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ФИО: Кубанов Сергей Исмаилович

Должность: и.о. декана медико-биологического факультета

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MINISTRY OF SCIENCE AND HIGHER EDUCATION

RUSSIAN FEDERATION

Federal State Autonomous Educational Institution of Higher Education

NORTH-CAUCASUS FEDERAL UNIVERSITY

APPROVED

Assoc. Prof. Kubanov S.I.

PhD in Medical Sciences

Dean

Faculty of Medicine and Biology

COURSE OUTLINE OF THE DISCIPLINE (MODULE)

«Medical Rehabilitation»

Name of the discipline (module)

- Specialty: 31.05.01 General Medicine
- Mode of training: Full-time
- Year of commencement of studies: 2026
- Delivered in Semester: 8

Developed by:

Acting Head of the Department of Propaedeutics of Internal Diseases,

Cand. Sci. (Med.)

G.S. Ivchenko

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1. Aim and Objectives of Mastering the Discipline (Module)

- The aim of mastering the discipline is to provide an understanding of the fundamentals of medical rehabilitation and to teach students the ability to use rehabilitation measures in clinical practice.
- Objectives of mastering the discipline:
 - Conducting rehabilitation measures among people who have suffered a somatic disease, injury, or surgical intervention;
 - the use of physical culture means, therapeutic physical training, physiotherapy, non-traditional methods of therapy (reflexotherapy, phytotherapy, homeopathy, etc.) and the main resort factors for those in need of rehabilitation.

2. Place of the Discipline (Module) in the Structure of the Training (educational) Program

The discipline «Anesthesiology, Resuscitation, Intensive Care» belongs to the compulsory part of the curriculum.

3. List of Potential Learning Outcomes for the Discipline (Module), Correlated with the Outcomes of Mastering the Educational Program

Code and definition of the competence	Code and definition of the indicator	Planned learning outcomes for the discipline (module) describing the stages of competency and indicator development
UC-9. Able to use basic defectological knowledge in social and professional settings.	IA-1 PC-9. Able to apply the principles of monitoring the performance of job duties by the district nurse and other medical personnel at one's disposal. IA-2 PC-9. Assesses the effectiveness of modern medical-organizational and socio-economic technologies in the provision of medical care, and applies the principles of organization and management in the sphere of public health protection within medical organizations and their structural units.	Acquisition of specialized medical skills and their application in practical healthcare.
PC-6. Ready to determine the necessity of applying natural therapeutic factors, medicinal and non-pharmacological therapy, and other methods in patients requiring medical rehabilitation and sanatorium-	IA-2 PC-6. Determines medical indications for conducting medical rehabilitation measures, including when implementing an individual program of rehabilitation or	Acquisition of specialized medical skills and their application in practical healthcare.

resort treatment.	habilitation for persons with disabilities, in accordance with the current procedures for providing medical care, clinical guidelines (treatment protocols) on the provision of medical care, taking into account the standards of medical care.	
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4. Volume of the Academic Discipline (Module) and Control *

Volume of classes: Total: 3 ECTS credits, 108 academic hours.	Full-time type of study, in academic hours
Face-to-face work	54
Lectures / including practical training	18
Practical classes / including practical training	36
Independent work	54
Forms of control	
Credit (Pass/Fail)	

* The discipline (module) provides for the use of e-learning and remote learning technologies (unless otherwise set by the educational standard).

5. Content of the Discipline (Module), Structured by Topics (Sections) with an Indication of the Hours and Types of Classes

#	Section (topic) of the discipline and brief content	Competenci es and indicators to be developed	Full-time training			Independent work, hours	Forms of current control of academic progress
			Contact work of students with the teacher / of them practical skills training, hours				
			Lectures	Practical classes	Laboratory		
8th semester							

1	Modern Concepts of the Mechanism of Action of Physical Factors	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
2	Theoretical Foundations of Therapeutic Physical Training	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
3	Massage as a Therapeutic Method of Physical Intervention	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
4	Reflexotherapy ???. Methods ???. Application	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
5	Homeopathy ???. Principle 2. Features	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
6	Osteopathy 1. Principle 2. Features	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
7	Rehabilitation of Patients with Diseases of the Nervous System	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
8	Rehabilitation of Patients with Diseases of the Cardiovascular System	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
9	Rehabilitation of Patients with Diseases of the Musculoskeletal System	IA-1 UC-9 IA-2 UC-9 IA-1 PC-6 IA-2 PC-6	2	4		6	Interview (discussion)
	TOTAL in Semester		18	36		54	
	TOTAL		18	36		54	

6. Assessment Tools Fund for the Discipline (Module)

The assessment tools fund (ATF) for the discipline (module) «Medical Rehabilitation»

is based on the list of competencies to be mastered, indicating the stages of their formation in the process of mastering the discipline (module). The ATF provides an objective control over the achievement of the planned learning outcomes. The ATF includes:

- A description of indicators and criteria for evaluating competencies at various stages of their formation, a description of evaluation scales;
- Methodological materials determining the procedures for evaluating knowledge, skills, abilities and (or) work experience characterizing the stages of competency formation;
- Standard control tasks and other materials necessary for assessing knowledge, skills, and the level of mastery of the formed competencies in the process of mastering the discipline (module).

The ATF is an appendix to this discipline (module) program.

7. Methodological Guidelines for Students on Mastering the Discipline

When starting work, each student must take into account the following provisions.

The discipline (module) is structured on a thematic principle; each topic represents a logically completed section.

The lecture material is dedicated to the consideration of key, basic provisions of the courses and the clarification of learning tasks assigned for the independent work of students.

Practical classes are conducted with the aim of consolidating the mastered information, acquiring skills for its application in solving practical problems in the relevant subject area.

Laboratory works are aimed at gaining practical experience in the relevant subject area.

The independent work of students is aimed at the independent study of additional material, preparation for practical and laboratory classes, as well as the execution of all types of independent work.

In order to successfully master the discipline, it is important to complete all types of independent work employing the recommended sources of information.

8. Educational, Methodological, and Informational Support for the Discipline

8.1. List of Main and Additional Literature Required for Mastering the Discipline (Module)

8.1.1. List of Main Literature:

1. Latysheva V. Ya., Smychek V. B., Galinovskaya N. V., Barbarovich A. S. Meditsinskaya reabilitatsiya [Medical Rehabilitation] [Electronic resource]: uchebnoe posobie. Minsk: Vysheyschaya shkola, 2020. 352 p. ISBN 978-985-06-3232-6. Available at: <https://www.iprbookshop.ru/119996.html> (in Russian).
2. Gaydarov L. F., Lazareva G. Yu., Leonkin V. V. et al. Reabilitatsiya posle zabolevaniy. Polnyy spravochnik [Rehabilitation After Diseases. Complete Reference Book] [Electronic resource]. Saratov: Nauchnaya kniga, 2019. 702 p. ISBN 978-5-9758-1834-8. Available at: <https://www.iprbookshop.ru/80185.html> (in Russian).

8.1.2. List of Additional Literature:

1. Shtokolok V. S., Dubrovina N. A., Boyarskaya L. A., Tokmakov A. A. Reabilitatsiya lyudey s ogranichennymi vozmozhnostyami zdorov'ya raznykh nozologicheskikh grupp [Rehabilitation of Persons with Disabilities of Various Nosological Groups] [Electronic resource]: uchebnoe posobie. Ed. by V. S. Shtokolok. Yekaterinburg: Izdatel'stvo Ural'skogo universiteta, 2018. 136 p. ISBN 978-5-7996-2322-7. Available at: <https://www.iprbookshop.ru/106508.html> (in Russian).
2. Fedorova T. N., Nalobina A. N., Lazareva N. N. Kompleksnaya reabilitatsiya bol'nykh i invalidov [Comprehensive Rehabilitation of Patients and Persons with Disabilities] [Electronic resource]: uchebnoe posobie. Omsk: Sibirskiy gosudarstvennyy universitet fizicheskoy kul'tury i sporta, 2012. 170 p. Available at: <https://www.iprbookshop.ru/64975.html> (in Russian).
3. Fedorova T. N., Nalobina A. N. Razrabotka i realizatsiya individual'noy programmy reabilitatsii bol'nogo/invalida [Development and Implementation of an Individual Rehabilitation

Program for a Patient/Person with Disability] [Electronic resource]: uchebnoe posobie. Saratov: Ay Pi Ar Media, 2019. 510 p. ISBN 978-5-4497-0001-8. Available at: <https://www.iprbookshop.ru/82674.html>(in Russian).

8.2. List of Educational and Methodological Support for the Independent Work of Students in the Discipline (Module)

1. Uchebno-metodicheskoe posobie: Metodicheskie rekomendatsii po organizatsii samostoyatel'noy raboty obuchayushchikhsya po distsipline «Meditsinskaya reabilitatsiya» dlya studentov spetsial'nosti 31.05.01 Lechebnoe delo [Study Guide: Methodological Recommendations for Organizing Independent Work of Students in the Discipline "Medical Rehabilitation" for Students of Specialty 31.05.01 General Medicine]. Stavropol, 2026.
2. Uchebno-metodicheskoe posobie: Metodicheskie ukazaniya po vypolneniyu prakticheskikh zanyatiy po distsipline «Meditsinskaya reabilitatsiya» dlya studentov spetsial'nosti 31.05.01 Lechebnoe delo [Study Guide: Methodological Instructions for Conducting Practical Classes in the Discipline "Medical Rehabilitation" for Students of Specialty 31.05.01 General Medicine]. Stavropol, 2026.

8.3. List of Resources of the Information and Telecommunications Network **Internet** Required for Mastering the Discipline (Module)

1. <http://rudocor.net/> — Medical Portal
2. <http://www.e-reading.club/> — Large Online Library
3. <http://www.pubmed.com/> — Database of Full-Text Articles on Medicine
4. <http://www.spravocnikpolekarstvam.ru/> — Free Online Pharmacological Reference
5. <https://dic.academic.ru/> — Dictionaries and Encyclopedias

9. List of Information Technologies Employed through the Discipline (Module), Including a List of Software and Information Reference Systems

When delivering lectures, computer equipment and demonstrations of multimedia presentation materials are used. In seminars and practical classes, students deliver presentations prepared by them during the hours of independent work.

Information Reference Systems:

Information-reference and information-legal systems used in the study of the discipline:

1.	http://rudocor.net/ — Medical Portal
2.	https://dic.academic.ru/ — Dictionaries and Encyclopedias

Software:

1.	Alt Workstation 10
2.	Alt Workstation K
3.	Alt Server
4.	Office software package – P7-Office

10. Description of the Material and Technical Resources Required for the Educational Process for the Discipline (Module)

Lecture classes	A classroom equipped with multimedia equipment and technical training facilities.
Practical classes	A classroom, equipped with multimedia equipment and technical training facilities.
Independent work	A room for the independent work of students, equipped with computer hardware with the capability to connect to the Internet network and provide access to the electronic information and

	educational environment of the university.
Practical training	Carried out in the structural subdivisions of the university and (or) in organizations engaged in activities matching the profile of the respective training program, including its structural subdivision.

11. Specific Features of Mastering the Discipline (Module) by Persons with Disabilities

Students with disabilities shall be provided with special textbooks, teaching aids, and didactic materials, special technical training facilities for collective and individual use, the services of an assistant (helper) providing the necessary technical assistance to the students, as well as the services of sign language interpreters and tactile sign language interpreters.

The mastery of the discipline (module) by students with disabilities may be organized jointly with other students, as well as in separate groups.

Mastering the discipline (module) by students with disabilities is to be carried out taking into account the peculiarities of psychophysical development, individual capabilities, and health status.

In order to ensure the accessibility of higher education under the educational program for persons with disabilities, the following is provided during the mastery of the discipline (module):

- 1) for persons with visual impairments:
 - the presence of an assistant offering the student the necessary technical assistance, taking into account individual features (help taking the workplace, moving around, reading and formatting the task, including writing under dictation),
 - written tasks, as well as instructions on the procedure for their execution, are formatted in an enlarged font,
 - special textbooks, teaching aids, and didactic materials (having a large font or audio files),

individual uniform lighting of at least 300 lux,
if necessary, a magnifying device is provided to the student to complete the task;
- 2) for persons with hearing impairments:
 - the presence of an assistant providing the student with the necessary technical assistance, taking into account individual characteristics (helps to take a workplace, move around, read and format the task, including writing with dictation),
 - the availability of sound-amplifying equipment for collective use is ensured; if necessary, sound-amplifying equipment for individual use is provided to the student;
 - provision with proper sound means of reproducing information is ensured;
- 3) for persons with musculoskeletal disorders (including severe motor function impairments of the upper limbs or the absence of upper limbs):
 - written tasks are performed on a computer with specialized software or are dictated to an assistant;
 - at the request of the student, tasks may be performed verbally.

12. Specific Features of Implementing the Discipline with the Use of Distance Learning Technologies and E-Learning

Subject to Part 1 of Article 16 of the Federal Law of December 29, 2012, No. 273-FZ On Education in the Russian Federation, e-learning shall be viewed as the arrangement of educational activities employing information contained in databases and used in the implementation of educational programs, as well as information technologies, technical means, and information and telecommunication networks that ensure the processing and transmission of the specified information via communication lines, and the interaction of students and pedagogical workers.

Remote (distance) learning technologies are understood as educational technologies implemented mainly with the use of information and telecommunication networks during the indirect (at a distance) interaction of students and pedagogical workers.

The implementation of the discipline may be carried out with distance learning technologies and e-learning in full or in part. The components of the Educational And Methodological Complex (EMC) of the discipline (working program of the discipline, assessment and methodological materials, forms of attestation) implemented with the use of distance learning technologies and e-learning contain an indication of their use.

When arranging educational activities with distance learning technologies and e-learning, asynchronous and synchronous methods of interaction between participants in educational relations via the information and telecommunications network Internet may be offered.

When using distance learning technologies and e-learning, the schedule for the discipline shall indicate: methods of interaction among participants in educational relations via the information and telecommunications network Internet (VCC – videoconferencing, ET – electronic testing); links to the electronic information and educational environment of NCFU, to educational platforms and resources of other organizations to which open access is provided via the information and telecommunications network Internet; for synchronous learning – the time of online classes and instructors; for asynchronous learning – the authors of online courses.

When arranging intermediate attestation with distance learning technologies and e-learning, the Methodological Recommendations on the use of technical means ensuring the objective reliability of results when conducting intermediate and state final attestation for higher education educational programs – Bachelor's Degree programs, Specialist's Degree programs, and Master's Degree programs with distance learning technologies are used (Letter of the Ministry of Science and Higher Education of Russia dated December 7, 2020, # MN-19/1573-AN On sending methodological recommendations).

The implementation of the discipline with the use of e-learning and distance learning technologies is carried out using the electronic information and educational environment of NCFU, to which students are provided access via the information and telecommunications network Internet, or using the resources of other organizations, including platforms providing services for videoconferencing, online meetings, and distance learning (MTS-Link), as well as using the capabilities of social networks to carry out communication between students and instructors.

The educational and methodological support for a discipline shall be ensured with e-learning and distance learning technologies includes the working program presented in electronic form, educational and methodological manuals or a course of lectures, methodological guidelines for performing various types of educational activities of students provided for by the discipline, and other educational and methodological materials posted in the information and educational environment of NCFU.

