



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

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**SCHOOL OF BIOMEDICINE**

" AGREED BY"

«General medicine» educational program  
Supervising person

Yu.S. Khotimchenko



" APPROVED BY"

Clinical Medicine  
Department Director

B.I. Geltser

« 14 » of January 2021

« 14 » of January 2021

**WORKING PROGRAM OF ACADEMIC DISCIPLINE (WPAD)**

**Physical training**  
**(Elective Courses in Physical Training and Sport)**

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 not provided  
control works not provided  
credit at the year 1,2,3, semester 2-6  
exam is 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. 5, 14 of January 2021

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

**Vladivostok**  
**2021**

**Reverse side of the title page of the WPAD**

**I. The work program was revised at the meeting of the Department:**

Protocol dated "\_\_\_\_\_" \_\_\_\_\_ 20\_\_ No. \_\_\_\_\_

Department Director \_\_\_\_\_  
(signature) (Full Name)

**II. The work program was revised at the meeting of the Department:**

Protocol dated "\_\_\_\_\_" \_\_\_\_\_ 20\_\_ No. \_\_\_\_\_

Department Director \_\_\_\_\_  
(signature) (Full Name)

**III. The work program was revised at the meeting of the Department:**

Protocol dated "\_\_\_\_\_" \_\_\_\_\_ 20\_\_ No. \_\_\_\_\_

Department Director \_\_\_\_\_  
(signature) (Full Name)

**IV. The work program was revised at the meeting of the Department:**

Protocol dated "\_\_\_\_\_" \_\_\_\_\_ 20\_\_ No. \_\_\_\_\_

Department Director \_\_\_\_\_  
(signature) (Full Name)

**Annotation to the Work Program for the subject  
"Physical training" (« Elective Courses in Physical Training and Sport »)**

Working program discipline "Physical training" (« Elective Courses in Physical Training and Sport ») 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" (« Elective Courses in Physical Training and Sport ») is 328 academic hours.

The discipline "Physical training" (« Elective Courses in Physical Training and Sport ») 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" (« Elective Courses in Physical Training and Sport ») 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	
UK-7.1 Understands the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities, the importance of physical culture and sports activity in the structure of a healthy lifestyle and the features of planning an optimal motor regimen, taking into account the conditions of future professional activity	Knows	Knows the importance of the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities, the importance
	Can	Able to organize independent physical education classes
	Possesses	Possesses the skills of planning the motor mode, taking into account professional activities
UK-7.2 Uses self-control methodology to determine the level of health and physical fitness in accordance with the regulatory requirements and conditions of future professional activity	Knows	Knows the means and methods of self-control to determine the level of health and physical fitness
	Can	Able to apply the basic methods of self-control in the process of physical education and sports
	Possesses	Has the ability to determine the state of health, the level of development of physical qualities and motor skills
UK-7.3 Maintains the proper level of physical fitness to ensure full-fledged social and professional	Knows	Knows the main provisions of the theory and methodology of physical culture and sports
	Can	Able to ensure the preservation and strengthening of individual health with the help of basic motor actions and basic sports

activities, regularly engaging in physical exercises	Possesses	Owens the technologies of planning physical improvement and methods of practicing various types of motor activity
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## **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)**

**2<sup>nd</sup> 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. Consolidation 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;

### **3<sup>rd</sup> 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.

## **4<sup>th</sup> 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, lunch, 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

### **5<sup>th</sup> 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



## **6<sup>th</sup> 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	UK-7.1	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
2	Basketball	UK-7.2	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	
3	Swimming	UK-7.3	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	UK-7.2	Knows	Test	Pass-fail in the form of passing
			Can	Physical and technical tests	

			Possesses	Competition	the qualifying tests
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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 computer equipment on which the software is installed, the number of class places	List of software
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" («Elective Courses in Physical Training and Sport»), 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" («Elective Courses in 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.

## **VII. CLASSROOM, EQUIPMENT AND MATERIAL REQUIREMENTS FOR THE DISCIPLINE**

To conduct classes on the discipline "Physical training" («Elective Courses in Physical Training and Sport») 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)

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**SCHOOL OF BIOMEDICINE**

**FUND OF ASSESSMENT TOOLS**  
**Discipline "Physical training"**  
**(«Elective Courses in Physical Training and Sport»)**  
**Educational program 31.05.01. General Medicine**  
**Form of training full-time**

**Vladivostok**  
**2021**



## 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	
<b>UK-7.1</b> Understands the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities, the importance of physical culture and sports activity in the structure of a healthy lifestyle and the features of planning an optimal motor regimen, taking into account the conditions of future professional activity	Knows	Knows the importance of the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities, the importance
	Can	Able to organize independent physical education classes
	Possesses	Possesses the skills of planning the motor mode, taking into account professional activities
<b>UK-7.2</b> Uses self-control methodology to determine the level of health and physical fitness in accordance with the regulatory requirements and conditions of future professional activity	Knows	Knows the means and methods of self-control to determine the level of health and physical fitness
	Can	Able to apply the basic methods of self-control in the process of physical education and sports
	Possesses	Has the ability to determine the state of health, the level of development of physical qualities and motor skills
<b>UK-7.3</b> Maintains the proper level of physical fitness to ensure full-fledged social and professional activities, regularly engaging in physical exercises	Knows	Knows the main provisions of the theory and methodology of physical culture and sports
	Can	Able to ensure the preservation and strengthening of individual health with the help of basic motor actions and basic sports
	Possesses	Owens the technologies of planning physical improvement and methods of practicing various types of motor activity

№	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	UK-7.1	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Diary of physical preparation	
			Possesses	Passing the qualifying tests	
2	Basketball	UK-7.2	Knows	Test	Pass-fail in the form of passing the qualifying tests
			Can	Physical and technical tests	
			Possesses	Competition	
3	Swimming	UK-7.3	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	UK-7.2	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
UK-7.1 Understands the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities,	knows (the threshold level)	Knows the importance of the role of physical culture and sports in modern society, in human life, preparing him for social and professional activities, the importance	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	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

<p>the importance of physical culture and sports activity in the structure of a healthy lifestyle and the features of planning an optimal motor regimen, taking into account the conditions of future professional activity</p>			<p>swimming and athletics, the main provisions of the organization of sporting events</p>	<p>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>	<p>Able to organize independent physical education classes</p>	<ul style="list-style-type: none"> <li>- The ability to use the basic tools and techniques of athletics and swimming for individual physical improvement, strengthening and maintaining the health and performance;</li> <li>- The ability to self-monitor their physical condition;</li> </ul>	<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>possess (high)</p>	<p>Possesses the skills of planning the motor mode, taking into account professional activities</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>
<p>UK-7.2 Uses self-control methodology to</p>	<p>Knows</p>	<p>Knows the means and methods of self-control to determine the level of health and physical fitness</p>	<p>Knowledge of the basic safety regulations when engaging in</p>	<p>The ability to characterize the basic safety guidelines in conducting classes in swimming and athletics;</p>

determine the level of health and physical fitness in accordance with the regulatory requirements and conditions of future professional activity			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	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
	Can	Able to apply the basic methods of self-control in the process of physical education and sports	- 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;	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
	Possesses	Has the ability to determine the state of health, the level of development of physical qualities and motor skills	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	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.

			sports, ensuring the preservation and strengthening of health of the individual.	
UK-7.3 Maintains the proper level of physical fitness to ensure full-fledged social and professional activities, regularly engaging in physical exercises	Knows	Knows the main provisions of the theory and methodology of physical culture and sports	<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 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;</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 culture resources in the formation of healthy lifestyles;</p> <p>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>
	Can	Able to ensure the preservation and strengthening of individual health with the help of basic motor actions and basic sports	<ul style="list-style-type: none"> <li>- The ability to use the basic tools and techniques of athletics and swimming for individual physical improvement, strengthening and maintaining the health and performance;</li> <li>- The ability to self-monitor their physical condition;</li> </ul>	<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>
	Possesses	Owens the technologies of planning physical improvement and methods of practicing various types of motor activity	Possession the productive ways of adaptation of different means and methods of swimming and athletics;	<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</p>

			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.	swimming depending on the individual level of physical fitness and health; The ability to demonstrate a technically correct movement of the base sports.
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**Methodological recommendations and determining the procedures for assessing the results of mastering the discipline  
Intermediate certification of students.**

Intermediate certification of students in the discipline "Elective courses in physical culture" is carried out in accordance with the local regulations of FEFU and is mandatory.

In the above discipline, intermediate certification is provided in the form of a test in 2,3,4,5,6 semesters.

Credit for the discipline is provided in the form of passing control standards (testing for special technical preparedness).

**Characteristics of the test**

For this discipline, the following assessment tools are used:

- Testing for special technical preparedness.

Control tests (testing for special technical preparedness) are not counted if the test taker receives below 1 point in each test. (tab. 1,2,3,4)

**BASKETBALL**

**Tests on special technical preparedness of students**

Table 1

Tests	Score in points				
	5	4	3	2	1
<i>Boys</i>					
1. Serial jumping ability for 20 seconds, obstacle height 40 cm (number of times)	40	35	30	25	20

2. Speed endurance - 40 s. (number of sites (m))	9 pl. + 20 m	9 pl.	8 pl. +10 m	7 pl.	6 pl. +10 m
3. Speed and agility of protective movements (c)	25,2	26,0	27,5	29,0	31,5
4. High-speed technique of dribbling the ball with the attack of the ring, 3 racks (s)	13,2	13,7	14,1	14,5	15,0
5. High-speed technique of dribbling the ball without attacking the ring, 5 racks (s)	17,0	17,3	17,5	18,0	19,0
6. Passing and catching the ball for speed into the wall from a distance of 3 m, square 45cm x 45cm, for 20 s. (number of times)	19	18	17	16	15
7. Throw in motion with one hand from above with two steps (number of hits)	5/5	5/4	5/3	5/2	5/1
8. Stability of free throws - out of 10 attempts (number of times)	6	5	4	3	2
9. Percentage of free throws (number of times)	60	55	50	45	35
10. Percentage of hits of average throws (number of times)	55	50	45	35	25
<i>Girls</i>					
1. Serial jumping ability for 20 seconds, obstacle height 40 cm (number of times)	35	30	25	20	15
2. Speed endurance - 40 s. (number of sites (m))	9 pl.	8 pl. + 10 m	7 pl. + 20 m	6 pl. + 20 m	6 pl.
3. Speed and agility of protective movements (c)	27,3	28,2	29,2	31,5	32,5
4. High-speed technique of dribbling the ball with the attack of the ring, 3 racks (s)	14,5	15,2	15,8	16,3	16,8
5. High-speed technique of dribbling the ball without attacking the ring, 5 racks (s)	18,5	19,0	19,5	20,5	21,5
6. Passing and catching the ball for speed into the wall from a distance of 3 m, square 45cm x 45cm, for 20 s. (number of times)	18	17	16	15	14
7. Throw in motion with one hand from above with two steps (number of hits)	5/5	5/4	5/3	5/2	5/1
8. Stability of free throws - out of 10 attempts (number of times)	5	4	3	2	1
9. Percentage of free throws (number of times)	55	50	45	35	25
10. Percentage of hits of average throws (number of times)	50	45	30	25	20

**SWIMMING**  
**Tests on special technical preparedness of students**

Table 2

**Boys**

№	Tests	Score, score				
		5	4	3	2	1
1.	Distance 50 m crawl on the back (min., sec.)	1.10	1.20	1.30	1.40	1.50
2.	Distance 50 m crawl on the chest (min., sec.)	0.50	1.00	1.10	1.20	10.30
3.	Distance 50 m breaststroke (min., sec.)	1.20	1.30	1.40	1.50	2.00
4.	Long dive (m)	15	12	9	7	5
5.	Diving in depth (m)	3	2,5	2	1,5	1
6.	Transportation of the "drowning" (m)	15	12	10	8	6

**Girls**

№	Tests	Score, score				
		5	4	3	2	1
1.	Distance 50 m crawl on the back (min., sec.)	1.30	1.40	1.50	2.00	2.10
2.	Distance 50 m crawl on the chest (min., sec.)	1.20	1.30	1.40	1.50	2.00
3.	Distance 50 m breaststroke (min., sec.)	1.40	1.50	2.00	2.10	2.20
4.	Long dive (m)	15	12	9	7	5
5.	Diving in depth (m)	3	2,5	2	1,5	1
6.	Transportation of the "drowning" (m)	10	8	6	4	2

**COMBAT**  
**Tests on special technical preparedness of students**

Table 3

**Boys**

№	Tests	Score, score				
		5	4	3	2	1
1.	Falling on your back (number of correctly executed out of 10 attempts)	10	8	6	4	2
2.	Falling on its side (number of correctly executed out of 10 attempts)	10	8	6	4	2



3.	Fall forward (number of correctly executed out of 10 attempts)	10	8	6	4	2
4.	Standing Up Technique Studied in this Semester (Number of Correct Attempts Completed out of 10 Attempts)	10	8	6	4	2
5.	Admission in the stalls studied in this semester (number of correctly completed out of 10 attempts)	10	8	6	4	2

### Girls

№	Tests	Score, score				
		5	4	3	2	1
1.	Falling on your back (number of correctly executed out of 10 attempts)	9	7	5	3	1
2.	Falling on its side (number of correctly executed out of 10 attempts)	9	7	5	3	1
3.	Fall forward (number of correctly executed out of 10 attempts)	9	7	5	3	1
4.	Standing Up Technique Studied in this Semester (Number of Correct Attempts Completed out of 10 Attempts)	9	7	5	3	1
5.	Admission in the stalls studied in this semester (number of correctly completed out of 10 attempts)	9	7	5	3	1

### AEROBICS

#### Tests on special technical preparedness of students

Table 4

№	Tests	Score, score				
		5	4	3	2	1
<b>Girls</b>						
1.	Jumps, with a demonstration of the flight phase (jump "jump jack") (the number of technically correct out of 10 attempts).	9	7	5	3	1

2.	Amplitude leg swings (number of technically correct out of 10 attempts).	9	7	5	3	1
3.	Flexion-extension of the arms from various stops (the number of technically correct out of 10 attempts).	9	7	5	3	1
4.	Exercises for the strength of the abdominal muscles (the number of correctly technically performed out of 10 attempts).	9	7	5	3	1
5.	The level of performance of a musical composition	Executed without errors	Executed with 1 error	Executed with 2 errors	Executed with 3 errors	Executed with 4 errors

**Approximate content of methodological recommendations,  
determining the procedures for assessing the results of mastering the  
discipline**

**Current certification of students.**

The current certification in the discipline "Elective courses in physical culture" is carried out in the form of control measures (*tests on general physical fitness*) to assess the actual learning outcomes of students and is carried out by the leading teacher.

The objects of assessment are:

- academic discipline (activity in the classroom, timeliness of various types of tasks, attendance of all types of classes in the discipline being certified);
- the level of mastery of practical skills in all types of educational work.

**Tests on the general physical fitness of students**

Table 5

Tests for speed, strength and endurance	Score in points				
	5	4	3	2	1
<i>Boys</i>					
1. Running 20 m from a high start (s)	3,1	3,2	3,3	3,5	3,8
2. Long jump (cm)	250	240	230	220	210
3. Lifting the torso from the "lying on your back" position to the "sitting" position, hands behind your head, legs fixed (number of times)	60	50	40	30	20
4. Squat on one leg with support on a smooth wall, standing on a bench (number of times)	15	12	10	8	6
5. Flexion / extension of the arms in the emphasis lying on the floor (number of times)	40	35	30	25	20
6. Jumping rope with a push of two legs in 1 minute (number of times)	140	120	100	80	70
7. Shuttle run, volleyball court lines, start and finish on the same front line (c)	21,5	22,0	22,4	23,0	24,0
<i>Girls</i>					
1. Running 20 m from a high start (s)	4,0	4,1	4,2	4,5	4,8
2. Long jump (cm)	190	180	170	160	150
3. Lifting the torso from the "lying on your back" position to the "sitting" position, hands behind your head, legs fixed (number of times)	50	40	30	20	10
4. Squat on one leg with support on a smooth wall, standing on a bench (number of times)	12	10	8	6	4
5. Flexion / extension of the arms in the emphasis lying on the floor (number of times)	20	17	14	10	6
6. Jumping rope with a push of two legs in 1 minute (number of times)	140	130	110	80	70
7. Shuttle run, volleyball court lines, start and finish on the same front line (c)	23,5	24,0	24,8	25,0	27,0

### List and characteristics of evaluation procedures

In order to control the change in special technical preparedness in 2,3,4,5,6 semesters, students perform 3 tests on special technical preparedness, which is

determined by the average number of points, provided that each of them is not lower than 1 point.

For semester credit, these tests are performed with a grade of at least "satisfactory".