

Документ подписан простой электронной подписью
 Информация о владельце:
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Discipline abstract

Name of disciplines	Элективные дисциплины (модули) по физической культуре и спорту / Elective Disciplines (modules) in Physical Culture and Sports
Content	Social significance of physical culture, its role in personal development and preparation for professional activities. Means and methods of maintaining the level of physical fitness, providing a full-fledged activity. Mastering the technique of performing exercises of varying complexity, ensuring the preservation and strengthening of health, general and professionally applied physical fitness for the future profession. Norms of a healthy lifestyle. Sections: swimming, fitness, athletic gymnastics, general physical training, sports games: basketball, volleyball, mini-football, special medical group
results development disciplines (module)	Demonstrates ^{knowledge} health-saving ^{technologies} And physiological characteristics of the body to ensure full-fledged social and professional activities Rationally combines physical and mental stress to ensure performance in professional activities Maintains the proper level of physical fitness to ensure full-fledged social and professional activities
Labor intensity, cu.	
Reporting Forms	Test (credit)
List of basic and additional literature necessary for mastering disciplines	
Main literature	1. Grishina, Yu. I. Physical culture of a student: educational allowance: [for students of institutions of higher education to the discipline "Physical culture"] / Yu. I. Grishina. - Rostov-on-Don: Phoenix, 2019. - 284 p.: ill. - (Higher education). - Neck: Rec. NMS. - App.: p. 271-277. - Bibliography: p. 269-270. - ISBN 978-5-222-31286-5 2. Zenkova, T. A. Professionally applied physical culture of students Electronic resource / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RSTU, 2020. - 152 p. - Approved by the educational and methodological council of the university. - ISBN 978-5-88814-921-8 3. Physical culture and sport: a textbook for students of bachelor's and specialist's degree in all the educational institutions implemented by NIU MSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [and others]. - Physical culture and sports, 2026-08-04. - Electron. Dan. (1 file). - Moscow: MISI-MGSU, EBS DIA, 2021. - 380 p. - electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1
Additional literature	1. Grishina Yu. I. General physical training. Know and be able: [textbook for students of higher educational institutions] / Yu. I. Grishina. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grip: Extra. UMO. - Bibliography: p. 244-245. 2. Makhov, S.Yu. Swimming Electronic resource: teaching aid / ed. S.Yu. Makhov. - Eagle: Interregional Academy of Security and Survival (MASIV), 2016. - 40 p. 3. Nebytova L.A. Physical Education: Textbook (Course

	lectures)/ L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. - 336 p. 4. Sapozhnikova O.V. Fitness Electronic resource: textbook / O.V. Sapozhnikov. - Fitness, 2022-08-31. - Ekaterinburg: Ural Federal University, EBS DIA, 2015. - 144 s 5. Solovyov, G. M. Physical culture of personality (theory and technology of formation): textbook. allowance / G. M. Solovyov, S. N. Kashin. Ministry of Education Ros. Federation of the Ministry of Internal Affairs of Russia Krasnodar University - M.: Ileksa, 2014. - 212 p. - Grip: Rec. scientific method. Council of the International Academy of Sciences. - Bibliography: p. 208-209. - ISBN 978-5-89237-592-4. 6. Stepanova, M.V. Swimming in the system of physical education of university students Electronic resource: textbook / M.V. Stepanova. - Orenburg: Orenburg State University, EBS DIA, 2017. - 137 p. 7. Physical culture: textbook / [M.Ya. Vilensky, V.Yu. Volkov, L.M. Volkova and others]; ed. M.Ya. Vilensky. - 2nd ed., erased. - M.: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliography. at the end of chapters. - ISBN 978-5-406-02676-2. 8. Elective courses in physical culture and sports (swimming for students of special medical groups): textbook (workshop): [specialty 10.05.01 Computer security, 10.05.03 Information security of automated systems] / Ministry of Science and Higher Education of the Russian Federation, Federal state autonomous educational institution of higher education "North Caucasian Federal University"; compilers: M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 165 p. : ill. 9. Elective courses in physical culture and sports: textbook (workshop): specialty 10.05.01 Computer security, focus (profile) "Information-analytical and technical expertise of computer systems"; specialty 10.05.03 Information security of automated systems, focus (profile) "Protected automated control systems"; graduate qualification - specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compilers: M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.
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