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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
First Vice-Rector
_____ / Trankovskaya L.V./
"9" июня 2025

DISCIPLINE WORK PROGRAM

Б1.В.09 Physical Education and Sports elective disciplines

(name of discipline)

Specialty	**31.05.01 General Medicine** for international students (in English) (code, name)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	Full-time
Period of mastering the BEP	**6 years** (nominal length of study)
Institute/Department	

Vladivostok, 2025

Program of the discipline Б1.В.09 Physical Education and Sports elective disciplines is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Ministry of Science and Higher Education of the Russian Federation
dated August 12, 2020 No. 988

2) Curriculum for the 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia
March 31, 2025, Report No. 8/24-25.

Work program for the discipline Б1.О.41 Physical education and sports was developed by the writing team of the department of Physical Education and Sports of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the head of the department Kaerova E.V., Candidate of Pedagogical Sciences

Developed by:

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1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering Б1.В.09 Physical Education and Sports elective disciplines

The purpose of mastering the discipline is to develop physical culture, the ability to purposively use various means of physical culture and sports to ensure proper level of physical preparedness, to preserve and improve their health, and for psychophysical self-preparation for social and professional activities.

Objectives of mastering the discipline:

1. Understanding the role of physical culture and sports in their personal development and preparation for professional activities.
2. Mastering special knowledge and skills that help to preserve and improve one's health, preserve their mental wellbeing, development and improvement of psychophysical abilities, qualities, and personality traits.
3. Gaining personal experience in improving motor and functional capabilities, ensuring general and professional physical fitness necessary for their future profession and life.
4. Mastering the techniques of safely and correctly performing physical exercises as a way to prevent injury. Developing their willpower, self-discipline, and responsibility, motivating students to lead a healthy lifestyle and exercise systematically.
5. Preparing for sports competitions and implementing physical education health-improving measures.
6. Mastering the methodology of formation and implementation of sets of health-improving exercises for independent training sessions, methods of self-control during physical exertion of various types, the rules of personal hygiene, rational work-life balance, including using IT (such as digital online services, mobile applications, and social media).

2. DISCIPLINE AS PART OF THE BASIC EDUCATIONAL PROGRAM

Discipline Б1.В.09 Physical Education and Sports elective disciplines is included in the Part developed by the parties of educational process of the Unit 1 of the basic educational program for the specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), and is part of the 1-6 semesters' curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline **Б1.В.09 Physical Education and Sports elective disciplines** is aimed at the development of students' competencies. The discipline facilitates the development of students' competencies corresponding to the types of professional activity.

Competency Code	**Competency Description**	**Competency Indicators**
Universal Competencies		
Self-organization, self-development (including health protection)	UC-7. Is able to maintain physical fitness to ensure fulfilling social and professional activity	CI.UC-71- estimates level of physical fitness sufficient to ensure fulfilling social and professional activity CI.UC-72- plans activities and their duration based on the concept of health protection CI.UC-73- explores ways to achieve an optimal physical fitness and applies them to correct changes if necessary

3.2. Types of professional activity corresponding to competencies developed over the course of

mastering Б1.В.09 Physical Education and Sports elective disciplines:

Types of professional activity objectives

1. *-Medical*

Kinds of professional activity objectives

1. *Diagnostics*
2. *Treatment*
3. *Rehabilitation*
4. *Disease prevention*
5. *Administrative work*

3.3. Planned learning outcomes of mastering the discipline are represented by knowledge, skills, abilities and/or experience, characterize the stages of developing competencies and ensure achievement of the planned outcomes of mastering the basic educational program. Learning outcomes of a discipline are correlated with competency indicators.

4. SCOPE AND CONTENT OF THE DISCIPLINE

4.1. Scope of the Discipline and Types of Academic Work

Type of Academic Work		**Total Hours**	**Semesters**					
			1	**2**	**3**	**4**	**5**	**6**
			hours	**hours**	**hours**	**hours**	**hours**	**hours**
1		2	3	4	5	6	7	8
Classroom hours (total), including:		**328**	**54**	**54**	**54**	**54**	**54**	**58**
Practical classes (C)		216	36	36	36	36	36	36
Independent work of the student (IW), including:		**112**	**18**	**18**	**18**	**18**	**18**	**22**
Preparing for classes (CP)		24	4	4	4	4	4	4
Preparing for continuous assessment (CAP)		50	8	8	8	8	8	10
Preparation for interim assessment (IAP)		38	6	6	6	6	6	8
Type of interim assessment	pass/fail test (T)	-	-	-	-	-	-	-
	exam (E)	-	-	-	-	-	-	-
TOTAL: TOTAL credit value	hrs.	**328**	**54**	**54**	**54**	**54**	**54**	**58**
	credits	**-**	**-**	**-**	**-**	**-**	**-**	**-**

4.2. Contents of the Discipline

4.2.1. Topics of Discipline Lectures and Academic Hours per Semester

Lectures are not outlined in Federal State Educational Standard of Higher Education for Specialist's degree program, specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), discipline Б1.В.09 Physical Education and Sports elective disciplines.

4.2.2. Topics of Discipline Practical Classes and Academic Hours per Semester

No.	Basketball Practical Class Topic	Hours
1	2	3
	Semester No. 1	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of basketball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 2	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 3	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 4	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

	Semester No. 5	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 6	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)**	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

No.	**Volleyball** **Practical Class Topic**	**Hours**
1	2	3
	Semester No. 1	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 2	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4

	Hours per semester total	**36**
	Semester No. 3	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 4	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 5	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 6	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of volleyball rules. Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

No.	Fitness Practical Class Topic	Hours
1	2	3
	Semester No. 1	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, body ball exercises, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 2	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 3	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 4	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4

	Hours per semester total	**36**
	Semester No. 5	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 6	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Classic aerobics, step aerobics, strength training, Pilates, stretching	20
3	**Section 3. Special Physical Preparedness (SPP)**	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

No.	**Track and field Practical Class Topic**	**Hours**
1	2	3
	Semester No. 1	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of rules. Basics of walking and running techniques. Running techniques from high (standing) and crouch starts. Various short (sprint) distance running. Special jumping exercises	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 2	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Offense techniques and tactics. Defense technique and tactics	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4

4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 3	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of rules. Basics of walking and running techniques. Running techniques from high (standing) and crouch starts. Various short (sprint) distance running. Special jumping exercises	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 4	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of rules. Basics of walking and running techniques. Running techniques from high (standing) and crouch starts. Various short (sprint) distance running. Special jumping exercises	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 5	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of rules. Basics of walking and running techniques. Running techniques from high (standing) and crouch starts. Various short (sprint) distance running. Special jumping exercises	20
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 6	
1	**Section 1. General Physical Preparedness (GPP).** Complexes of exercises aimed at improvement of main physical qualities: improvement of general and specific endurance, hand-eye coordination, speed of movement, flexibility, strength. Special running exercises. Medium and long distance running. Short distance running. Standing long jump technique	8
2	**Section 2. Selected sport, sports and health-improving activities** Brief overview of rules. Basics of walking and running techniques. Running techniques from high (standing) and crouch starts. Various short (sprint) distance	20

	running. Special jumping exercises	
3	**Section 3. Special Physical Preparedness (SPP)** Cross-country run. Hiking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

No.	**Physical therapy for special medical group** **Practical Class Topic**	**Hours**
1	2	3
	Semester No. 1	
1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo. Health-improving exercises: exercises aimed at strengthening joints, breathing exercises. Aerobic exercises of low and mild intensity. Stretching exercises. Rest and relaxation	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 2	
1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo. Health-improving exercises: exercises aimed at strengthening joints, breathing exercises. Aerobic exercises of low and mild intensity. Stretching exercises. Rest and relaxation	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 3	
1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo. Health-improving exercises: exercises aimed at strengthening joints, breathing exercises. Aerobic exercises of low and mild intensity. Stretching exercises. Rest and relaxation	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 4	

1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo. Health-improving exercises: exercises aimed at strengthening joints, breathing exercises. Power training with light equipment (dumbbells, balls, body balls). Aerobic exercises of low and mild intensity. Complex of breathing and muscle relaxation exercises	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 5	
1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo. Health-improving exercises: exercises aimed at strengthening joints, breathing exercises. Exercises aimed at strengthening back and abdomen muscles. Relaxation, mindfulness	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**
	Semester No. 6	
1	**Section 1. General Physical Preparedness (GPP).** Graded walking and running, complexes of exercises aimed at improvement of main physical qualities (endurance, speed, strength, flexibility)	8
2	**Section 2. Selected sport, sports and health-improving activities** General exercises: improving the technique of performing form building exercises with different range of movement, trajectory, rhythm, and tempo: exercises with gymnastic bars, balls, resistance bands while sitting or lying Health-improving exercises: exercises aimed at strengthening muscles of the back, abdomen, correcting posture, and preventing development of musculoskeletal disorders. Exercises aimed at improvement of hand-eye coordination and balance	20
3	**Section 3. Special Physical Preparedness (SPP)** Nordic walking	4
4	**Assessment of physical fitness of the students.** Fitness standards	4
	Hours per semester total	**36**

4.2.3. Independent Work of the Student

Basketball			
No.	**Type of IW**		**Total Hours**
1	3	4	5
	Semester No. 1		

1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No 2	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No. 3	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No 4	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No. 5	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and	6

	physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No 6	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results Preparing for interim assessment	6
	Hours per semester total	**22**

Volleyball			
No.	**Type of IW**		**Total Hours**
1	3	4	5
	Semester No. 1		
1	Working with essential and supplementary reading on the selected sport		6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results		2
	Hours per semester total		**18**
	Semester No 2		
1	Working with essential and supplementary reading on the selected sport		6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results		2
	Hours per semester total		**18**

	Semester No. 3	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No 4	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No. 5	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	2
	Hours per semester total	**18**
	Semester No 6	
1	Working with essential and supplementary reading on the selected sport	6
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results Preparing for interim assessment	6
	Hours per semester total	**22**
	Fitness	

No.	Type of IW		Total Hours
1	3	4	5
	Semester No. 1		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions		4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)		4
	Hours per semester total		**18**
	Semester No 2		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions		4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)		4
	Hours per semester total		**18**
	Semester No. 3		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions		4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)		4
	Hours per semester total		**18**
	Semester No 4		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for		6

	monitoring heart rate)	
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No. 5	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No 6	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club) Preparing for interim assessment	8
	Hours per semester total	**22**

Track and field			
No.	**Type of IW**		**Total Hours**
1	3	4	5
	Semester No. 1		
1	Working with essential and supplementary reading on track and field, studying rules of competitions and exercise technique		4
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions		4
4	Using mobile applications and internet resources for independent studying of		4

	exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	
	Hours per semester total	**18**
	Semester No 2	
1	Working with essential and supplementary reading on track and field, studying rules of competitions and exercise technique	4
2	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No. 3	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Jogging with control of tempo and duration, systematic performance of running exercises with regulation of exercise load and breathing technique	6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No 4	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Jogging with control of tempo and duration, systematic performance of running exercises with regulation of exercise load and breathing technique	6
3	Compiling complexes of exercises for improving physical qualities and preparing for sports competitions	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No. 5	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Cross-country running with gradual increase in exercise load and intensity while observing the proper technique and monitoring heart rate	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4

4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results	4
	Hours per semester total	**18**
	Semester No 6	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Cross-country running with gradual increase in exercise load and intensity while observing the proper technique and monitoring heart rate	6
3	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	4
4	Participating in sports events and competitions, taking part in organizing the events and refereeing, as well as analysis of personal results Preparing for interim assessment	8
	Hours per semester total	**22**

Physical therapy for special medical group			
No.	**Type of IW**		**Total Hours**
1	3	4	5
	Semester No. 1		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		6
3	Compiling complexes of corrective exercises		4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)		4
	Hours per semester total		**18**
	Semester No 2		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)		4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)		6
3	Compiling complexes of corrective exercises		4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)		4
	Hours per semester total		**18**
	Semester No. 3		
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles		4

	characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of corrective exercises	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No 4	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of corrective exercises	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No. 5	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of corrective exercises	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	4
	Hours per semester total	**18**
	Semester No 6	
1	Working with the self-monitoring log (filling out the physical development and physical preparedness parameters: height, weight, chest circumference, soles characteristics, overall wellbeing, mood, appetite, sleep, results of strength, speed, endurance, and flexibility assessment)	4
2	Using mobile applications and internet resources for independent studying and control of training process (i.e. video lessons, training programs, apps for monitoring heart rate)	6
3	Compiling complexes of corrective exercises	4
4	Using mobile applications and internet resources for independent studying of exercise techniques (such as Johnson & Johnson Official 7 Minute Workout, Nike Training Club)	8
	Hours per semester total	**22**

5. REQUIREMENTS FOR IMPLEMENTATION OF DISCIPLINE

5.1. Discipline Requirements for Educational Materials and Provided Information

Essential reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	Элективные курсы по физической культуре. Практическая подготовка : учебник для вузов [Электронный ресурс]	под общей редакцией А. А. Зайцева	3-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2025. — 321 с. — (Высшее образование). // Образовательная платформа Юрайт [сайт]. — URL: https://urait.ru/bcode/566879	Unlimited access
2	Легкая атлетика : учебник для вузов	А. А. Зайцев, С. Я. Луценко ; под редакцией А. А. Зайцева	3-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2025. — 70 с. — (Высшее образование). Текст : электронный // Образовательная платформа Юрайт [сайт]. — URL: https://urait.ru/bcode/569107	Unlimited access
3	Физическая культура и спорт в вузах: учебник	М. Н. Стрихано, В. И. Савинков	2-е изд. — Москва : Издательство Юрайт, 2025. — 160 с. URL: https://urait.ru/bcode/564215	Unlimited access

Supplementary reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	Теоретические основы физической культуры : учебник для вузов	А. А. Горелов, О. Г. Румба, В. Л. Кондаков, Е. Н. Копейкина	2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2025. 194 с. URL:https://urait.ru/bcode/567748	Unlimited access
2	Самостоятельная работа студента по физической культуре: учебник для вузов	под редакцией В. Л. Кондакова	2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. 148 с. URL: https://urait.ru/bcode/566502	Unlimited access
3	Двигательные способности и физические качества. Разделы теории физической культуры: учебник для вузов	Г. Н. Германов	2-е изд., перераб. и доп. — Москва: Издательство Юрайт, 2025. — 224 с. URL: https://urait.ru/bcode/563330	Unlimited access
4	Оздоровительные технологии в системе физического воспитания: учебник для вузов	В. Г. Никитушкин, Н. Н. Чесноков, Е. Н. Чернышева	3-е изд., перераб. и доп. — Москва: Издательство Юрайт, 2025. — 279 с. — URL: https://urait.ru/bcode/	Unlimited access

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Online resources

1. Electronic library system "Student Consultant" http://studmedlib.ru/
2. Electronic library system "University Library Online"http://www.biblioclub.ru/
3. Electronic library system "Urait" https://urait.ru/
4. Electronic library system "BookUp" https://www.books-up.ru/
5. Resources owned by the Library and Information Center of FSBEI HE PSMU of the Ministry of Health of Russia https://tgmu.ru/university/bibliotechno-informacionnyj-centr/resursy-bic/sobstvennye/

Online resources and respective user guides are available on the Library and Information Center website Library and Information Center — PSMU (tgmu.ru)

5.2. Discipline Requirements for Facilities and Resources

Information on the facility and resource availability and requirements of the discipline is available on the Facility and resource availability and requirements. FSBEI HE PSMU of the Ministry of Health of Russia (tgmu.ru)" page of the official website of the university.

5.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software):

1. PolycomTelepresence M100 Desktop Conferencing Application (Videoconference system)
2. SunRav Software tTester
3. 7-PDF Split & Merge
4. ABBYYFineReader
5. Kaspersky Endpoint Security
6. INDIGO online testing system
7. Microsoft Windows 7
8. Microsoft Office Pro Plus 2013
9. 1C:University
10. GARANT system
11. MOODLE (Modular Object-Oriented Dynamic Learning Environment)

6. ASPECTS OF THE IMPLEMENTATION OF THE DISCIPLINE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

6.1. Availability of Accessible Environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Compliance with the following general requirements is ensured: teaching aids for collective and individual use

are provided, required technical assistance is provided by an assistant; buildings and premises where lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

6.2. Ensuring Compliance with General Requirements

When lectures and practical classes are carried out at the written application of the student, the following general requirements are met: lectures and practical classes for students with disabilities and special needs take place at the same location as for students who do not have disabilities, if this does not cause difficulties for students; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided; necessary teaching aids are provided, taking into account individual characteristics of the student.

6.3. Availability of the Internal Policies and Procedures of FSBEI HE PSMU of the Ministry of Health of Russia to Students with Disabilities in a Format Accessible to Them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a format accessible to them.

6.4. Increase in the Time Limit of Interim Assessment for Students with Disabilities and Special Needs in Relation to the Established duration

Format of the interim assessment of academic performance within the scope of the discipline conducted for students with disabilities and special needs is selected taking into account individual characteristics of the students (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours.

7. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the **31.05.01 General Medicine** for international students (in English) specialty; list of the aforementioned personnel is available on the website of the educational organization.

8. TUTORIAL WORK

Type of tutorial work	Forms and approaches to tutorial work	Assessment criteria
Assistance in personal growth	Overt Б1.В.09 Physical Education and Sports elective disciplines Public lectures, talks, and workshops aimed at promotion of healthy lifestyle and cultivating moral qualities. Sports competitions and tournaments that include team and individual events, relay races, themed celebrations which are aimed at developing competitive spirit, team work, and socialization. This discipline facilitates all-round personal development through developing physical and moral qualities, and willpower. Over the course of the practical classes students develop self-discipline, responsibility, persistence, and the ability to reach set goals.	Portfolio
	Covert – creating atmosphere and infrastructure. Discipline Б1.О.41 Physical education and sports Developing a culture of healthy lifestyle, developing the ability to preserve and improve health.	

	Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline. This discipline helps students to develop self-confidence, stress tolerance, and ability to overcome hardship. Participating in competitions allows students to improve their self-control, time-management skills, and independence, all of which facilitates their personal growth and social integration	
Civic position and values	Overt Б1.В.09 Physical Education and Sports elective disciplines Conducting events that facilitate development of civil culture (roundtable discussions, discussions/debates, and talks). Short discussions on current significant events in case the latter occur. Competitions help students see themselves as a part of the team and the society at large, as well as develop cooperation and mutual aid skills.	Portfolio
	Covert Б1.В.09 Physical Education and Sports elective disciplines Development of mindful civic position through cultivating respect towards national symbols, traditions, and cultural heritage. Cultivating active social and professional position. Cultivating patriotism and active civic position through sport facilitates the development of active position in life and readiness to take part in social life.	
Social values	Overt Б1.В.09 Physical Education and Sports elective disciplines Highlighting aspects of organization of healthy lifestyle based on health-preserving technologies. Highlighting ecology-related questions, environmental issues as a factor affecting population health and select population risks.	Portfolio
	Covert Б1.В.09 Physical Education and Sports elective disciplines This discipline facilitates development of such social values, as diligence, self-discipline, honesty, fairness, and respect towards ones opponents. Guidance in sports forms ones behavior, ethical norms, and ability to follow the rules. Sports collective is a setting for socialization where leadership qualities, team spirit, and sense of personal responsibility for team result develop. Collective events, competitions, and traditions create conditions for socializing, strengthening social bonds, and facilitate positive social experience. Identification in social structure during period of education and in professional activity.	