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Khanty-Mansiysk Autonomous Okrug-Ugra

"Surgut State University"

Approved by
 Deputy Rector for Academic Affairs

_____ E.V. Konovalova

11 June 2026 г., Record No 5

Physical Education and Sports Syllabus

Department Physical Education
 Curriculum s310501-ЛечДелоИн-25-1.plx
 Specialty 31.05.01 General Medicine

Qualification General Practitioner

Form of education **Full-time**

Total (in credits) **2**

Total academic hours 72
 Including:
 Classes 64
 Self-study 8

Control:
 Credit, 2nd term

Course outline in terms

Academic year (Term)	1 (1.1)		2 (1.2)		Total	
	Cur	Syl	Cur	Syl	Cur	Syl
Weeks	15 4/6		17 2/6			
Lectures	8	8	8	8	16	16
Practical	24	24	24	24	48	48
Classes	32	32	32	32	64	64
Self-study	4	4	4	4	8	8
Total	36	36	36	36	72	72

The Syllabus is compiled by:
Doctor of Education, Professor, Peshkova N.V

The Syllabus

Physical Education and Sports

Developed in accordance with Federal State Educational Standard:

Federal State Educational Standard of higher education in the specialty 31.05.01 General medicine
(Order of the Ministry of Education and Science of the Russian Federation on August, 12, 2020 № 988)

Based on the Curriculum:

31.05.01 GENERAL MEDICINE

Specialization: General Medicine

Approved by the Academic Council of Surgut State University, 11 June 2026 г., Record No 5

The Syllabus was approved by the Academic Council of Surgut State University,
Physical Education

1. COURSE OBJECTIVES

1.1	The aim of the course is to develop students' competence in the directed use of various means and methods of physical culture and sport to preserve and strengthen health, to maintain an appropriate level of physical fitness as a condition for full social and professional activity.
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2. COURSE OVERVIEW

Course code (in curriculum)	Б1.О.03
2.1	Assumed background: Basic level of knowledge in high school subjects "Physical Education", "Basics of Life Safety"
2.2	Post-requisite courses and practice:

3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)

UC-7.1 - Understands the role of physical culture and sports in modern society, in human life, in preparing for social and professional activities, the importance of physical activity in a healthy lifestyle and the basics of its planning to maintain the proper level of physical fitness

UC-7.2 - Uses self-control methods to determine the state of health, the level of physical development and physical fitness in accordance with the normative indicators

UC-7.3 - Maintains the proper level of physical fitness to ensure full-fledged social and professional activity, regularly engaging in physical exercises

By the end of the course student must:

Know:
role of physical education and sports in modern society, in human life, in preparing for social and professional activities; the importance of physical activity in a healthy lifestyle and the basics of its planning to maintain the proper level of physical fitness; self-control methods to determine the state of health, the level of physical development and physical fitness in accordance with the normative indicators; how to use the physical fitness to ensure the social and professional activity, regularly engaging in physical exercises
Be able to:
understand the role of physical education and sports in modern society, in human life, in preparing for social and professional activities; understand the importance of physical activity in a healthy lifestyle and the basics of its planning to maintain the proper level of physical fitness; use self-control methods to determine the state of health, the level of physical development and physical fitness in accordance with the normative indicators; maintain the proper level of physical fitness to ensure full-fledged social and professional activity, regularly engaging in physical exercises.

4. STRUCTURE AND CONTENTS OF THE COURSE (MODULE)

Class Code	Topics/Class type	Term / Academic	Academic hours	Competences	Literature	Interactive
	Section 1. Physical education and sports in the system of higher education. The basics of a healthy and safe lifestyle					
1.1	Physical education and sports in general cultural and professional training, ensuring the health of future specialists /lecture/	1	2	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
1.2	The basics of a healthy and safe lifestyle. Physical education, sports and recreational activities as a factor of ensuring health /lecture/	1	4	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	

1.3	Ergonomic requirements to ensuring work of students. Health of academic safety /lecture/	1	2	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
	Section 2. Self-control of those engaged in physical culture and sports					
2.1	Methods of self-control and assessment of physical development /pr/	1	2	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
2.2	Methods of self-control and assessment of physical development / Self-study/	1	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
2.3	Methods for self-control and assessing the functional state of the cardiorespiratory system /pr/	1	2	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
2.4	Methods for self-control and assessing the functional state of the cardiorespiratory system /Self-study/	1	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
2.5	Methods for self-control and assessment of physical performance /pr/	1	2	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
2.6	Methods for self-control and assessment of physical performance /Self-study/	1	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
	Section 3. Physical activity of students					
3.1	The basics of exercise technique in different types of physical activity /pr/	1	18	UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
3.2	The basics of exercise technique in different types of physical activity /Self-study/	1	1	UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
	Section 4. Application of means and methods of physical education and sports to maintain the proper level of physical and mental performance					
4.1	Means and methods of physical education. Techniques for composing sets of physical exercises with different target orientations /lecture/	2	2	UC-7.1 UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.2	Means and methods of physical education. Techniques for composing sets of physical exercises with different target orientations /pr/	2	2	UC-7.1 UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.3	Means and methods of physical education. Techniques for composing sets of physical exercises with different target orientations /Self-study/	2	1	UC-7.1 UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.4	Methods of self-assessment of mental performance, well-being and mood. The use of means of physical culture for the directed correction of fatigue and fatigue /lecture/	2	2	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.5	Methods of self-assessment of mental performance, well-being and mood. The use of means of physical culture for the directed correction of fatigue and fatigue /pr/	2	2	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.6	Methods of self-assessment of mental performance, well-being and mood. The use of means of physical culture for the directed correction of fatigue and fatigue /Self-study/	2	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.7	Means and methods of diagnosis and prevention of posture disorders /pr/	2	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
4.8	Means and methods of prevention of fatigue of the visual analyzer and the development of myopia /pr/	2	1	UC-7.2	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	

	Section 5. Sport and physical activity of students					
5.1	Sports. Individual choice of sports, types of physical activity types /lecture/	2	2	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
5.2	The content of physical exercises in various types of physical activity /pr/	2	18	UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
5.3	Fundamentals of planning independent physical activity of various target orientation /Self-study/	2	1	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
	Section 6. Professionally applied physical training of a student					
6.1	Professionally applied physical training/lecture/	2	2	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
6.2	Physical culture and sports in the professional activities of specialists of different profiles /Self-study/	2	1	UC-7.1	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	
6.3	Credit	2	0	UC-7.1 UC-7.2 UC-7.3	1.1, 1.2, 2.1, 2.2, 2.3, E1 E2 E3 E4 E5	

5. ASSESSMENT TOOLS

5.1. Assessment tools for midterm assessment

Presented by a single document

5.2. Assessment tools for diagnostic testing

Presented by a single document

6. COURSE (MODULE) RESOURCES

6.1. Recommended Literature

6.1.1. Core

	Authors	Title	Publish., year	Quantity
1.1	J. M. Dunn, H. F. Fait	Special Physical Education: Adapted, Individualized, Developmental	Sixth Edition. — Dubuque: WCB, 1989. — 582p	1
1.2	A. Yu. Sitnikova, L. A. Kushnyr	English for Adaptive Physical Education [Text]: study guide	Surgut: SurSU Publishing Center, 2017. — 39 p.	1

6.1.2. Supplementary

2.1	Barchukov I. S., Nazarov Yu. N., Kikot V. Ya.	Physical Education and Physical Training: Textbook	Moscow: UNITY DANA, 2012	1
2.2	Kislitsyn Yu. L., Pobyvanets V.S., Burmistrov V.N.	Physical Education and Sport in the social and biological adaptation of students: A reference guide	Moscow: RUDN University, 2013	1
2.3	Kan N. B.	The game method in improving motor abilities and skills in various kind of sport: Study guide	Surgut: SurSU Publishing Center, 2012	1

6.2. Internet resources

E1	https://www.minsport.gov.ru/
E2	http://www.fizkult-ura.ru/
E3	http://kultura-fiz.vspu.ac.ru/
E4	https://gto.ru/
E5	http://www.teoriya.ru/ru

6.3.1 Software

6.3.	Operational system Microsoft, applied programs pack Microsoft Office
6.3.2 Information Referral systems	
6.3.	http://www.garant.ru
6.3.	http://www.consultant.ru

7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)

7.1	The classroom for seminars (practical classes), group and individual consultations, current control and interim certification is equipped with a video projector, interactive whiteboard, laptop, equipment for methodical and practical classes: scales, stadiometer, stopwatches, dynamometers, spirometers, tonometers. Sports halls for seminar type classes (practical classes), group and individual consultations, current control and interim certification:
7.2	Gymnasium 1, equipped with the necessary equipment: basketball hoops, volleyball stands and net, futsal gates, Swedish walls, hanging combined horizontal bars, bleachers, benches, table, balls for various sports
7.3	Gymnasium 2 with the necessary equipment: basketball hoops, volleyball posts and net, futsal gates, wall bars, hanging combined horizontal bars, benches, table, balls for various sports
7.4	Table tennis hall with the necessary equipment: tennis tables, rackets, tennis balls, Swedish walls, combined climbing walls, table, benches
7.5	Gymnastics room with the necessary equipment: wall bars, combined horizontal and vertical bars, benches, mirrors, choreography machines, gymnastic mats, fitness equipment
7.6	Gymnasium (Gym), equipped with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, hanging combined horizontal bars, dumbbells, benches, mirrors, table
7.7	A martial arts room with the necessary equipment: tatami, wall bars, hanging combination horizontal bars, mirrors, dumbbells. Physical rehabilitation room, with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, dumbbells, benches, mirrors, sports equipment for fitness. Ski facility (ski storage): skis, ski boots, bindings, ski poles. Swimming pool: 25m pool tub, 6 lanes, equipment required for teaching swimming