Section 1. Swimming (36 hours)

Lesson 1. "Introduction to an aquatic environment" (8 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 2. Techniques and methods of teaching the method of freestyle swimming (12 hours).

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

Lesson 3. 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.
4. Prevention accuracy measures in the pool.
5. Games used for getting comfortable at water and for getting acquaintance with the properties of water.
6. Studying the static and dynamic exercises for the development of the water.

Lesson 4. Starting jump technique (6 hours)

1. Simple jump, “soldier” technique
2. Starting jumps from low position
3. Starting jump from the pool side
4. Starting jump from the starting block
5. Starting jump with the inside water starting movements

Lesson 5. Swimming tests (4 hours)

1. 25 meters freestyle, from the starting block (no time is measured);
2. 50 meters freestyle, from the starting block, with the rotation turn (no time is measured)

Section 2. Aerobics

Lesson 1. Basic steps (6 hours)

1. Basic steps: skip, jack, running, stepping.
2. Basic steps: swing, lurch, knee up.
3. Improvement of basic steps technique.

Lesson 2. Rhythmic and dance movements with different intensity (6 hours).

1. Studying different complexes of rhythmic and dance movements.
2. Improvement technique of rhythmic and dance movements.
3. Stamina development.

Lesson 3. Basic aerobics program (6 hours).

1. Step aerobics.
2. Power aerobics.
3. Dance aerobics.
4. Equipped aerobics (balls, bosy bars, etc.).

Lesson 4. Calisthenic routine complexes (4 hours)

1. Calisthenic routine with weights.
2. Calisthenic routines for different muscle groups.

Lesson 5. Exercises for different muscle groups (4 hours)

1. Exercises for abdominal muscles, back muscles.
2. Exercises for leg muscles, arms and shoulders.

Lesson 6. Exercises for development of general physical qualities (4 hours)

1. Stamina developing exercises.
2. Flexibility developing exercises

Lesson 7. Final tests (6 hours)

1. Final tests

5th term

Section 1. Swimming

Lesson 1. Backstroke swimming (10 hours).

1. Training the hand movements;
2. Training the leg movements;
3. Improving the backstroke swimming techniques;
4. Training rotation turn techniques for backstroke swimming;
5. Training the starting jump for the backstroke swimming;
6. Improving backstroke swimming technique, combined with the starting jump and the rotation technique.

Lesson 2. Breaststroke swimming (10 hours)

1. Training the hand movements;
2. Training the leg movements;

3. Improving the breaststroke swimming techniques;
4. Training rotation turn techniques for breaststroke swimming;
5. Training the underwater post-start movements for the breaststroke swimming;
6. Improving breaststroke swimming technique, combined with the starting jump and the rotation technique.

Lesson 2. Butterfly swimming (10 hours)

1. Training the hand movements;
2. Training the leg movements;
3. Improving the butterfly swimming techniques;
4. Training rotation turn techniques for butterfly swimming;
5. Training the underwater post-start movements for the butterfly swimming;
6. Improving butterfly swimming technique, combined with the starting jump and the rotation technique.

Section 2. Power training

Lesson 1. Arms strengthening exercises (4 hours).

1. Arms exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 2. Neck and shoulder exercises (4 hours).

1. Neck and shoulder exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 3. Chest exercises (4 hours).

1. Chest exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 3. Back exercises (4 hours).

1. Back exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 4. Leg exercises (4 hours).

1. Leg exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 5. Abdominal exercises (4 hours).

1. Abdominal exercises;
2. Methodology of strength developing trainings;
3. Improving of the strength exercises technique

Lesson 3. Exercises sets for different muscle groups (12 hours).

1. Studying exercises sets for different muscle groups;
2. Strength development;
3. Final tests

6th term

Section 2. Power training (20 hours)

Lesson 1. Arms strengthening exercises (2 hours).

4. Arms exercises;
5. Methodology of strength developing trainings;

6. Improving of the strength exercises technique

Lesson 2. Neck and shoulder exercises (2 hours).

4. Neck and shoulder exercises;
5. Methodology of strength developing trainings;
6. Improving of the strength exercises technique

Lesson 3. Chest exercises (2 hours).

4. Chest exercises;
5. Methodology of strength developing trainings;
6. Improving of the strength exercises technique

Lesson 4. Back exercises (2 hours).

4. Back exercises;
5. Methodology of strength developing trainings;
6. Improving of the strength exercises technique

Lesson 5. Leg exercises (2 hours).

4. Leg exercises;
5. Methodology of strength developing trainings;
6. Improving of the strength exercises technique

Lesson 6. Abdominal exercises (2 hours).

4. Abdominal exercises;
5. Methodology of strength developing trainings;
6. Improving of the strength exercises technique

Lesson 7. Exercises sets for different muscle groups (8 hours).

4. Studying exercises sets for different muscle groups;
5. Strength development;
6. Final tests

Section 2. Track and field athletics (20 hours)

Lesson 1. Revising the running technique at middle and short distances (4 hours)

5. Revising running technique in a straight line and in turns;
6. Revising technique of high and low start;
7. Revising the technique of transition from a start to run at a distance;
8. Running tests

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

5. Revising the technique of repulsion in conjunction with a flight in a step;
6. Revising the technique takeoff at the long jump;
7. Revising the technique of touchdown;
8. Jumping tests

Lesson 3: Revising athletics throwing (4 hours)

5. Revising the technique of holding and technique of final effort in throwing a small ball (grenades) and shot put;
6. Revising takeoff techniques for different types of throwing;
7. Revising the technique of athletics throwing;

Lesson 4: Running a relay race (4 hours)

6. Revising the technique of the baton transferring;
7. Revising the technique of running a relay race;
8. Conducting relay race.

Lesson 5: athletics competitions (4 hours)

4. Competitions on cross-country race;

5. Team competitions in athletics;
6. Competitions in athletics relay race across the campus.

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

Not provided

IV. MONITORING 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	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
2	Basketball	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	
3	Swimming	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
4	Aerobics/power training	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	

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. Best Practice Protocols for Physique Assessment in Sport / Springer Nature Singapore Pte Ltd. 2018 <https://link.springer.com/book/10.1007/978-981-10-5418-1#editorsandaffiliations>
2. Sport activities in daily routine / Springer Berlin Heidelberg 2017 <https://link.springer.com/article/10.1007/s12662-017-0469-9>
3. Adaptive Sports Medicine / Springer International Publishing AG 2018 <https://link.springer.com/book/10.1007/978-3-319-56568-2#editorsandaffiliations>

Additional literature

1. Exercise and Sports Pulmonology / Springer Nature Switzerland AG 2019 <https://link.springer.com/book/10.1007/978-3-030-05258-4#editorsandaffiliations>
2. Rotator Cuff Injuries / Springer International Publishing AG 2018 <https://link.springer.com/book/10.1007/978-3-319-63668-9#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>

3. List of the information technologies and software

The location of the	List of software
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computer equipment on which the software is installed, the number of class places	
The computer class of the school of biomedical AUD. M723, 15 places	Microsoft Office Professional Plus 2013 is an office Suite that includes software for working with various types of documents (texts, spreadsheets, databases, etc.); 7Zip 16.04-free file archiver with high compression; Adobe Acrobat XI Pro-software package for creating and viewing electronic publications in PDF format; AutoCAD Electrical 2015-three-dimensional computer-aided design and drawing; ESET Endpoint Security 5-comprehensive protection of Windows-based workstations. Virtualization support + new technologies; WinDjView 2.0.2-program for recognition and viewing of files with the same format DJV and DjVu; SolidWorks 2016-CAD software for automation of industrial enterprise at the stages of design and technological preparation of production Compass - 3D LT V12-three-dimensional modeling system Notepad++ 6.68-text editor

VI. METHODOLOGICAL RECOMMENDATIONS ON THE COMPLETING THE DISCIPLINE

The course is structured according to the principle of the sequence of development of motor actions, which allows to systematize educational material on the subject.

The formation of the above competence of students occurs in three stages. At the first stage, with the help of a theoretical explanation during practical exercises, the formation of knowledge in the field of theoretical aspects of physical education, their role and importance in the formation of a healthy lifestyle; techniques of basic motor actions; principles and methods of organization, refereeing physical culture and sports events. Successful mastering of the material allows students to form motor skills in basic sports, teach them to use various means and methods of physical culture to preserve and promote health, improve efficiency; use the methods of self-control of their physical condition, which in turn will allow them to achieve the necessary level of physical fitness, and as a result, successfully pass the control standards in the standings. Thus, the

examination of knowledge of the discipline, is carried out through the test as well as through practical tests.

During the implementation of the practical course, the student will have to master two sections in a term. Each of the above blocks is accompanied by the participation of students in competitions and passing through final tests.

Extracurricular independent work is advisory and performed by the student on the instructions of the teacher, but without his direct participation.

Recommendations for working with literature and the use of materials of an educational and methodical complex

For a general presentation of the content and essence of the discipline "Physical training" («Элективные курсы по физической культуре и спорту»), it is advisable for a student to familiarize himself with the materials of the educational and methodological complex:

- the work program of the discipline, because it gives the most complete presentation of the volume of hours, the main content and types of control on the materials of this course;

- Methodical recommendations for students to study the discipline, helping to study the material of the course the most efficiently;

- teaching materials according to the types of classes: practical classes, credit requirements, test materials to control the quality of learning, etc., specifying the requirements for students and mastering the course content;

- additional materials of the teaching and methodological complex on discipline.

Guidelines for the preparation to a pass-fail exam

In order to prepare successfully for the pass-fail exam of the discipline "Physical training" («Элективные курсы по физической культуре и спорту») 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.

VII. CLASSROOM, EQUIPMENT AND MATERIAL REQUIREMENTS FOR THE DISCIPLINE

To conduct classes on the discipline "Physical training" («Элективные курсы по физической культуре и спорту») the lecture classes, and sports facilities are necessary.

Sports facilities for practical training are equipped with specialized sporting equipment.

The list of sports facilities for training in the discipline " Physical Training and Sport" includes:

1. Athletics stadium
3. Swimming Pool
4. Gym of “dry” swimming
5. Gym
6. Sports hall
7. Running track

All the sports facilities of the University are certified and listed in the Register of the Russian Ministry of Sports of Russia.



MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
Federal State autonomous education institution of higher education
«Far Eastern Federal University»
(FEFU)

SCHOOL OF BIOMEDICINE

FUND OF ASSESSMENT TOOLS
Discipline "Physical training"
(«Элективные курсы по физической культуре и спорту»)
Educational program 31.05.01. General Medicine
Form of training full-time

Vladivostok
2018

Fund of assessment tools passport

This part of the program is filled in accordance with the Regulations on the Funds of assessment tools of educational programs of higher education - undergraduate, specialist's and master's programs of Far Eastern Federal University, approved by order of the rector of 12.05.2015 №12-13-850.

Competence code and formulation	Stages of forming the competence	
GC-6 the ability to use the methods and tools of physical training to ensure full social and professional activities	Knows	<ul style="list-style-type: none"> - general theoretical aspects of physical education, their role and importance in the formation of a healthy lifestyle; - principles and methods of organizing, refereeing physical culture and sports events
	Can	<ul style="list-style-type: none"> - build an individual trajectory of physical and sporting achievements independently; -use a variety of means and methods of physical culture to preserve and promote health, improve working capacity; -use the methods of self-control of one's own physical condition; - work in a team to achieve common and personal goals
	Possesses	<ul style="list-style-type: none"> -Various forms and types of physical activity for the organization of a healthy lifestyle; - the tools of self-control of individual health indicators and physical fitness; - motor actions of basic sports and able to actively apply them in gaming and competitive activities; - a system of professional and vital practical skills that ensure the preservation and strengthening of physical and mental health

№	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	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
2	Basketball	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	
3	Swimming	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
4	Aerobics/power training	GC-6	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	

The scale of assessment the level of formation of competences

Competence code and formulation	Stages of forming of the competence		Criteria	Figures
GC-6 the ability to use the methods and tools of physical training to ensure full social and professional activities	knows (the threshold level)	<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;</p> <p>Basic knowledge of basic technique of motor actions in swimming and athletics;</p> <p>Knowledge of the rules of the competition in</p>	<p>The ability to characterize the basic safety guidelines in conducting classes in swimming and athletics;</p> <p>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;</p> <p>The ability to specify the role and the importance of physical</p>

			swimming and athletics, the main provisions of the organization of sporting events	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
Can (advanced)	<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;</p> <p>Capacity to demonstrate basic motor actions in swimming and athletics without significant errors;</p> <p>The ability to use the methods of self-monitoring of physical fitness, including the conduct of physical fitness diary</p>	
possess (high)	<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;</p> <ul style="list-style-type: none"> - 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>Possession the productive ways of adaptation of different means and methods of swimming and athletics;</p> <p>Possession of methods of self-control of physical fitness;</p> <p>Experience of participation in the competition;</p> <p>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;</p> <p>The ability to select and organize the means and methods of athletics and swimming depending on the individual level of physical fitness and health;</p> <p>The ability to demonstrate a technically correct movement of the base sports.</p>	

Guidelines that determine the results of evaluation procedures development discipline

Guidelines defining the evaluation procedures of the results of studying the "Physical training" («Элективные курсы по физической культуре») 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 figures are presented in Tables.

Basketball control figures

Table 1

№	Test	Mark				
		5	4	3	2	1
1	Driving the ball to the ring with your far hand (left and	5	4	3	2	1

	right) with two steps and throwing the ring with one hand. (6 attempts), (number of hits).					
2	Passing the ball in pairs with two hands from the chest at a distance of 6 m (number of times per 1 minute)	50	45	40	35	30
3	Keeping the ball with the far hand, stopping in two steps, turns (stepping)	Performance techniques and proper coordination of movements are evaluated.				
4.	Throw from the free-throw line.	Performance techniques and proper coordination of movements are evaluated.				

Control standards for athletics

Table 2

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

Control standards for swimming

Table 3

Boys						
№	Test	Mark				
		«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

Table 4

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

Control exercises and tests to assess physical fitness aerobics

1. The ability to select and calculate the music square.
 Score 5 - 1 error in the calculation;
 Score 4 - 2 error in the calculation;
 Score 3 - 3 error in the calculation;

2. Name and show the basic basic steps in recreational aerobics.
 Grade 5 - name the 7 basic steps;
 Grade 4 — name 6 basic steps;
 Grade 3 — name 4 basic steps;

3. The ability to correctly show and conduct a set of exercises for 32 accounts.

Control tests for power training

Table 5

girls						
№	Tests	Mark				
		5	4	3	2	1
1.	Raising (sitting) and lowering the body from a prone position, legs fixed, hands behind head (number of times)	50	42	35	30	20
2.	Flexion extension of the arms in the support lying on the floor (number of times)	16	14	12	10	8
3.	Squatting on one leg with a support against the wall, standing on a bench (number of times)	10	8	6	5	3
4.	Pulling up on a low crossbar from a supine position (h-90 cm) (number of times)	12	9	7	5	3
5.	In hanging lifting the legs to a 90 ° angle (number of times)	12	9	7	5	3
boys						
№	Test	Mark				
		5	4	3	2	1
1.	Raising (sitting) and lowering the body from a prone position, legs fixed, hands behind head (number of times)	60	50	40	30	20
2.	Push-up on parallel bars (number of times)	12	9	6	4	3
3.	Raising the legs In hanging for touching the crossbar (number of times)	10	8	7	6	5
4.	Pulling up on a high crossbar from hanging (h-90 cm) (number of times)	12	9	7	5	3
5.	Squatting on one leg with a support against the wall standing on a bench (number of times)	12	10	8	6	5

Estimation funds for the current attestation

Current attestation of students on discipline "Physical training" («Элективные курсы по физической культуре») 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

No	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 involvement in sports and athletic students' activity.	List of competitions

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» 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

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