MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(athletic gymnastics)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Successful solution of general and special tasks in the field of physical education, such as health promotion, increasing the level of general performance, development of basic physical qualities, that is, such indicators that are most directly related to the level of dynamic health of a person in higher educational institutions is extremely important. Since only at the university there is a mandatory state program for all students in elective physical education, and it is at the university that the fundamental base of health is created for many years to come, since after graduation there are no compulsory classes in physical education.

Insufficient, limited motor activity contributes to the occurrence and acute course of such diseases as hypertension, atherosclerosis, myocardial infarction, vegetative-vascular dystonia, obesity, contributes to premature fatigue and overwork of the nervous system. Thus, it can be stated that in young people, as a result of hypodynamia, premature functional weakness of internal organs, dystrophic phenomena of the musculoskeletal system arise and develop, and an age-related mechanism for regulating the functional state of organs and systems is prematurely formed.

The question arises how to compensate for a sedentary lifestyle. Regular physical exercise is a powerful tool in the fight against hypodynamia. They help to restore performance, return a good mood to a person, increase tone, and increase his sociability with the outside world.

Along with hypodynamia, stress has a fairly pronounced negative impact on human health. A high forced pace of professional activity, a constant shortage of time in everyday life is already stress.

In the light of the above, it is of particular importance to determine the role of psychophysiological features of the development of students in the conditions of ontogenesis, social activity and motives in the formation of the desire for systematic physical exercises, as a means of strengthening health, as well as the importance of the motivational and emotional factor in the formation of a healthy lifestyle. Moreover, stable motivations for physical improvement, brought up in youth in every person, turn into a system of generally accepted ideas, norms of behavior that determine the prestige of a high level of health and physical improvement of a person, into an essential criterion for evaluating him as a person as a whole.

In this regard, taking into account the motivational attitudes to physical improvement in conjunction with the psycho-emotional characteristics of the student's body, the purpose of health-improving physical education is: the formation of competencies and culture of a person with a civic position, moral qualities, a sense of responsibility, independence in learning the methods and means of physical education, in decision-making, initiative, tolerance.

Such a focus of the educational process helps the student to build and implement promising lines of physical, intellectual, cultural, moral, spiritual and professional self-development and self-improvement. This is subsequently manifested in successful socialization in society, the use of various forms of health-improving physical culture and sports in everyday life to preserve and strengthen their health and the health of their loved ones, family and work collective for a quality life and effective professional activity.

The main tasks aimed at the implementation of health-improving physical education are: the formation of the social significance of physical education among students and its role in the development of personality, the preservation and strengthening of health; familiarization with various complexes of health-improving systems; training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical, functional and energy state of the body; training in practical skills in the use of means of health-improving physical education to strengthen and restore the health of students with poor health; formation of the basis for the independent and methodologically justified use of physical culture and health-improving activities to achieve life and professional goals.

With properly selected physical exercises of a health-improving orientation, a flow of impulses from the working muscles constantly comes to the brain cells, under their influence the main processes occurring in the nervous system are normalized. At the same time, the most beneficial

redistribution of blood for the body is ensured, metabolism and blood circulation of the brain improves, oxygen and nutrients enter the nerve cells in large quantities.

In this regard, we have developed an educational and methodological manual taking into account motivational attitudes to physical improvement in conjunction with the psycho-emotional characteristics of the student's body.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The place of the discipline in the structure of the educational program. The discipline refers to the part formed by the participants of educational relations. Its development takes place in 1-6 semesters.

As a result of mastering the discipline, the student must master the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	Maintains the proper level of physical fitness to ensure full social and professional activities

1 semester

Topic 1. Basics of the technique of the chosen type of physical culture and sports activity

Practical lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: To get acquainted with the safety rules in athletic gymnastics classes. Special safety requirements. Safety requirements in emergency situations. Causes of injuries in athletic gymnastics classes.

Injury prevention measures.

Fundamentals of OSG in Athletic Gymnastics.

To form an idea of the human muscular apparatus and the main muscle groups that determine the relief of the body, the development of strength.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Safety precautions in athletic gymnastics classes. Special safety requirements. Safety requirements in emergency situations. Causes of injuries in athletic gymnastics classes.
Injury prevention measures.

Anatomical foundations of knowledge: human physique. Human muscular apparatus. Main muscle groups that determine the relief of the body. Main muscles and their functions (shoulder girdle). Deltoid muscles are large triceps, triangular muscles surrounding the shoulder joint. Their main functions are shoulder abduction, pronation, supination. The trapezius muscle is located directly under the skin on the back of the trunk and neck. Its main function is to raise the entire shoulder girdle, pull the shoulder blades up, down and in both directions, help with turning the head. Girls are not recommended to get carried away with the development of this muscle. The neckline should be thin and slender. However, if the neck is too thin and long, and the shoulders are sloping, it is necessary to intensify the training of the trapezius muscles. The biceps muscle is located on the front surface of the humerus. It has two heads - long and short (biceps). The biceps muscle is involved in the flexion of the shoulder, forearm, supination of the forearm. The triceps brachii muscle has three heads - long, lateral and medial (triceps). It is located on the back surface of the humerus, directly under the skin. The triceps muscle is involved in the extension of the forearm. Training this muscle in girls allows you to avoid excessive fullness in this part of the body.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Characteristics of the muscles of the neck, back, abdomen, shoulder girdle, arms, legs. Demonstration and learning of basic exercises for the development of the listed muscle groups. Learn the technique of basic exercises with medicine balls, dumbbells, barbells. Load of moderate intensity, the number of repetitions 10-12 times in one set. Select the weight of the equipment and learn the technique of movements, exercises.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.
Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of physical fitness

Objective: To consider the structure, content and organization of athletic gymnastics classes.
To study the main goals, objectives and methods of athletic gymnastics. Testing of the initial level of physical training. Rules for compiling a training set of exercises.

To consider the issues of history, current state and prospects for the development of athletic gymnastics in Russia.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Structure, content and organization of athletic gymnastics classes. Main goals, objectives and methods of athletic gymnastics. Testing of the initial level of physical training. Rules for compiling a training set of exercises.

"Athletic gymnastics," wrote the Honored Scientist, Professor I.M. Sarkizov-Serazini, "is one of the most effective means that comprehensively affect the human body. The abundance of exercises and the ability to subtly dose loads make this important means of health improvement available to people of all ages. And the aesthetic side of athletic gymnastics brings it closer to true art." It is the desire for the beauty of the body that distinguishes athleticism from a number of other types of physical culture. From the standpoint of the theory and methodology of physical education, athletic gymnastics is a type of physical exercise aimed at developing the strength abilities of the human body, improving its health and correcting the body. The roots of athleticism, of course, should be sought in Ancient Greece, but it was in Russia that the direction that later gave fruit-bearing branches was finally formed: kettlebell lifting, weightlifting and, finally, athletic gymnastics. In 1885, Dr. V.F. Kraevsky founded a circle of athletics lovers in St. Petersburg. The program of the circle included the desire for physical development, health, hardening of the body, and the athletes of those years also solved aesthetic problems: they tried to achieve ancient Greek models of physique in their development. After the revolution of 1917, the ideals of athleticism gradually faded into the background, other types of power sports were developed. And only in 1981, the Department of Martial Arts again recommended to expand the work in the field of kettlebell lifting and athletic gymnastics, to create commissions on athletic gymnastics and kettlebell lifting under the Weightlifting Federations, to develop plans for their work, providing for the organization of clubs, sections, groups at the place of residence. Athletic gymnastics in its modern version crosses the boundaries of the concept of "sport". This is the attitude to physical culture as an obligation to protect and multiply the fund of health and physical qualities that nature endows a person with in the course of millions of years of evolution. Experience shows that practitioners can develop great strength (the ability to overcome external resistance through muscle contractions), achieve a high level of endurance (the ability to perform physical work without fatigue), as well as eliminate or sharply reduce the harmful effects of the so-called risk factors on the body. An athlete receives sufficient physical activity, and in an optimal combination of exercises for strength and endurance; by improving blood circulation in general and blood supply to the brain in particular, training expands opportunities for fruitful mental work; the athlete is freed from excess fat deposits due to an exercise regimen and reasonable nutrition; a low-fat diet reduces the deposition of cholesterol on the walls of blood vessels); systematic exercise and an emphasis on dairy products rich in calcium in the diet help prevent osteoporosis (bone thinning), which affects almost half of older women and one in eight elderly men; strength training strengthens the nervous system, reduces emotional overload; and finally, there is no place for bad habits in the athlete's regimen, since smoking and alcohol, once in the body, exclude the possibility of achieving goals.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).

Main part. To characterize the main muscle groups, exercises for their development. To learn the technique of performing basic exercises with dumbbells. To select the weight of the shells. Load of

moderate intensity, the number of repetitions 10-12 times in one set. Learn a set of exercises with dumbbells. Consider the method of strength endurance training. Circuit training.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
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- Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of physical fitness

Goal: to form an idea of the development of strength

Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension. Muscles manifest strength in the following modes: without changing their length (static, isometric mode); when the length decreases (overcoming, myometric mode); when it is lengthened (yielding, polymetric mode). To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person manifests in any exercise, evaluated regardless of his own weight, is sometimes called absolute strength. It can be characterized, for example, by the maximum weight of a lifted barbell, dynamometer indicators, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight. The maximum strength that a person can manifest depends on biochemical and physiological factors manifested in his individual abilities. In addition, strength, like other physical qualities, is an indicator of the level of health of a person. Consequently, in the process of strength training, the health-improving task is also solved. In our country, athletic gymnastics is developing in two directions: health-improving (health-improving, rehabilitation centers) and competitive (posing and power triathlon). Particular tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts - static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in the power relationship; development of the ability to rationally use force in various conditions; building the beauty of the body, etc. Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved. The means of training strength are exercises with increased resistance, which are usually divided into two groups: 1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment); 2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Characteristics of chest muscles. Demonstration and learning of basic exercises for the development of the listed groups. Pick up the weight of the equipment and learn the technique of movements and exercises. Exercises in hanging on a bar: pull-ups, holding hanging on bent arms, lifting with a flip at point-blank range.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises. Conversation. History, current state and prospects for the development of the chosen type of physical culture and sports activity.

Objective: To master the technique of performing basic exercises with a barbell used for strength training. Learn the technique of "Squats". Squat with a barbell on the shoulders. Half-squat. Repetition of typical sets of exercises

to form an idea of the athlete's nutrition and safety precautions in athletic gymnastics.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Nutrition is a complex process of intake, digestion, absorption and assimilation in the body of nutrients that are necessary to cover its energy expenditures, build and repair cells and tissues of the body and regulate the body. Rational nutrition in combination with exercises with weights can create or restore an optimal physique. Proteins play a major role in the construction (plastic) of the body. Dietary protein is a complex organic compound that includes about 20 amino acids, 8 of which cannot be formed in the human body and must be supplied with food. Only in the presence of all the required amino acids can the structural elements of muscles - myofibrils - thicken, due to this increase muscle strength. Fats (lipids) are suppliers of energy (calories) in the body and are indispensable components of nutrition. However, excessive consumption of fats contributes to the development of atherosclerosis and obesity, and with long-term restriction of the amount of fats in food, changes in the physiological state of the body are observed: the activity of the central nervous system is disrupted, immunity is weakened, i.e. resistance to infections decreases, etc. Lipids have a high

calorie content: 1 gram gives 9 kilocalories, which is more than twice as high as the caloric content of proteins and carbohydrates. The source of vegetable fats is mainly vegetable oils (99.9% fat), nuts (53-65%), oatmeal (6.9%) and buckwheat (3.3%). Sources of animal fats are pork bacon (90-92% fat), butter (72-82%), sausage (20-40%), sour cream (30%), cheese (15-30%). Carbohydrates are important energy components of food. From the point of view of digestibility in the human body, carbohydrates are conventionally divided into two groups - digestible in the digestive tract and non-digestible. Digestible carbohydrates include glucose, fructose, sucrose, maltose, starch, etc. Indigestible carbohydrates include cellulose, pectin substances and dextrins. Digestible carbohydrates, which are the main suppliers of energy, are contained in fresh vegetables, potatoes, rice, fruits. It is believed that an athlete with moderate physical activity should consume 60 simple carbohydrates per day. During intensive training sessions in athleticism, the "warehouses" with carbohydrates work with full load, so between daily trainings it is recommended to consume additional carbohydrates without any special restrictions, but only in their natural form - fruits, vegetables, juices. The content of food components in the diet should correspond to the following data in terms of body weight: proteins - 2.4-2.5 grams; fats - 2.0 -2.3 grams; carbohydrates - 10.0 - 11.0 grams. 2. Dairy products. 3. Cereal products (cereals, cereals, bread). 4. Vegetables and fruits. Each of them contains proteins, fats and carbohydrates in different proportions. 70 г1 килограммVitamins must be contained in food. Their deficiency or complete absence leads to serious consequences. Vitamins cannot be synthesized in the body from other substances. Usually, the body's needs for vitamins are satisfied by adequate nutrition (except for early spring, when preventive intake of multivitamin pills is recommended). Vitamins B 6 (beans, soy, meat products), B12 (beef liver, kidneys, fish, milk, cheese), B *c* (liver, kidneys, yeast and vegetables) are especially important for the assimilation of proteins and the construction of muscle tissue. Minerals are inorganic substances that activate the metabolic processes of the body - water-salt, acid-base. The main necessary minerals and compounds - calcium - are found in milk and dairy products; phosphorus - is found in fish, bread, beans, peas, oatmeal, pearl barley and barley groats, in cheese; magnesium - in bread, cereals; sodium (the need for it is small - about 1 g per day), chlorine - obtained with bread and by salting food with table salt), potassium (in potatoes, apples, grapes), iron (in liver, kidneys, legumes), iodine (in sea fish, cod liver, seaweed). In order for an athlete to be able to fully develop his physical qualities, the balance of minerals must be constantly observed in the body. Water is vital for the human body: being its main component, it participates in various biochemical processes. When doing athleticism, it is not necessary to limit water intake, because the muscular system consists of 67-70% water and only 18-25% fat.

Safety precautions in athletic gymnastics classes:

1. At the beginning of each workout, conduct a general and special warm-up, preparing the muscles for high loads.
2. Do not be distracted when doing strength exercises.
3. Before lifting heavy weights, learn the technique of correctly performing the movement in this exercise.
4. Use the correct movement technique. Avoid straining in breathing.
5. Finish strength exercises with a straight back in order to prevent spinal injury.
6. In the initial period of strength training, increase the load on the wrist, elbow, ankle and knee joints slowly and gradually.
7. Exclude from training exercises that cause pain.
8. Observe the rules of personal hygiene to prevent damage to the skin on the palms.
9. After training, perform a variety of activities for a speedy recovery.
10. Make sure that the weight training equipment is in good working order, and observe the order and safety rules in the strength training room.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. To master the technique of performing basic exercises with a barbell used for strength training. To learn the technique of "Squats". Squatting with a barbell on the shoulders. Half-squatting. Repetition of typical sets of exercises

Characteristics of the muscles of the arms. Demonstration and learning of basic exercises for the development of the listed groups. Pick up the weight of the equipment and learn the technique of movements, exercises. Learning basic exercises with dumbbells and kettlebells and kettlebells.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
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9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises. Conversation. The importance of engaging in the chosen type of physical culture and sports activity for maintaining health and developing physical qualities.

Objective: To learn the technique of performing basic exercises with a barbell used for strength training. Deadlifts: Barbell rows with straight legs (deadlifts). Barbell rows while standing on a stand.

Typical sets of exercises.

to form an idea of the methodological directions for the development of strength abilities (complex training).

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main methodological directions of strength training are based on the physiological laws of physical education. Strength gain occurs when the process of training creates maximum power tension, which can be achieved in the following ways: 1) overcoming unsaturated weights (resistances) with a maximum number of repetitions; 2) maximum increase in external resistance (in a dynamic or statistical mode); H) overcoming resistances with maximum speed. It is customary to dose the amount of weight in strength training according to the following criteria: as a percentage of the maximum weight; by the difference from the maximum weight (for example, 10 - 15 kg less than the maximum weight); by the number of possible repetitions of the exercise in one set. In the first methodical variant, the use of maximum weights with a maximum number of repetitions, the maximum muscle tension is achieved at the last repetitions, when working to failure against the background of pronounced fatigue. In terms of energy, such work is unprofitable, but has a number of significant advantages if the training is aimed at the development of power endurance or is carried out mainly with a health-improving orientation. Exercises with non-limit weights provide great opportunities to control the technique of movements. This is of particular importance for beginners. Moreover, for people who have not previously engaged in strength exercises, the restriction of weights makes it possible to avoid injuries. It is also important that at first the effectiveness of strength training almost does not depend on the amount of resistance. However, with an increase in the number

of sessions, the advantage of maximum weights becomes obvious. In the training of qualified athletes, the methods based on repeatedly repeated non-limit weights are used in strength training mainly as additional. The second methodical variant - the use of maximum and near-limit weights - is the main one in the training of qualified athletes. Exercise with maximum weight causes significant emotional fatigue and is associated with insufficient load volumes. Therefore, training is carried out mainly with near-limit weights, which are overcome without significant emotional excitement (weight less than the maximum by 10 - 15 percent). It is desirable to use a weight greater than the maximum training weight once every 7 - 14 days. They are used as an additional means in the process of training strength capabilities. The effectiveness of these exercises is less than dynamic exercises, and it is recommended to perform them in the form of maximum repetitions of exercises within 5 - 10 seconds each. When performing strength exercises, several basic rules should be observed: 1) it is possible to allow tension of the exhalation muscles with a closed glottis, which increases strength indicators, only when it is necessary, that is, with short-term maximum tensions. Do not hold your breath when the condition does not require it (for example, when repeating exercises with low tensions); 2) beginners should not be given exercises with maximum and near-maximum tensions (weights) in large volumes; h) should not take a maximum inhalation before performing strength exercises, as this will unnecessarily increase intrathoracic pressure and aggravate the unfavorable shifts that are observed during straining; 4) since exhalation with a narrowed glottis achieves almost the same strength indicators as when straining, it is possible to make maximum effort on exhalation without holding the breath, but through slightly compressed lips; 5) beginners should inhale and exhale in the middle of the exercise, in particular, at the moment when the barbell is on the chest; 6) taking into account that shock states occur only with slow pressing, it is necessary to achieve a quick lifting of even the maximum weight; 7) for each movement, there are such body positions in which the highest and lowest values of force are manifested. During flexion in the elbow joint, the maximum force is achieved at an angle of 90 degrees, when extending in the elbow and knee joints, the optimal angle is about 120 degrees, and when changing the deadweight - 155 degrees. In the system of training sessions for strength training, it is necessary to use a combination of exercises of general and relatively local action. In the human body, there are more than 500 muscles. The following five groups are the most important, which significantly affect the "overall strength" of a person: 1) extensors of the spinal column; 2) flexors of the spinal column and muscles of the hip joints; h) extensors of the legs; 4) flexors of the legs; 5) pectoralis major. It is desirable to use strength exercises at the beginning of the main part of the workout against the background of a "fresh" optimal state of the body. When using significant weights (50 percent of the maximum and above), the rest intervals between repetitions are mainly 2 - 3 minutes, near the limit - 4 - 6 minutes, the limit - 10 - 15 minutes. Before approaching the main training weight, several approaches to small weights are made. Such preliminary work with weights pursues the task of warming up. In cases where exercises with both near-limit weights and non-limit weights are included in the training, until "failure", the first should be performed first.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).
Main part. To learn the technique of performing basic exercises with a barbell used for strength training. Deadlifts: Barbell deadlift from straight legs (deadlift). Barbell deadlift, standing on a stand.

Typical sets of exercises.

Learn and improve exercises without weights and objects related to overcoming the resistance of their own body weight; exercises with gymnastic apparatus of a certain design and weight (balls, body bars, shock absorbers, etc.); exercises with standard weights (dumbbells, kettlebells, barbells); exercises with a partner (in pairs, triples); exercises on simulators and special devices. Development of power endurance. Learn a complex with a barbell, select the weight of the apparatus and learn the technique of movements.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Objective: A set of exercises for the back muscles using your own weight.

Pull-up on the bar with a wide grip on the head.

Pull-up on the bar with a wide grip to the chest.

Pullover with a barbell, arms bent.

Typical sets of exercises.

to form an idea of circuit training and its variety. Athletic gymnastics as an effective means of regulating body weight.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Depending on the tasks set, circuit training can be planned in the preparatory, main or final part of the lesson. Circuit training complexes include exercises aimed at the predominant development of the muscles of the shoulder girdle, arms, abdomen and back, increasing joint mobility, strengthening of the entire musculature. The number of exercises varies from 10 to 15 stations. When selecting complexes, it is necessary to follow the basic didactic principles, that is, to go from simple to complex, to alternate active rest of some muscle groups with rest of others. At the first lesson, students get acquainted with the organizational form of performing exercises at stations, the sequence of performance, transitions, recording in registration cards, calculations, etc. At the second lesson, they get acquainted with the definition of MT (maximum test) of performing exercises at each station, with the determination of further load according to the MT/2 or MT/4 scheme, depending on the physical fitness of the group. At 3-6 lessons, MT/4 + 1 or MT/2 + 1 are held, followed by an increase in each lesson by one or more repetitions. The most effective strength exercises are those that can be performed no more than 12-15 times in a row at one circuit training station during 30 seconds of work. It is recommended to change sets of strength exercises periodically They change once every 2-6 weeks. Athletic gymnastics as an effective means of regulating body weight. Athletic gymnastics is excellent for the accumulation of muscle tissue and the reduction of body fat. In contrast to adipose tissue, muscle tissue is metabolically active and has high energy requirements for support and recovery. Muscle building corresponds to the acceleration of metabolism. Athletic gymnastics allows you to literally rebuild your body and lose at least 1 kg of adipose tissue per week – without the risk to your health, as is the case with diet medications or "therapeutic fasting".

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. A set of exercises for the back muscles using your own weight.

Pull-up on the bar with a wide grip on the head.
Pull-up on the bar with a wide grip to the chest.
Pullover with a barbell, arms bent.

Typical sets of exercises

Exercises on simulators.

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
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9. Jumping as a way of moving a person and a type of sports motor actions.
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12. What is the positive effect of strength training on the human body?
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List of references recommended for use on this topic

Reference citations:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
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5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

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7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing a set of exercises.

Objective: To learn the technique of performing exercises for the chest muscles. Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench. Spreading the arms with dumbbells to the sides, lying on a horizontal bench.
Spreading your arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

to form a scientific understanding of overstrain, the causes of its occurrence.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Overexertion is a sharp deterioration in well-being due to a load that exceeds the level of training of the athlete. Usually this is the result of a single exposure to excessive work. With repeated overloads, overexertion can become chronic and lead to diseases of various organs and systems. Overtraining is a disease that occurs in connection with overstrain of the central nervous system in a trained athlete. A self-control diary will help to avoid these phenomena, in which the pulse rate, duration and quality of sleep, appetite are recorded daily. When these signs of the initial stage of overtraining appear, it is necessary to identify their causes, which may be: prolonged use of monotonous intensive exercises with insufficient recovery of strength and insufficient rest, conflict situations during intense training, infectious diseases, violation of the regimen, smoking and alcohol, large weight loss. A reasonable combination of training with weights with other forms of physical activity, especially those that affect the body in a different way than strength, will help to prevent the further development of pathological conditions: 1. It is necessary to include in your regime work in aerobic types of physical activity associated with increased oxygen consumption, for example, slow running, jumping rope, cycling, swimming, skiing, etc. a) aerobic work develops the lungs, stimulates the heart and pulmonary circulation, which is important for optimal health and overall endurance; b) increased oxygen inflow in the body and its participation in energy processes help to burn faster in the form of energy underoxidized decay products formed in muscles and blood flow during strength work and slow down recovery; c) during aerobic work, the body switches to an accelerated metabolic pace, burning fatty acids as the main source of energy, thus releasing fat deposits and improving

muscle relief. It is important that aerobic work, regardless of its type, lasts at least 25-30 minutes at a pulse rate, which is calculated according to the formula: HR = 0.8 • (220 – age). Include such work during the period of gaining strength and muscle mass 1-2 times a week, and during the periods of getting rid of fat deposits (for muscle relief) – up to 3-4 times a week. 2. It is impossible to achieve progress in athletic gymnastics without high-quality recovery of the body after classes - these are physiotherapeutic procedures (bath, sauna, bath, massage, electrophototherapy). These procedures are used to relieve general fatigue of the body, to reduce muscle fatigue, activate the functions of the nervous and cardiovascular systems, increase the body's resistance to adverse environmental influences, and intensively affect various physiological functions. Various baths (coniferous, sodium chloride) have a calming effect on the body. Various types of massage will help to relieve tension, normalize muscle tone, and have an analgesic effect. The body's immune forces are stimulated by general ultraviolet radiation and oxygen cocktails. 3. In rare cases of extreme overtraining, it is necessary to temporarily abandon weights and engage only in general health types of physical education. Recall that training and recovery are an interrelated process. Restoration of strength involves not only the return of body functions to the working level, but also the transfer of the life support system to a new, higher level of energy capabilities, called super-recovery. Only against the background of super-recovery is it possible to increase training and increase performance, while an increase in strength and muscle volume is especially important for athletic gymnastics.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing exercises for the chest muscles. Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench. Spreading the arms with dumbbells to the sides, lying on a horizontal bench.

Spreading your arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

Exercises with standard weights (dumbbells, kettlebells, barbells).

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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8. Physical quality – speed and methods of its development. Speed and strength abilities.
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10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing a set of exercises.

Objective: To learn the technique of performing athletic gymnastics exercises for the thigh and lower leg muscles. Half-squats with a barbell. Leg extension on the simulator. Leg bending in a lying position (on the simulator). Lunges. Back lunges. Raising on toes in a standing position with dumbbells, a barbell. Typical sets of exercises.

to acquaint with domestic methodological systems for the development of strength and building the beauty of the body, corrective gymnastics

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

1. Kettlebell rhythm athleticism is a domestic invention.

Power aerobics for men, combining the elegance of rhythmic gymnastics and rational elements of the kettlebell technique (developed at the All-Russian Research Institute of Physical Culture).

2. Kettlebell lifting is the system of Y. Romashin, a well-known coach who prepares masters of sports from beginners in two years. He himself believes that it is not only about the system, but also about the strong desire and purposefulness of a person

3. Kettlebell lifting (competitive program) – M. Starodubtsev's system (pressing two kettlebells alternately, juggling one kettlebell, pushing two kettlebells; pressing two kettlebells alternately, juggling one kettlebell with throwing and catching). Exercises are performed depending on the weight category with 24 and 32 kg apparatus.

4. The increased interest of the peoples inhabiting Russia in their own culture is an incentive for the revival of national sports in a modern form (for example, throwing stones and weights in Dagestan, etc.).

5. A.K. Anokhin's system (volitional gymnastics). The essence of gymnastics is that you develop strength by tensing the muscles at your own will without external load. For example, slowly, slowly rise from the squat position and strain the muscles of the legs as much as possible, as if you have a very heavy load on your shoulders. After you stand up, just as slowly and with the same maximum effort, you lower yourself into the i.p. This is how you train the muscles of the front and back of the thigh, performing the exercise in a statistical mode, but while moving.

6. The system of V.G. Fokhtin is based on the principle of self-resistance. You use the limbs as levers, straining them in a statistical mode at different angles. For example, you want to train the biceps of the right arm. Put it at an angle $90°$ (or other), you try to bend it, and with your left hand counteract this movement.

7. Y.A. Peganov's system is a combination of isometric exercises and stretching.

8. The system of V.I. Dikul is a system of exercises with weights.

9. The system of training sessions by V.F. Regulyan is competitive athleticism (posing and power triathlon).

Corrective gymnastics. Many boys and girls of normal height and weight are often not satisfied with the shapes of individual parts of their own body. There is a need to correct them. And this is possible. It is possible with the selective use of special exercises that develop individual muscle groups, changing the general shape of body parts. Now methods and existing methods of developing almost every muscle have already been developed. The greatest experience of such work has been accumulated in weightlifting, athletic and artistic gymnastics, shaping. At the same time, it is important to choose, with the help of a teacher, the optimal training system, which is based on knowledge of anatomy, physiology, biomechanics of human movements. In addition, it is necessary to get acquainted with and master the basics of training yourself.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing athletic gymnastics exercises for the thigh and lower leg muscles. Half-squats with a barbell. Leg extension on the simulator. Bending the legs in a lying position (on the simulator). Lunges. Back lunges. Raising on toes in a standing position with dumbbells, a barbell. Typical sets of exercises.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.

2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;

- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing a set of exercises.

Objective: To learn a set of exercises for the shoulder girdle using your own weight. Technique for performing exercises for the muscles of the upper shoulder girdle.

Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

to reveal the method of impact training in athletic gymnastics.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Exercises for muscles that are less amenable to development are combined with the work of antagonist muscles, the development of which is more active. For example, if the development of the pectoral muscles lags behind, having achieved a powerful flow of blood to the torso due to the work of the latissimus muscles (antagonists in relation to the pectorals), exercises for the pectoral and spinal muscles are combined. You can perform the exercises sequentially, you can use the method of combined approaches (back-chest). Moreover, if in the first exercise a lower weight of the apparatus and a greater number of repetitions are used, then in the second - relatively greater weight and a more powerful load with fewer repetitions in series. A similar effect is permissible on the muscles of the arms. If the triceps lags behind in development, then first you need to work on the biceps, and vice versa.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).

Main part. Learn a set of exercises for the shoulder girdle using your own weight. Technique for performing exercises for the muscles of the upper shoulder girdle.

Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
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10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.

12. What is the positive effect of strength training on the human body?

13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 2

Topic 2. General physical training in the chosen type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: Safety precautions in athletic gymnastics classes.

Typical sets of exercises.

to form an idea of passive flexibility.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

According to the form of manifestation, flexibility is distinguished between active and passive. Active flexibility is the ability to perform movements with a large amplitude due to the own activity of the corresponding muscles. Passive flexibility is the ability to achieve the maximum possible mobility in the joints under the influence of external tensile forces: the efforts of a partner, external weights, special devices, etc. According to the method of manifestation, flexibility is divided into dynamic and static. Dynamic flexibility is manifested in movements, and static flexibility in postures. There are also general and special flexibility. General flexibility is characterized by high mobility (range of motion in all joints: hip, ankle, shoulder, elbow, spine). Special flexibility is the amplitude of movements of a particular exercise. Active flexibility is realized when performing various exercises, and therefore in practice its value is higher than passive flexibility, which reflects the amount of reserve for the development of active flexibility. A factor influencing mobility in the joints is also the general functional state of the body at the moment: under the influence of fatigue, active flexibility decreases (due to a decrease in the ability of muscles to complete relaxation after the previous contraction), and passive flexibility increases (due to less muscle tone that counteracts stretching). Flexibility develops most intensively up to 10-14 years. At the same time, the sensitive period for the development of passive flexibility will be 9-10 years, and for active flexibility 10-14 years. After 15-16 years, flexibility indicators stabilize even if you do not perform exercises aimed at developing flexibility.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Exercises for the development of passive flexibility. Semi-splits, splits.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

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2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports.

Objective: Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

to form an idea of passive flexibility.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the

formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

According to the form of manifestation, flexibility is distinguished between active and passive. Active flexibility is the ability to perform movements with a large amplitude due to the own activity of the corresponding muscles. Passive flexibility is the ability to achieve the maximum possible mobility in the joints under the influence of external tensile forces: the efforts of a partner, external weights, special devices, etc. According to the method of manifestation, flexibility is divided into dynamic and static. Dynamic flexibility is manifested in movements, and static flexibility in postures. There are also general and special flexibility. General flexibility is characterized by high mobility (range of motion in all joints: hip, ankle, shoulder, elbow, spine). Special flexibility is the amplitude of movements of a particular exercise. Active flexibility is realized when performing various exercises, and therefore in practice its value is higher than passive flexibility, which reflects the amount of reserve for the development of active flexibility. A factor influencing mobility in the joints is also the general functional state of the body at the moment: under the influence of fatigue, active flexibility decreases (due to a decrease in the ability of muscles to complete relaxation after the previous contraction), and passive flexibility increases (due to less muscle tone that counteracts stretching). Flexibility develops most intensively up to 10-14 years. At the same time, the sensitive period for the development of passive flexibility will be 9-10 years, and for active flexibility 10-14 years. After 15-16 years, flexibility indicators stabilize even if you do not perform exercises aimed at developing flexibility.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.
Main part. Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

Exercises for the development of passive flexibility, splits.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.
Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

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5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports.

Objective: To perform a combined set of exercises for the back muscles.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main factor in the development of muscle strength is their activity under significant and constantly increasing (to the maximum level) tensions. In sports practice, these conditions are created with the help of various means and methods.

Training in "one's own" sport (in **a specialized exercise**), along with other physical qualities, also develops strength, but for **strength training**, a variety of special exercises **and special auxiliary exercises** are necessarily additionally used.

This is necessary due to the fact that, firstly, they allow you to achieve a greater effect, mainly due to the development of strength in combination with other qualities. Secondly, one of the advantages of special and special auxiliary exercises over a specialized exercise is the possibility of local impact on individual muscle groups. Finally, these exercises make it possible to diversify the load, thanks to which it is possible to more flexibly affect the vegetative functions and motor qualities of the athlete, without overloading his nervous system.

The main means of strength training are exercises with various types of weights (with overcoming your own weight and the weight of your partner, with a barbell, dumbbells, medicine balls, shock absorbers, block devices, etc.).

To develop strength in sports practice, several methods are used, differing in the amount of resistance, the number of repetitions, the mode of exercise performance (pace, speed of movements, duration of rest pauses):

The method of maximum effort (sometimes this method is also called **the method of short-term efforts** or the method of short-term maximum power loads). Its essence is that the athlete, overcoming or trying to overcome the maximum resistance, shows the maximum muscle effort for this case, which is an exceptionally powerful, and therefore effective physiological stimulus.

An example of the application **of the maximum effort method** is lifting a barbell of maximum weight, pull-ups on a bar or push-ups on bars with additional weights, isometric exercises performed with maximum tension, etc.

The mode of performing exercises according to this method is generally expressed as follows: the amount of resistance is 1-3 RM*, the number of repetitions is 1-3, the pace of movements is low, the speed is from low to moderate, the rest pause between exercises and sets is at least 2 minutes.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Perform a combined set of exercises for the back muscles.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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11. Hygiene during athletic gymnastics.
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13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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Information reference systems:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Objective: To perform a combined set of exercises for the muscles of the legs and abdominal press.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body

to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main factor in the development of muscle strength is their activity under significant and constantly increasing (to the maximum level) tensions. In sports practice, these conditions are created with the help of various means and methods.

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The method of maximum effort (sometimes this method is also called **the method of short-term efforts** or the method of short-term maximum power loads). Its essence is that the athlete, overcoming or trying to overcome the maximum resistance, shows the maximum muscle effort for this case, which is an exceptionally powerful, and therefore effective physiological stimulus.

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Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Perform a combined set of exercises for the muscles of the legs and abdominal press.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
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12. What is the positive effect of strength training on the human body?

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14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Objective: to reveal the concept of flexibility and the methodology for its development.

Combined set of exercises for flexibility.

Rules for recovery after training.

Separate training program (basic concepts).

Rules for building RTP.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

In some textbooks, manuals, monographs, it is either not included in the list of basic physical qualities, or is considered as a prerequisite that contributes to a more effective manifestation of human motor capabilities, especially those that involve the performance of movements with a large amplitude. This attitude is largely due to the fact that the manifestation of flexibility itself is mainly due to the state of the musculoskeletal system and is not associated with a significant strain of the main functional systems of the body (cardiovascular, respiratory, excretory, energy supply, etc.), which is characteristic of the manifestation of other physical qualities. It is measured by determining the maximum (limit) range of motion. For this purpose, two methods are mainly used. One of them is based on the use of special devices - goniometers, with the help of which mobility in individual joints is measured. This method requires special equipment and does not allow you to independently measure the amplitude of many movements. It is much easier to measure the amplitude of movements with the help of special motor tests. A special place is given to measuring the flexibility of the spinal column. In a comprehensive assessment of a person's motor capabilities, to determine flexibility, as a rule, movements are used, in which a larger number of large joints and the spine are involved. The degree of flexibility is assessed by how much higher or lower the fingers of the subject's hands were at the moment of fixing the maximum depth of inclination. There are other tests, for example, bending (bending) backwards, bending forward from a sitting position, etc. General flexibility is characterized by the maximum amplitude of motion in the largest joints, and special flexibility is characterized by the amplitude corresponding to the technique of a particular motor action. Flexibility is due to the peculiarities of the structure of the joints and the elasticity of muscles and ligaments. The degree of their elasticity depends on the external temperature, at which it increases. The manifestation of flexibility is more affected than the manifestation of other physical qualities by daily periodicity (time of day). In the morning, flexibility is significantly reduced. It increases under the influence of "warming up" the body with the help of warm-up. At the same time, the indicators of active flexibility deteriorate, and passive flexibility increases. The psychological state of the trainees also affects the manifestations of flexibility. So, in conditions of emotional uplift, flexibility increases. Flexibility can be negatively related to strength indicators. Excessive enthusiasm for strength exercises without due attention to the development of flexibility leads to a significant limitation of joint mobility. This negative effect can be prevented by a rational combination of strength and flexibility exercises, which allows you to achieve a high degree of development of both qualities. Flexibility develops most intensively up to 15-17 years. At the same time, the most favorable period for the development of passive flexibility is the age of 9-10 years, and for active - 10-14 years. In girls, flexibility indicators are significantly higher - 20-30% higher than in boys. For the purposeful development of flexibility, exercises with increased amplitude are used - stretching exercises. They are divided into active (dynamic and static) and passive. Active exercises differ in the nature of performance: monophasic and springy, swing and fixed, with self-grips, with and without weights. This group also includes static exercises, in which the task is given to maintain a stationary position of the body in conditions of maximum amplitude.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Exercises for the development of flexibility in pairs.

Final part. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
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5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Objective: Rules for performing exercises with free weights (dumbbells and barbells).

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part:

Free weights, as a rule, are dumbbells and barbells - equipment, which is a bar with weights in the form of "pancakes". Training with free weights will not only make you stronger, but will also allow you to develop coordination and flexibility. Unlike strength training machines, which force individual muscles to work, free weights put a load on ligaments, tendons and auxiliary muscles. None of the basic exercises that any instructor tortures novice athletes with (and you are most likely him, a future superhero and a novice athlete) can do without free weights.

The problem is that all the benefits of such training, which are enjoyed by experienced athletes, can turn into an uncomfortable situation for a beginner at best, and an injury at worst. In order for training with free weights to bring you benefit and pleasure, it is enough to have 5 simple rules in mind.

1. Don't hesitate to ask others to back you up

Support is essential when doing a bench press with free weights, especially if you want to increase the load. No one will judge you if you ask an instructor or another gym-goer for help. Don't forget to warn your assistant about how many repetitions you are going to do.

2. Be careful when picking up pancakes

Do not forget that you can get injured not only when doing exercises with free weights, but also during preparation for it: do not be lazy to lift pancakes with both hands. If the pancake itself seems too heavy to you, forget about doing the exercise with this weight.

3. Do not throw the apparatus on the floor after performing the exercise

This will scare some tough guy, and pancakes jumping off from the blow can hurt your legs.

4. Keep an eye on technology

In the early stages, it is better to work with a small weight to establish a connection between the brain and muscles, as well as to work out the technique. Otherwise, you risk losing control of the apparatus and injuring yourself.

5. Never lift dumbbells, pancakes and barbells with straight legs if they are lying on the floor

If you don't want to hurt your knees and back, you should bend your legs a little so that your body can absorb the weight of the projectile.

Questions and Tasks

Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.

Main part. Rules for performing exercises with free weights (dumbbells and barbells).

Typical sets of exercises.

Final part. Exercises for psychoregulation. Analysis of students' educational activity. Tasks. Development of leg muscle strength.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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11. Hygiene during athletic gymnastics.
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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Information reference systems:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Objective: A set of exercises with free weight for the back and arm muscles.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. A set of exercises with free weight for the muscles of the back and arms.

Typical sets of exercises.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 15 minutes.

Main part: performance of control tests.

Final part. Exercises for breathing, flexibility and psychoregulation. Analysis of students' educational activity and correction of the content of their physical self-improvement.

Tasks. Development of the strength of the muscles of the shoulder girdle, abdomen, back.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

POINTS	Pull-up on a high bar /push-up, number of times		Bench press, number of times	Squat with a barbell on the shoulders, number of times	Deadlift, number - times
			Barbell weight: boys – 35% of body weight; girls – 25% of body weight.		
	Boys	Girls	Boys/Girls	Boys/Girls	Boys/Girls
25	12	15	10	10	10
20	10	12	8	8	8
15	8	9	6	6	6
10	6	6	4	4	4
5	4	3	2	2	2
1	2	1	1	1	1

Interview Questions

1st year

1. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
2. To form an idea of the role and function of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
3. To form an idea of the role and function of the musculoskeletal system and methods of influencing them with physical exercises.
4. To form an idea of the role and function of the muscular system and methods of influencing them by physical exercises.
5. To form an idea of the role and function of the skin, diaphragm, digestive system and endocrine glands and methods of influencing them with physical exercises.
6. To form an idea of the role and function of the central nervous system and methods of influencing it by physical exercises.

7. To form an idea of the reflex nature of motor activity and the formation of motor skills.
8. To form an idea of fatigue during physical work, the physiology of fatigue and recovery processes.
9. To form an idea of the orientation of human behavior to ensure one's health and the criteria for the effectiveness of the use of a healthy lifestyle.
10. To form an idea of the levels (types) of health.
11. To form an idea of the social aspect of health and a healthy lifestyle.
12. To form an idea of separate nutrition.
13. To form an idea of vegetarianism and raw food.
14. To form an idea of tempering as a means of restoring health.
15. To form an idea of massage and its types.
16. To form an idea of self-massage.
17. To form an idea of the theory of cleansing and restoration of the body.
18. To form an idea of vitamins as a means of restoring the body.
19. To form an idea of the effect of tobacco substances on the human body.
20. To form an idea of the effect of alcohol on the human body.
21. To form an idea of the effect of narcotic substances on the human body.
22. To form an idea of the basics of first aid.

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 3

Topic 3. General and special physical training in the chosen type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: To get acquainted with the safety rules in athletic gymnastics classes. Special safety requirements. Safety requirements in emergency situations. Causes of injuries in athletic gymnastics classes.

Injury prevention measures.

Fundamentals of OSG in Athletic Gymnastics.

to form an idea of the muscular apparatus of a person and the main muscle groups that determine the relief of the body, the development of strength.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Safety precautions in athletic gymnastics classes. Special safety requirements. Safety requirements in emergency situations. Causes of injuries in athletic gymnastics classes.

Injury prevention measures.

Anatomical foundations of knowledge: human physique. Human muscular apparatus. Main muscle groups that determine the relief of the body. Main muscles and their functions (shoulder girdle). Deltoid muscles are large triceps, triangular muscles surrounding the shoulder joint. Their main functions are shoulder abduction, pronation, supination. The trapezius muscle is located directly under the skin on the back of the trunk and neck. Its main function is to raise the entire shoulder girdle, pull the shoulder blades up, down and in both directions, help with turning the head. Girls are not recommended to get carried away with the development of this muscle. The neckline should be thin and slender. However, if the neck is too thin and long, and the shoulders are sloping, it is necessary to intensify the training of the trapezius muscles. The biceps muscle is located on the front surface of the humerus. It has two heads - long and short (biceps). The biceps muscle is involved in the flexion of the shoulder, forearm, supination of the forearm. The triceps brachii muscle has three heads - long, lateral and medial (triceps). It is located on the back surface of the humerus, directly under the skin. The triceps muscle is involved in the extension of the forearm. Training this muscle in girls allows you to avoid excessive fullness in this part of the body.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Characteristics of the muscles of the neck, back, abdomen, shoulder girdle, arms, legs. Demonstration and learning of basic exercises for the development of the listed muscle groups. Learn the technique of basic exercises with medicine balls, dumbbells, barbells. Load of moderate intensity, the number of repetitions 10-12 times in one set. Select the weight of the equipment and learn the technique of movements, exercises.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities. Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

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2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
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10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of physical fitness.

Objective: To consider the structure, content and organization of athletic gymnastics classes.
To study the main goals, objectives and methods of athletic gymnastics. Testing of the initial level of physical training. Rules for compiling a training set of exercises.

To consider the issues of history, current state and prospects for the development of athletic gymnastics in Russia.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Structure, content and organization of athletic gymnastics classes. Main goals, objectives and methods of athletic gymnastics. Testing of the initial level of physical training. Rules for compiling a training set of exercises.

"Athletic gymnastics," wrote the Honored Scientist, Professor I.M. Sarkizov-Serazini, "is one of the most effective means that comprehensively affect the human body. The abundance of exercises and the ability to subtly dose loads make this important means of health improvement available to people of all ages. And the aesthetic side of athletic gymnastics brings it closer to true art." It is the desire for the beauty of the body that distinguishes athleticism from a number of other types of physical culture. From the standpoint of the theory and methodology of physical education, athletic gymnastics is a type of physical exercise aimed at developing the strength abilities of the human body, improving its health and correcting the body. The roots of athleticism, of course, should be sought in Ancient Greece, but it was in Russia that the direction that later gave fruit-bearing branches was finally formed: kettlebell lifting, weightlifting and, finally, athletic gymnastics. In 1885, Dr. V.F. Kraevsky founded a circle of athletics lovers in St. Petersburg. The program of the circle included the desire for physical development, health, hardening of the body, and the athletes of those years also solved aesthetic problems: they tried to achieve ancient Greek models of physique in their development. After the revolution of 1917, the ideals of athleticism gradually faded into the background, other types of power sports were developed. And only in 1981, the Department of Martial Arts again recommended to expand the work in the field of kettlebell lifting and athletic gymnastics, to create commissions on athletic gymnastics and kettlebell lifting under the

Weightlifting Federations, to develop plans for their work, providing for the organization of clubs, sections, groups at the place of residence. Athletic gymnastics in its modern version crosses the boundaries of the concept of "sport". This is the attitude to physical culture as an obligation to protect and multiply the fund of health and physical qualities that nature endows man with over millions of years of evolution. Experience shows that practitioners can develop great strength (the ability to overcome external resistance through muscle contractions), achieve a high level of endurance (the ability to perform physical work without fatigue), as well as eliminate or sharply reduce the harmful effects of the so-called risk factors on the body. An athlete who is engaged in athleticism receives sufficient physical activity, and in an optimal combination of exercises for strength and endurance; by improving blood circulation in general and blood supply to the brain in particular, training expands opportunities for fruitful mental work; the athlete gets rid of excess fat deposits due to an exercise regimen and reasonable nutrition; a low-fat diet reduces the deposition of cholesterol on the walls of blood vessels); systematic exercise and an emphasis on dairy products rich in calcium in the diet help prevent osteoporosis (bone thinning), which affects almost half of older women and one in eight elderly men; strength training strengthens the nervous system, reduces emotional overload; and finally, there is no place for bad habits in the athlete's regimen, since smoking and alcohol, once in the body, exclude the possibility of achieving goals.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).

Main part. To characterize the main muscle groups, exercises for their development. To learn the technique of performing basic exercises with dumbbells. To select the weight of the shells. Load of moderate intensity, the number of repetitions 10-12 times in one set. Learn a set of exercises with dumbbells. Consider the method of strength endurance training. Circuit training.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of physical fitness.

Goal: to form an idea of the development of strength

Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension. Muscles manifest strength in the following modes: without changing their length (static, isometric mode); when the length decreases (overcoming, myometric mode); when it

is lengthened (yielding, polymetric mode). To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person manifests in any exercise, evaluated regardless of his own weight, is sometimes called absolute strength. It can be characterized, for example, by the maximum weight of a lifted barbell, dynamometer indicators, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight. The maximum strength that a person can manifest depends on biochemical and physiological factors manifested in his individual abilities. In addition, strength, like other physical qualities, is an indicator of the level of health of a person. Consequently, in the process of strength training, the health-improving task is also solved. In our country, athletic gymnastics is developing in two directions: health-improving (health-improving, rehabilitation centers) and competitive (posing and power triathlon). Particular tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts - static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in the power relationship; development of the ability to rationally use force in various conditions; building the beauty of the body, etc. Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved. The means of training strength are exercises with increased resistance, which are usually divided into two groups: 1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment); 2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing basic exercises with a barbell used for strength training. Master "Presses". Lifting a barbell to the chest. Standing barbell press. Get acquainted with typical sets of exercises.

Characteristics of chest muscles. Demonstration and learning of basic exercises for the development of the listed groups. Pick up the weight of the equipment and learn the technique of movements and exercises. Exercises in hanging on a bar: pull-ups, holding hanging on bent arms, lifting with a flip at point-blank range.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

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3. http://BiblioFond.ru
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

.

Objective: To master the technique of performing basic exercises with a barbell used for strength training. Learn the technique of "Squats". Squat with a barbell on the shoulders. Half-squat. Repetition of typical sets of exercises

to form an idea of the athlete's nutrition and safety precautions in athletic gymnastics.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Nutrition is a complex process of intake, digestion, absorption and assimilation in the body of nutrients that are necessary to cover its energy expenditures, build and repair cells and tissues of the body and regulate the body. Rational nutrition in combination with exercises with weights can create or restore an optimal physique. Proteins play a major role in the construction (plastic) of the body. Dietary protein is a complex organic compound that includes about 20 amino acids, 8 of which cannot be formed in the human body and must be supplied with food. Only in the presence of all the required amino acids can the structural elements of muscles - myofibrils - thicken, due to this increase muscle strength. Fats (lipids) are suppliers of energy (calories) in the body and are indispensable components of nutrition. However, excessive consumption of fats contributes to the development of atherosclerosis and obesity, and with long-term restriction of the amount of fats in food, changes in the physiological state of the body are observed: the activity of the central nervous system is disrupted, immunity is weakened, i.e. resistance to infections decreases, etc. Lipids have a high calorie content: 1 gram gives 9 kilocalories, which is more than twice as high as the caloric content of proteins and carbohydrates. The source of vegetable fats is mainly vegetable oils (99.9% fat), nuts (53-65%), oatmeal (6.9%) and buckwheat (3.3%). Sources of animal fats are pork bacon (90-92% fat), butter (72-82%), sausage (20-40%), sour cream (30%), cheese (15-30%). Carbohydrates are important energy components of food. From the point of view of digestibility in the human body, carbohydrates are conventionally divided into two groups - digestible in the digestive tract and non-digestible. Digestible carbohydrates include glucose, fructose, sucrose, maltose, starch, etc. Indigestible carbohydrates include cellulose, pectin substances and dextrins. Digestible carbohydrates, which are the main suppliers of energy, are contained in fresh vegetables, potatoes, rice, fruits. It is believed that an athlete with moderate physical activity should consume 60 simple carbohydrates per day. During intensive training sessions in athleticism, the "warehouses" with carbohydrates work with full load, so between daily trainings it is recommended to consume additional carbohydrates without any special restrictions, but only in their natural form - fruits, vegetables, juices. The content of food components in the diet should correspond to the following data in terms of body weight: proteins - 2.4-2.5 grams; fats - 2.0 -2.3 grams; carbohydrates - 10.0 - 11.0 grams. 2. Dairy products. 3. Cereal products (cereals, cereals, bread). 4. Vegetables and fruits. Each of them contains proteins, fats and carbohydrates in different proportions. 70 г1 килограммVitamins must be contained in food. Their deficiency or complete absence leads to serious consequences. Vitamins cannot be synthesized in the body from other substances. Usually, the body's needs for vitamins are satisfied by adequate nutrition (except for early spring, when preventive intake of multivitamin pills is recommended). Vitamins B 6 (beans, soy, meat products), B12 (beef liver, kidneys, fish, milk, cheese), B *c* (liver, kidneys, yeast and vegetables) are especially important for the assimilation of proteins and the construction of muscle tissue. Minerals are inorganic substances that activate the metabolic processes of the body - water-salt, acid-base. The main necessary minerals and compounds - calcium - are found in milk and dairy products; phosphorus - is found in fish, bread, beans, peas, oatmeal, pearl barley and barley groats, in cheese; magnesium - in bread, cereals; sodium (the need for it is small - about 1 g per day), chlorine - obtained with bread and by salting food with table salt), potassium (in potatoes, apples, grapes), iron (in liver, kidneys, legumes), iodine (in sea fish, cod liver, seaweed). In order for an athlete to be able to fully develop his physical qualities, the balance of minerals must be constantly observed in the body. Water is vital for the human body: being its main component, it participates in various biochemical processes. When

doing athleticism, it is not necessary to limit water intake, because the muscular system consists of 67-70% water and only 18-25% fat.

Safety precautions in athletic gymnastics classes:

1. At the beginning of each workout, conduct a general and special warm-up, preparing the muscles for high loads.
2. Do not be distracted when doing strength exercises.
3. Before lifting heavy weights, learn the technique of correctly performing the movement in this exercise.
4. Use the correct movement technique. Avoid straining in breathing.
5. Finish strength exercises with a straight back in order to prevent spinal injury.
6. In the initial period of strength training, increase the load on the wrist, elbow, ankle and knee joints slowly and gradually.
7. Exclude from training exercises that cause pain.
8. Observe the rules of personal hygiene to prevent damage to the skin on the palms.
9. After training, perform a variety of activities for a speedy recovery.
10. Make sure that the weight training equipment is in good working order, and observe the order and safety rules in the strength training room.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. To master the technique of performing basic exercises with a barbell used for strength training. To learn the technique of "Squats". Squatting with a barbell on the shoulders. Half-squatting. Repetition of typical sets of exercises

Characteristics of the muscles of the arms. Demonstration and learning of basic exercises for the development of the listed groups. Pick up the weight of the equipment and learn the technique of movements, exercises. Learning basic exercises with dumbbells and kettlebells and kettlebells.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Objective: To learn the technique of performing basic exercises with a barbell used for strength training. Deadlifts: Barbell rows with straight legs (deadlifts). Barbell rows while standing on a stand.

Typical sets of exercises.

to form an idea of the methodological directions for the development of strength abilities (complex training).

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main methodological directions of strength training are based on the physiological laws of physical education. Strength gain occurs when the process of training creates maximum power tension, which can be achieved in the following ways: 1) overcoming unsaturated weights (resistances) with a maximum number of repetitions; 2) maximum increase in external resistance (in a dynamic or statistical mode); H) overcoming resistances with maximum speed. It is customary to dose the amount of weight in strength training according to the following criteria: as a percentage of the maximum weight; by the difference from the maximum weight (for example, 10 - 15 kg less than the maximum weight); by the number of possible repetitions of the exercise in one set. In the first methodical variant, the use of maximum weights with a maximum number of repetitions, the maximum muscle tension is achieved at the last repetitions, when working to failure against the background of pronounced fatigue. In terms of energy, such work is unprofitable, but has a number of significant advantages if the training is aimed at the development of power endurance or is carried out mainly with a health-improving orientation. Exercises with non-limit weights provide great opportunities to control the technique of movements. This is of particular importance for beginners. Moreover, for people who have not previously engaged in strength exercises, the restriction of weights makes it possible to avoid injuries. It is also important that at first the effectiveness of strength training almost does not depend on the amount of resistance. However, with an increase in the number of sessions, the advantage of maximum weights becomes obvious. In the training of qualified athletes, the methods based on repeatedly repeated non-limit weights are used in strength training mainly as additional. The second methodical variant - the use of maximum and near-limit weights - is the main one in the training of qualified athletes. Exercise with maximum weight causes significant emotional fatigue and is associated with insufficient load volumes. Therefore, training is carried out mainly with near-limit weights, which are overcome without significant emotional excitement (weight less than the maximum by 10 - 15 percent). It is desirable to use a weight greater than the maximum training weight once every 7 - 14 days. They are used as an additional means in the process of training strength capabilities. The effectiveness of these exercises is less than dynamic exercises, and it is recommended to perform them in the form of maximum repetitions of exercises within 5 - 10 seconds each. When performing strength exercises, several basic rules should be observed: 1) it is possible to allow tension of the exhalation muscles with a closed glottis, which increases strength indicators, only when it is necessary, that is, with short-term maximum tensions. Do not hold your breath when the condition does not require it (for example, when repeating exercises with low tensions); 2) beginners should not be given exercises with maximum and near-maximum tensions (weights) in large volumes; h) should not take a maximum inhalation before performing strength exercises, as this will unnecessarily increase intrathoracic pressure and aggravate the unfavorable shifts that are observed during straining; 4) since exhalation with a narrowed glottis achieves almost the same strength indicators as when straining, it is possible to make maximum effort on exhalation without holding the breath, but through slightly compressed lips; 5) beginners should inhale and exhale in the middle of the exercise, in particular, at the moment when the barbell is on the chest; 6) taking into account that shock states occur only with slow pressing, it is necessary to achieve a quick lifting of even the maximum weight; 7) for each movement, there are such body positions in which the highest and lowest values of force are manifested. During flexion in the elbow joint, the maximum force is achieved at an angle of 90 degrees, when extending in the elbow and knee joints, the optimal angle is about 120 degrees, and when changing the deadweight - 155 degrees. In the system of training sessions for strength training, it is necessary to use a combination of exercises of general and relatively local action. In the human body, there are more than 500 muscles. The following five groups are the most important, which significantly affect the "overall strength" of a person: 1) extensors of the spinal column; 2) flexors of the spinal column and muscles of the hip joints; h) extensors of the legs; 4) flexors of the legs; 5) pectoralis major. It is desirable to use strength exercises at the beginning of the main part of the workout against the background of a "fresh" optimal state of the body. When

using significant weights (50 percent of the maximum and above), the rest intervals between repetitions are mainly 2 - 3 minutes, near the limit - 4 - 6 minutes, the limit - 10 - 15 minutes. Before approaching the main training weight, several approaches to small weights are made. Such preliminary work with weights pursues the task of warming up. In cases where exercises with both near-limit weights and non-limit weights are included in the training, until "failure", the first should be performed first.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).
Main part. To learn the technique of performing basic exercises with a barbell used for strength training. Deadlifts: Barbell deadlift from straight legs (deadlift). Barbell deadlift, standing on a stand.

Typical sets of exercises.

Learn and improve exercises without weights and objects related to overcoming the resistance of their own body weight; exercises with gymnastic apparatus of a certain design and weight (balls, body bars, shock absorbers, etc.); exercises with standard weights (dumbbells, kettlebells, barbells); exercises with a partner (in pairs, triples); exercises on simulators and special devices. Development of power endurance. Learn a complex with a barbell, select the weight of the apparatus and learn the technique of movements.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Objective: A set of exercises for the back muscles using your own weight.
Pull-up on the bar with a wide grip on the head.
Pull-up on the bar with a wide grip to the chest.
Pullover with a barbell, arms bent.

Typical sets of exercises.

to form an idea of circuit training and its variety. Athletic gymnastics as an effective means of regulating body weight.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Depending on the tasks set, circuit training can be planned in the preparatory, main or final part of the lesson. Circuit training complexes include exercises aimed at the predominant development of the muscles of the shoulder girdle, arms, abdomen and back, increasing joint mobility, strengthening of the entire musculature. The number of exercises varies from 10 to 15 stations. When selecting complexes, it is necessary to follow the basic didactic principles, that is, to

go from simple to complex, to alternate active rest of some muscle groups with rest of others. At the first lesson, students get acquainted with the organizational form of performing exercises at stations, the sequence of performance, transitions, recording in registration cards, calculations, etc. At the second lesson, they get acquainted with the definition of MT (maximum test) of performing exercises at each station, with the determination of further load according to the MT/2 or MT/4 scheme, depending on the physical fitness of the group. At 3-6 lessons, MT/4 + 1 or MT/2 + 1 are held, followed by an increase in each lesson by one or more repetitions. The most effective strength exercises are those that can be performed no more than 12-15 times in a row at one circuit training station during 30 seconds of work. It is recommended to change sets of strength exercises periodically They change once every 2-6 weeks. Athletic gymnastics as an effective means of regulating body weight. Athletic gymnastics is excellent for the accumulation of muscle tissue and the reduction of body fat. In contrast to adipose tissue, muscle tissue is metabolically active and has high energy requirements for support and recovery. Muscle building corresponds to the acceleration of metabolism. Athletic gymnastics allows you to literally rebuild your body and lose at least 1 kg of adipose tissue per week – without the risk to your health, as is the case with diet medications or "therapeutic fasting".

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. A set of exercises for the back muscles using your own weight.

Pull-up on the bar with a wide grip on the head.

Pull-up on the bar with a wide grip to the chest.

Pullover with a barbell, arms bent.

Typical sets of exercises

Exercises on simulators.

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Objective: To learn the technique of performing exercises for the chest muscles. Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench. Spreading the arms with dumbbells to the sides, lying on a horizontal bench.
Spreading your arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

to form a scientific understanding of overstrain, the causes of its occurrence.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Overexertion is a sharp deterioration in well-being due to a load that exceeds the level of training of the athlete. Usually this is the result of a single exposure to excessive work. With repeated overloads, overexertion can become chronic and lead to diseases of various organs and systems. Overtraining is a disease that occurs in connection with overstrain of the central nervous system in a trained athlete. A self-control diary will help to avoid these phenomena, in which the pulse rate, duration and quality of sleep, appetite are recorded daily. When these signs of the initial stage of overtraining appear, it is necessary to identify their causes, which may be: prolonged use of monotonous intensive exercises with insufficient recovery of strength and insufficient rest, conflict situations during intense training, infectious diseases, violation of the regimen, smoking and alcohol, large weight loss. A reasonable combination of training with weights with other forms of physical activity, especially those that affect the body in a different way than strength, will help to prevent the further development of pathological conditions: 1. It is necessary to include in your regime work in aerobic types of physical activity associated with increased oxygen consumption, for example, slow running, jumping rope, cycling, swimming, skiing, etc. a) aerobic work develops the lungs, stimulates the heart and pulmonary circulation, which is important for optimal health and overall endurance; b) increased oxygen inflow in the body and its participation in energy processes help to burn faster in the form of energy underoxidized decay products formed in muscles and blood flow during strength work and slow down recovery; c) during aerobic work, the body switches to an accelerated metabolic pace, burning fatty acids as the main source of energy, thus releasing fat deposits and improving muscle relief. It is important that aerobic work, regardless of its type, lasts at least 25-30 minutes at a pulse rate, which is calculated according to the formula: HR = 0.8 • (220 – age). Include such work during the period of gaining strength and muscle mass 1-2 times a week, and during the periods of getting rid of fat deposits (for muscle relief) – up to 3-4 times a week. 2. It is impossible to achieve progress in athletic gymnastics without high-quality recovery of the body after classes - these are physiotherapeutic procedures (bath, sauna, bath, massage, electrophototherapy). These procedures are used to relieve general fatigue of the body, to reduce muscle fatigue, activate the functions of the nervous and cardiovascular systems, increase the body's resistance to adverse environmental influences, and intensively affect various physiological functions. Various baths (coniferous, sodium chloride) have a calming effect on the body. Various types of massage will help to relieve tension, normalize muscle tone, and have an analgesic effect. The body's immune forces are stimulated by general ultraviolet radiation and oxygen cocktails. 3. In rare cases of extreme overtraining, it is necessary to temporarily abandon weights and engage only in general health types of physical education. Recall that training and recovery are an interrelated process. Restoration of strength involves not only the return of body functions to the working level, but also the transfer of the life support system to a new, higher level of energy capabilities, called super-recovery. Only against the background of super-recovery is it possible to increase training and increase performance, while an increase in strength and muscle volume is especially important for athletic gymnastics.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing exercises for the chest muscles. Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench. Spreading the arms with dumbbells to the sides, lying on a horizontal bench.

Spreading your arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

Exercises with standard weights (dumbbells, kettlebells, barbells).

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing sets of exercises.

Objective: To learn the technique of performing athletic gymnastics exercises for the thigh and lower leg muscles. Half-squats with a barbell. Leg extension on the simulator. Leg bending in a lying position (on the simulator). Lunges. Back lunges. Raising on toes in a standing position with dumbbells, a barbell. Typical sets of exercises.

to acquaint with domestic methodological systems for the development of strength and building the beauty of the body, corrective gymnastics

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

1. Kettlebell rhythm athleticism is a domestic invention.

Power aerobics for men, combining the elegance of rhythmic gymnastics and rational elements of the kettlebell technique (developed at the All-Russian Research Institute of Physical Culture).

2. Kettlebell lifting is the system of Y. Romashin, a well-known coach who prepares masters of sports from beginners in two years. He himself believes that it is not only about the system, but also about the strong desire and purposefulness of a person

3. Kettlebell lifting (competitive program) – M. Starodubtsev's system (pressing two kettlebells alternately, juggling one kettlebell, pushing two kettlebells; pressing two kettlebells alternately, juggling one kettlebell with throwing and catching).

Exercises are performed depending on the weight category with 24 and 32 kg shells.

4. The increased interest of the peoples inhabiting Russia in their own culture is an incentive for the revival of national sports in a modern form (for example, throwing stones and weights in Dagestan, etc.).

5. A.K. Anokhin's system (volitional gymnastics). The essence of gymnastics is that you develop strength by tensing the muscles at your own will without external load. For example, slowly, slowly rise from the squat position and strain the muscles of the legs as much as possible, as if you have a very heavy load on your shoulders. After you stand up, just as slowly and with the same maximum effort, you lower yourself into the i.p. This is how you train the muscles of the front and back of the thigh, performing the exercise in a statistical mode, but while moving.

6. The system of V.G. Fokhtin is based on the principle of self-resistance. You use the limbs as levers, straining them in a statistical mode at different angles. For example, you want to train the biceps of the right arm. Put it at an angle $90°$ (or other), you try to bend it, and with your left hand counteract this movement.

Y.A. Peganov's system is a combination of isometric exercises and stretching.

8. The system of V.I. Dikul is a system of exercises with weights.

9. The system of training sessions by V.F. Regulyan is competitive athleticism (posing and power triathlon).

Corrective gymnastics. Many boys and girls of normal height and weight are often not satisfied with the shapes of individual parts of their own body. There is a need to correct them. And this is possible. It is possible with the selective use of special exercises that develop individual muscle groups, changing the general shape of body parts. Now methods and existing methods of developing almost every muscle have already been developed. The greatest experience of such work has been accumulated in weightlifting, athletic and artistic gymnastics, shaping. At the same time, it is important to choose, with the help of a teacher, the optimal training system, which is based on knowledge of anatomy, physiology, biomechanics of human movements. In addition, it is necessary to get acquainted with and master the basics of training yourself.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Learn the technique of performing athletic gymnastics exercises for the thigh and lower leg muscles. Half-squats with a barbell. Leg extension on the simulator. Bending the legs in a lying position (on the simulator). Lunges. Back lunges. Raising on toes in a standing position with dumbbells, a barbell. Typical sets of exercises.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. -

Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1	http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2	http://BiblioFond.ru
3	http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4	http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing sets of exercises.

Objective: To learn a set of exercises for the shoulder girdle using your own weight. Technique for performing exercises for the muscles of the upper shoulder girdle.

Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

to reveal the method of impact training in athletic gymnastics.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

Exercises for muscles that are less amenable to development are combined with the work of antagonist muscles, the development of which is more active. For example, if the development of the pectoral muscles lags behind, having achieved a powerful flow of blood to the torso due to the work of the latissimus muscles (antagonists in relation to the pectorals), exercises for the pectoral and spinal muscles are combined. You can perform the exercises sequentially, you can use the method of

combined approaches (back-chest). Moreover, if in the first exercise a lower weight of the apparatus and a greater number of repetitions are used, then in the second - relatively greater weight and a more powerful load with fewer repetitions in series. A similar effect is permissible on the muscles of the arms. If the triceps lags behind in development, then first you need to work on the biceps, and vice versa.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).

Main part. Learn a set of exercises for the shoulder girdle using your own weight. Technique for performing exercises for the muscles of the upper shoulder girdle.

Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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not provided

Information reference systems:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Topic 4. Special physical training in the chosen type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: Safety precautions in athletic gymnastics classes.

Typical sets of exercises.

to form an idea of passive flexibility.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

According to the form of manifestation, flexibility is distinguished between active and passive. Active flexibility is the ability to perform movements with a large amplitude due to the own activity of the corresponding muscles. Passive flexibility is the ability to achieve the maximum possible mobility in the joints under the influence of external tensile forces: the efforts of a partner, external weights, special devices, etc. According to the method of manifestation, flexibility is divided into dynamic and static. Dynamic flexibility is manifested in movements, and static flexibility in postures. There are also general and special flexibility. General flexibility is characterized by high mobility (range of motion in all joints: hip, ankle, shoulder, elbow, spine). Special flexibility is the amplitude of movements of a particular exercise. Active flexibility is realized when performing various exercises, and therefore in practice its value is higher than passive flexibility, which reflects the amount of reserve for the development of active flexibility. A factor influencing mobility in the joints is also the general functional state of the body at the moment: under the influence of fatigue, active flexibility decreases (due to a decrease in the ability of muscles to complete relaxation after

the previous contraction), and passive flexibility increases (due to less muscle tone that counteracts stretching). Flexibility develops most intensively up to 10-14 years. At the same time, the sensitive period for the development of passive flexibility will be 9-10 years, and for active flexibility 10-14 years. After 15-16 years, flexibility indicators stabilize even if you do not perform exercises aimed at developing flexibility.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Exercises for the development of passive flexibility. Semi-splits, splits.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Objective: Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

to form an idea of passive flexibility.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

According to the form of manifestation, flexibility is distinguished between active and passive. Active flexibility is the ability to perform movements with a large amplitude due to the own activity of the corresponding muscles. Passive flexibility is the ability to achieve the maximum possible mobility in the joints under the influence of external tensile forces: the efforts of a partner, external weights, special devices, etc. According to the method of manifestation, flexibility is divided into dynamic and static. Dynamic flexibility is manifested in movements, and static flexibility in postures. There are also general and special flexibility. General flexibility is characterized by high mobility (range of motion in all joints: hip, ankle, shoulder, elbow, spine). Special flexibility is the amplitude of movements of a particular exercise. Active flexibility is realized when performing various exercises, and therefore in practice its value is higher than passive flexibility, which reflects the amount of reserve for the development of active flexibility. A factor influencing mobility in the joints is also the general functional state of the body at the moment: under the influence of fatigue, active flexibility decreases (due to a decrease in the ability of muscles to complete relaxation after the previous contraction), and passive flexibility increases (due to less muscle tone that counteracts stretching). Flexibility develops most intensively up to 10-14 years. At the same time, the sensitive period for the development of passive flexibility will be 9-10 years, and for active flexibility 10-14 years. After 15-16 years, flexibility indicators stabilize even if you do not perform exercises aimed at developing flexibility.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

Exercises for the development of passive flexibility, splits.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Objective: To perform a combined set of exercises for the back muscles.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main factor in the development of muscle strength is their activity under significant and constantly increasing (to the maximum level) tensions. In sports practice, these conditions are created with the help of various means and methods.

Training in "one's own" sport (in **a specialized exercise**), along with other physical qualities, also develops strength, but for **strength training**, a variety of special exercises **and special auxiliary exercises** are necessarily additionally used.

This is necessary due to the fact that, firstly, they allow you to achieve a greater effect, mainly due to the development of strength in combination with other qualities. Secondly, one of the advantages of special and special auxiliary exercises over a specialized exercise is the possibility of local impact on individual muscle groups. Finally, these exercises make it possible to diversify the load, thanks to which it is possible to more flexibly affect the vegetative functions and motor qualities of the athlete, without overloading his nervous system.

The main means of strength training are exercises with various types of weights (with overcoming your own weight and the weight of your partner, with a barbell, dumbbells, medicine balls, shock absorbers, block devices, etc.).

To develop strength in sports practice, several methods are used, differing in the amount of resistance, the number of repetitions, the mode of exercise performance (pace, speed of movements, duration of rest pauses):

The method of maximum effort (sometimes this method is also called **the method of short-term efforts** or the method of short-term maximum power loads). Its essence is that the athlete, overcoming

or trying to overcome the maximum resistance, shows the maximum muscle effort for this case, which is an exceptionally powerful, and therefore effective physiological stimulus.

An example of the application **of the maximum effort method** is lifting a barbell of maximum weight, pull-ups on a bar or push-ups on bars with additional weights, isometric exercises performed with maximum tension, etc.

The mode of performing exercises according to this method is generally expressed as follows: the amount of resistance is 1-3 RM*, the number of repetitions is 1-3, the pace of movements is low, the speed is from low to moderate, the rest pause between exercises and sets is at least 2 minutes.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Perform a combined set of exercises for the back muscles.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources
http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Objective: To perform a combined set of exercises for the muscles of the legs and abdominal press.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

The main factor in the development of muscle strength is their activity under significant and constantly increasing (to the maximum level) tensions. In sports practice, these conditions are created with the help of various means and methods.

Training in "one's own" sport (in **a specialized exercise**), along with other physical qualities, also develops strength, but for **strength training**, a variety of special exercises **and special auxiliary exercises** are necessarily additionally used.

This is necessary due to the fact that, firstly, they allow you to achieve a greater effect, mainly due to the development of strength in combination with other qualities. Secondly, one of the advantages of special and special auxiliary exercises over a specialized exercise is the possibility of local impact on individual muscle groups. Finally, these exercises make it possible to diversify the load, thanks to which it is possible to more flexibly affect the vegetative functions and motor qualities of the athlete, without overloading his nervous system.

The main means of strength training are exercises with various types of weights (with overcoming your own weight and the weight of your partner, with a barbell, dumbbells, medicine balls, shock absorbers, block devices, etc.).

To develop strength in sports practice, several methods are used, differing in the amount of resistance, the number of repetitions, the mode of exercise performance (pace, speed of movements, duration of rest pauses):

The method of maximum effort (sometimes this method is also called **the method of short-term efforts** or the method of short-term maximum power loads). Its essence is that the athlete, overcoming or trying to overcome the maximum resistance, shows the maximum muscle effort for this case, which is an exceptionally powerful, and therefore effective physiological stimulus.

An example of the application **of the maximum effort method** is lifting a barbell of maximum weight, pull-ups on a bar or push-ups on bars with additional weights, isometric exercises performed with maximum tension, etc.

The mode of performing exercises according to this method is generally expressed as follows: the amount of resistance is 1-3 RM*, the number of repetitions is 1-3, the pace of movements is low, the speed is from low to moderate, the rest pause between exercises and sets is at least 2 minutes.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Perform a combined set of exercises for the muscles of the legs and abdominal press.

Final part. Active games. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Objective: to reveal the concept of flexibility and the methodology for its development.

Combined set of exercises for flexibility.

Rules for recovery after training.

Separate training program (basic concepts).

Rules for building RTP.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

In some textbooks, manuals, monographs, it is either not included in the list of basic physical qualities, or is considered as a prerequisite that contributes to a more effective manifestation of human motor capabilities, especially those that involve the performance of movements with a large amplitude. This attitude is largely due to the fact that the manifestation of flexibility itself is mainly due to the state of the musculoskeletal system and is not associated with a significant strain of the main functional systems of the body (cardiovascular, respiratory, excretory, energy supply, etc.), which is characteristic of the manifestation of other physical qualities. It is measured by determining the maximum (limit) range of motion. For this purpose, two methods are mainly used. One of them is based on the use of special devices - goniometers, with the help of which mobility in individual joints is measured. This method requires special equipment and does not allow you to independently measure the amplitude of many movements. It is much easier to measure the amplitude of movements with the help of special motor tests. A special place is given to measuring the flexibility of the spinal

column. In a comprehensive assessment of a person's motor capabilities, to determine flexibility, as a rule, movements are used, in which a larger number of large joints and the spine are involved. The degree of flexibility is assessed by how much higher or lower the fingers of the subject's hands were at the moment of fixing the maximum depth of inclination. There are other tests, for example, bending (bending) backwards, bending forward from a sitting position, etc. General flexibility is characterized by the maximum amplitude of motion in the largest joints, and special flexibility is characterized by the amplitude corresponding to the technique of a particular motor action. Flexibility is due to the peculiarities of the structure of the joints and the elasticity of muscles and ligaments. The degree of their elasticity depends on the external temperature, at which it increases. The manifestation of flexibility is more affected than the manifestation of other physical qualities by daily periodicity (time of day). In the morning, flexibility is significantly reduced. It increases under the influence of "warming up" the body with the help of warm-up. At the same time, the indicators of active flexibility deteriorate, and passive flexibility increases. The psychological state of the trainees also affects the manifestations of flexibility. So, in conditions of emotional uplift, flexibility increases. Flexibility can be negatively related to strength indicators. Excessive enthusiasm for strength exercises without due attention to the development of flexibility leads to a significant limitation of joint mobility. This negative effect can be prevented by a rational combination of strength and flexibility exercises, which allows you to achieve a high degree of development of both qualities. Flexibility develops most intensively up to 15-17 years. At the same time, the most favorable period for the development of passive flexibility is the age of 9-10 years, and for active - 10-14 years. In girls, flexibility indicators are significantly higher - 20-30% higher than in boys. For the purposeful development of flexibility, exercises with increased amplitude are used - stretching exercises. They are divided into active (dynamic and static) and passive. Active exercises differ in the nature of performance: monophasic and springy, swing and fixed, with self-grips, with and without weights. This group also includes static exercises, in which the task is given to maintain a stationary position of the body in conditions of maximum amplitude.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU), special running exercises.

Main part. Exercises for the development of flexibility in pairs.

Final part. Summing up the lesson with an indication of general and individual mistakes.

Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
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9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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List of additional literature

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Objective: Rules for performing exercises with free weights (dumbbells and barbells).

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part:

Free weights, as a rule, are dumbbells and barbells - equipment, which is a bar with weights in the form of "pancakes". Training with free weights will not only make you stronger, but will also allow you to develop coordination and flexibility. Unlike strength training machines, which force individual muscles to work, free weights put a load on ligaments, tendons and auxiliary muscles. None of the basic exercises that any instructor tortures novice athletes with (and you are most likely him, a future superhero and a novice athlete) can do without free weights.

The problem is that all the benefits of such training, which are enjoyed by experienced athletes, can turn into an uncomfortable situation for a beginner at best, and an injury at worst. In order for training with free weights to bring you benefit and pleasure, it is enough to have 5 simple rules in mind.

1. Don't hesitate to ask others to back you up

Support is essential when doing a bench press with free weights, especially if you want to increase the load. No one will judge you if you ask an instructor or another gym-goer for help. Don't forget to warn your assistant about how many repetitions you are going to do.

2. Be careful when picking up pancakes

Do not forget that you can get injured not only when doing exercises with free weights, but also during preparation for it: do not be lazy to lift pancakes with both hands. If the pancake itself seems too heavy to you, forget about doing the exercise with this weight.

3. Do not throw the apparatus on the floor after performing the exercise

This will scare some tough guy, and pancakes jumping off from the blow can hurt your legs.

4. Keep an eye on technology

In the early stages, it is better to work with a small weight to establish a connection between the brain and muscles, as well as to work out the technique. Otherwise, you risk losing control of the apparatus and injuring yourself.

5. Never lift dumbbells, pancakes and barbells with straight legs if they are lying on the floor

If you don't want to hurt your knees and back, you should bend your legs a little so that your body can absorb the weight of the projectile.

Questions and Tasks

Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.

Main part. Rules for performing exercises with free weights (dumbbells and barbells).

Typical sets of exercises.

Final part. Exercises for psychoregulation. Analysis of students' educational activity.

Tasks. Development of leg muscle strength.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
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6 http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Control lesson, performance of control tests.

Objective: Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. Performance of control tests.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
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9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

Athletic gymnastics

POINTS	Pull-up on a high bar /push-up, number of times		Bench press, number of times	Squat with a barbell on the shoulders, number of times	Deadlift, number - times
			Barbell weight: boys – 35% of body weight; girls – 25% of body weight.		
	Boys	Girls	Boys/Girls	Boys/Girls	Boys/Girls
25	12	15	10	10	10
20	10	12	8	8	8
15	8	9	6	6	6
10	6	6	4	4	4
5	4	3	2	2	2
1	2	1	1	1	1

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.

6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 5

Topic 5. Improving the technique of physical exercises in the selected type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Purpose: to familiarize students with safety in the classroom, to form an idea of the state of physical fitness of students.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. Jogging 7 minutes. OSG 10-15 minutes. Special running exercises (running with a high hip lift, jumping, "seeding", with shin sweeping) 3x20m; Acceleration 3x30m

Main part. Safety precautions in athletic gymnastics classes.

Typical sets of exercises.

Jumping exercises - 15 min. (Jumping on one leg, multi-jumps, jumps, "frog").

Final part. Exercises for relaxation, flexibility and psychoregulation. Summing up the results of students' educational activities.

Tasks. Development of the strength of the muscles of the upper shoulder girdle.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.

5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of technical readiness.

Objective: To improve the performance of basic exercises with a barbell used by
for strength training. Presses. Lifting the barbell to the chest. Standing barbell press.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. Improving the performance of basic exercises with a barbell used by
for strength training. Presses. Lifting the barbell to the chest. Standing barbell press.
Typical sets of exercises

Final part. Jogging. Analysis of students' educational activities.

Tasks. Development of leg muscle strength and lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV,

2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of technical readiness.

Objective: To improve the performance of basic exercises with a barbell used by
for strength training. Presses. Lifting the barbell to the chest. Standing barbell press.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. Improving the performance of basic exercises with a barbell used by
for strength training. Presses. Lifting the barbell to the chest. Standing barbell press.
Typical sets of exercises
Final part. Jogging. Analysis of students' educational activities.
Tasks. Development of leg muscle strength and lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.

2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises for technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Objective: To improve the performance of basic exercises with a barbell used for strength training. Squats. Squats with a barbell on the shoulders. Half-squat.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. Improvement of basic exercises with a barbell used for strength training. Squats. Squat with a barbell on the shoulders. Half-squat.

Typical sets of exercises

Final part. Jogging. Analysis of students' educational activities.

Tasks. Development of leg muscle strength and lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises for technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Objective: To improve the performance of basic exercises with a barbell used for strength training. Deadlifts. Barbell rows with straight legs (deadlifts). Barbell rows standing on a stand. Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Walking and running for 7-10 minutes. General development exercises (ORU) (10-15 minutes). Special running exercises (running with a high hip lift, jumping, "seeding", with shin overflow) for 20 m; Acceleration 2x30m, 1x60m.

Main part. Improvement of the performance of basic exercises with a barbell used for strength training. Deadlifts. Barbell deadlift from straight legs (deadlift). Barbell deadlift, standing on a stand. Typical sets of exercises.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Complex development of physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing a set of exercises

Conversation. Means and methods of technical training in the selected type of physical culture and sports activity**.**

Objective: To improve the technique of performing exercises for the back muscles.
Pullover with a barbell, arms bent.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging – 7-10 min. General development and special running exercises – 20 min.
Main part. Improving the technique of performing exercises for the back muscles.
Pullover with a barbell, arms bent.

Typical sets of exercises.

Final part. Exercises for breathing, relaxation and psychoregulation. Analysis of students' educational activities. Summing up the lessons.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?

13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

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3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
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List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing a set of exercises

Objective: To improve the performance of exercises for the chest muscles.
Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench.
Spread your arms with dumbbells to the sides, lying on a horizontal bench.
Spreading the arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 15 minutes.

Main part: Improving exercises for chest muscles.

Dumbbell bench press on a horizontal bench. Dumbbell bench press on an incline bench.

Spread your arms with dumbbells to the sides, lying on a horizontal bench.

Spreading the arms with dumbbells to the sides, lying on an inclined bench.

Typical sets of exercises.

Final part. Exercises for breathing, flexibility and psychoregulation. Analysis of students' educational activity and correction of the content of their physical self-improvement.

Tasks. Development of the strength of the muscles of the shoulder girdle, abdomen, back.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing a set of exercises

Objective: To improve the performance of athletic gymnastics exercises for the thigh muscles. Half-squats with a barbell.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 15 minutes.

Main part: Improving the performance of athletic gymnastics exercises for the thigh muscles. Half-squats with a barbell.

Typical sets of exercises.

Final part. Exercises for breathing, flexibility and psychoregulation. Analysis of students' educational activity and correction of the content of their physical self-improvement.

Tasks. Development of the strength of the muscles of the shoulder girdle, abdomen, back.

Questions for control

1. The essence of the concept of general physical training.
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3. The influence of gymnastics on the student's body.
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5. Physical quality – flexibility and methods of its development.
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11. Hygiene during athletic gymnastics.
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2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;

- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing a set of exercises

Objective: To improve the performance of exercises for the muscles of the upper shoulder girdle. Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and Tasks

Preparatory part. Jogging, general development and special running exercises 25 minutes.

Main part. Improving the performance of exercises for the muscles of the upper shoulder girdle.

Press on a deltoid machine. Seated dumbbell press. Raising arms with dumbbells through the sides up. Moving the arm to the side up on a block machine.

Typical sets of exercises.

Final part. Breathing exercises and psychoregulation. Analysis of students' educational activity.

Tasks. Development of general endurance and lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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List of additional literature

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Topic 6. Expanding the functional capabilities of the body by means of the selected type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: Safety precautions in athletic gymnastics classes.

Typical sets of exercises.

Improving the technique of performing exercises for the chest muscles.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body

to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).
Main part. Safety precautions in athletic gymnastics classes.

Typical sets of exercises.

Improving the technique of performing exercises for the chest muscles.

Moderate intensity load, the number of repetitions is 10-12 times in one set. A set of exercises with dumbbells. Consider the method of strength endurance training. Circuit training.

Final part. Exercises for relaxation and flexibility. Analysis of students' educational activity.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of technical training exercises. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Objective: Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

Improvement of strength abilities.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Combined set of exercises for the shoulder girdle.

Features of the maximum effort method.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Development of back muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of technical training. Means and methods of technical training in the selected type of physical culture and sports activity.

Objective: Combined set of exercises for the back muscles.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Combined set of exercises for the back muscles.

Typical sets of exercises

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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4 http://sinncom.ru/content/resurs/index.htm
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5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

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7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Objective: Combined set of exercises for the muscles of the legs and abdominal press.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. A combined set of exercises for the muscles of the legs and abdominal press.

Typical sets of exercises.

Exercises on simulators.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.

8. Physical quality – speed and methods of its development. Speed and strength abilities.

9. Jumping as a way of moving a person and a type of sports motor actions.

10. Fundamentals of athletic gymnastics training.

11. Hygiene during athletic gymnastics.

12. What is the positive effect of strength training on the human body?

13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Combined set of exercises "for flexibility". Rules for recovery after training. Separate training program (basic concepts). Rules for building RTP.

Objective: to teach the technique of performing exercises for the back muscles.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. Combined set of exercises "for flexibility". Rules for recovery after training. Separate training program (basic concepts). Rules for building RTP.

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Objective: A set of exercises with free weight for the muscles of the shoulder girdle.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part:

To form a scientific understanding of overexertion, the causes of its occurrence. Signs of overtraining and the main causes of its development (external and internal), preventive measures for the further development of pathological conditions. To form ways to regulate the load in athletic gymnastics classes (number of exercises, number of repetitions, pace of performance, duration of classes); methodological principles; self-control diary as one of the ways to regulate the load (heart rate, respiratory rate, sensations during and after training, etc.).

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. A set of exercises with free weight for the muscles of the shoulder girdle.

Typical sets of exercises.

Final part. Breathing exercises, self-massage.

Tasks. Correction of the development of back muscles. Correct position of the back when performing exercises with weights, in the initial period of strength training, increase the loads gradually, learn the technique of correct execution of exercises before applying weights.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

not provided

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Objective: A set of exercises with free weight for the back muscles.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. OSG, flexibility exercises.

Main part. A set of exercises with free weight for the back muscles.

Final part. Relaxation exercises, self-massage, analysis of students' educational activities.

Tasks. Correction of the development of back muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: A combined set of exercises using various weights for the muscles of the legs and abdominals.

Typical sets of exercises.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Questions and tasks:

Preparatory part. Drill exercises: formation and reformation (formation in a line, in a column, in a circle; reformation from one line to two, three; reformation from a line to a ledge; reformation

from a column one by one to a column by two, three, etc. by turning in motion; reformation of a column one by one into columns of two, four, eight by splitting and convergence). Slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.
Main part. A combined set of exercises using various weights for the muscles of the legs and abdominal press.

Typical sets of exercises.

Final part. Slow running of moderate intensity for 5 minutes, exercises for flexibility and relaxation. Summing up the results of the lesson with an indication of general and individual mistakes.
Tasks. Exercises for the development of flexibility and strength of the leg muscles.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
4. Physical quality – strength and methods of its development.
5. Physical quality – flexibility and methods of its development.
6. Physical quality – dexterity and methods of its development. Coordination abilities.
7. Physical quality – endurance and methods of its development.
8. Physical quality – speed and methods of its development. Speed and strength abilities.
9. Jumping as a way of moving a person and a type of sports motor actions.
10. Fundamentals of athletic gymnastics training.
11. Hygiene during athletic gymnastics.
12. What is the positive effect of strength training on the human body?
13. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
14. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards

POINTS	**Pull-up on a high bar /push-up, number of times**		**Bench press, number of times**	**Squat with a barbell on the shoulders, number of times**	**Deadlift, number - times**
			Barbell weight: boys – 35% of body weight; girls – 25% of body weight.		
	Boys	Girls	Boys/Girls	Boys/Girls	Boys/Girls
25	12	15	10	10	10
20	10	12	8	8	8
15	8	9	6	6	6
10	6	6	4	4	4
5	4	3	2	2	2
1	2	1	1	1	1

Interview Questions
3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.

7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases**.**
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(athletic gymnastics)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective Disciplines (Modules) in Physical Culture and Sports" is part of the part formed by the participants of educational relations and is studied in 1-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the	Maintains the proper level of

	proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	physical fitness to ensure full social and professional activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

№			Full-time	

	Section (topic) of the discipline and summary	Emerging competencies, indicators	Contact work of students with the teacher, hours			Independent work, hours	Form of current monitoring of progress
			Lectures	Practical exercises	Laboratory work		
1 semester							
1	Fundamentals of the technique of the chosen type of physical culture and sports activity Practical Work No1 Introductory lesson. Instruction on safety in classes	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No2 Diagnostics of physical fitness	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No3 Diagnostics of physical fitness	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No4 Learning sets of exercises. Conversation. History, current state and prospects for the development of the chosen type of physical culture and sports activity	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No5 Learning sets of exercises. Conversation. The importance of engaging in the chosen type of physical culture and sports activity for maintaining health and developing physical qualities	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No7 Performing a set of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No8 Performing a set of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		10	Interview
	TOTAL for 1 semester			16.00		66.00	
Semester 2							
2	General physical training in the chosen type of	UK-7 ID-1 UK-7ID-2		2		8	Interview

	physical culture and sports activity Practical Work No1 Introductory lesson. Safety briefing in the classroom	UK-7ID-3					
	Practical Work No2 Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No3 Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No4 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No5 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No7 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview
	Practical Work No8 Control lesson, performance of control tests	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		10	Interview
	TOTAL for the 2nd semester			16.00		66.00	
Semester 3							
3	General and special physical training in the selected type of physical culture and sports activity Practical Work No1 Introductory lesson. Safety briefing in the classroom	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No2	UK-7 ID-1 UK-7ID-2		4		6	Interview

	Diagnostics of physical fitness	UK-7ID-3					
	Practical Work No3 Diagnostics of physical fitness.	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No4 Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No5 Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No7 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No8 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Interview
	TOTAL for the 3rd semester			32.00		50.00	
Semester 4							
4	Special physical training in the chosen type of physical culture and sports activity Practical Work No1 Introductory lesson. Safety briefing in the classroom	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No2 Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview

	Practical Work No3 Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Interview
	Practical Work No4 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Interview
	Practical Work No5 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Interview
	Practical Work No6 Performing sets of exercises.	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Interview
	Practical Work No7 Control lesson, performance of control tests	UK-7 ID-1 UK-7ID-2 UK-7ID-3		6		8	Interview
	TOTAL for the 4th semester			32.00		50.00	
	TOTAL			96.00		232.00	

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.

7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of Bachelor and Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part, the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. When reproducing the material verbatim, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial

number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.
The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.
At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).
The report should be made on one side of a sheet of white A4 paper (210x297 mm). The line spacing is one and a half. The font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margins: right - 30 mm, top and bottom - 20 mm, left - from 10 to 15 mm. Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.
Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1.http://BiblioFond.ru

2. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

3. http://sinncom.ru/content/resurs/index.htm

4. Specialized educational portal "Innovations in Education" 5. Educational Internet resources.

6. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

7. http://www.teoriya.ru/ru Theory and Practice of Physical Culture:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(swimming)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Methodological recommendations for the organization of practical classes for students in the discipline "Elective disciplines (modules) in physical education and sports: swimming" are developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

Successful solution of general and special tasks in the field of physical education, such as health promotion, increasing the level of general performance, development of basic physical qualities, that is, such indicators that are most directly related to the level of dynamic health in higher educational institutions, is extremely important. Since only at the university there is a mandatory state program for all students in physical education, and it is at the university that the fundamental base of health is created for many years to come, since after graduation there are no compulsory physical education classes.

Insufficient, limited motor activity contributes to the occurrence and acute course of diseases such as hypertension, atherosclerosis, myocardial infarction, vegetative-vascular dystonia, obesity and a number of other diseases.

The integrative state goal at all levels of education in the discipline "Elective disciplines (modules) in physical culture and sports: swimming" is the formation of physical culture of the individual. The qualitative state of a student in it is determined, first of all, by the presence of special knowledge and intellectual abilities (education), which creates for him the basic basis of motivational and value orientations, competence, creativity, conscious activity and a stable socio-spiritual position in relation to a healthy lifestyle and its importance in future professional activity. The orientation of physical culture as a subject is determined not only by specific tasks, but also by the requirements for the future specialty. Taking up a fairly large amount of training time in the training of specialists, this discipline is designed to perform a variety of educational, educational, personal, developing creative, health-improving and social functions, to be an organic part of the entire educational process, to maintain high intellectual and psychophysical performance of students throughout the entire period of their study at the university, to form motivational and value orientations, spiritual and moral qualities, to ensure physical perfection and the inclusion of young people in various forms of physical culture and sports activities, self-education and physical self-improvement.

The purpose of mastering the discipline "Elective disciplines (modules) in physical education and sports: swimming" is the formation of the general cultural competence of the future bachelor, which determines its educational and educational value.

The place of the discipline in the structure of the educational program. The discipline refers to the part formed by the participants of educational relations. Its development takes place in 1-2 semesters.

As a result of mastering the discipline, the student must master the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring	Rationally combines physical and mental load to ensure performance in professional activity

	efficiency in professional activities	
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	Maintains the proper level of physical fitness to ensure full social and professional activities

1 semester
Practical lesson No 1
Introductory lesson. Safety briefing in the classroom.

Goal: introduction of students to the content of practical classes in the first semester and within the content of the mastered educational material, in the process of forming health-improving and training competencies

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following competencies: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Swimming is one of the most effective means of hardening a person, contributing to the formation of stable hygienic skills. The temperature of water is always lower than the temperature of the human body, so when a person is in water, his body radiates 50-80% more heat than in air (water has a thermal conductivity of 30 times and a heat capacity 4 times greater than air). Bathing and swimming increase resistance to temperature fluctuations, cultivate resistance to colds. Ilyinich V.I. Professional-applied physical training of university students. P. 18. If swimming is carried out in a natural reservoir, then natural factors of nature - the sun and air - also have a hardening effect. Swimming eliminates posture disorders, flat feet, harmoniously develops almost all muscle groups - especially the shoulder girdle, arms, chest, abdomen, back and legs.

Swimming perfectly trains the activity of the cardiovascular and respiratory systems. In people who are systematically engaged in swimming, the value of the stroke volume of the heart increases, the heart rate at rest decreases from 60 to 55 (50) beats / min. For comparison: in non-athletes, the heart rate usually ranges from 65 to 57 beats / min.

Swimming strengthens the external respiration apparatus, develops the correct rhythm of breathing, increases the vital capacity of the lungs (VC), since the density of water makes it difficult to inhale and exhale: inhalation - due to the pressure of water on the chest, exhalation - due to water resistance. People who are systematically engaged in swimming have high indicators of VC and chest excursions (the value of VC in sports swimmers is within 7000 cm3). Ibid. P. 23.

Swimming strengthens the nervous system, improves sleep, appetite and is often recommended by doctors for this purpose as a remedy. Swimming is widely used in therapeutic exercise and medicine for metabolic disorders, cardiopulmonary insufficiency, contractures of the articular and muscular system, etc.

The health-improving and strengthening effect of swimming on the child's body is especially great. Swimming can be taught to children from infancy. Swimming classes strengthen the musculoskeletal system of the child, develop such physical qualities as endurance, strength, speed, mobility in the joints, coordination of movements; they also form a "muscle corset" in a timely manner, contributing to the development of good posture, preventing curvature of the spine, eliminating excitability and irritability. Children who regularly swim are noticeably different from their peers who do not go in for sports: they are taller, have higher indicators of VC, flexibility, strength, and are less prone to colds.

Regular swimming classes maintain the level of physical condition in adults, increase vitality. This is confirmed by observations of the physical condition of those engaged in health groups, where, among other types of physical exercises, swimming is used.

Questions and Tasks

1. The content of the vital motor action of a person - swimming.
2. Brief characteristics of recreational swimming.
3. Health-improving value of swimming.
4. Educational value of swimming.
5. Applied value of swimming.

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Practical lesson No2
Diagnostics of physical fitness

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

The leading role in the formation of a healthy lifestyle is given to the optimization of human motor activity in combination with rational nutrition and hardening. An integral part of a healthy lifestyle is the choice of physical exercise technology, which involves: training programming based on the assessment of health and physical fitness; performance of physical activities that correspond to the capabilities of the trainees and the goals they pursue; the use of basic and methodologically justified means and methods of training.

A large number of diverse and sometimes contradictory recommendations for determining the optimal load on the human body is associated with the variety of tasks solved in the course of physical exercises.

Forms of motor activity in swimming differ in the time spent on classes and the level of physical activity. At present, depending on the tasks solved during the lesson, there are: recreational, health, therapeutic (rehabilitation), conditioning, adaptive and sports swimming.

Recreational swimming is aimed at improving the physical and psycho-emotional state of people. During active recreation, entertainment and leisure, swimming and bathing facilities are used. Usually independent irregular activities are used (swimming on weekends, visiting the water park).

The main tasks of recreational swimming are to achieve and maintain the desired level of health, to prevent diseases.

Therapeutic (rehabilitation) swimming differs from health-improving swimming in the contingent of those involved. It is practiced by people who have a deterioration in their health, which can be corrected or compensated with the help of specially selected means used in the aquatic environment.

The loads of conditioned swimming are noticeably higher than the loads used in health training, so they are used to achieve a higher level of swimming fitness. Conditioned swimming can also include the maintenance of sports longevity (swimming for "veterans").

Adaptive swimming is teaching swimming to people with disabilities, improving motor abilities and swimming fitness.

The task of sports training (in sports of the highest achievements) is to demonstrate the highest individually available result, which requires many years of intense training.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory exercises for mastering with water.

- contrast exercises;
- Immersion exercises;
- Surfacing exercises;
- lying exercises;
- sliding exercises;
- breathing exercises.

List of references recommended for use on this topic

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Practical lesson No3
Diagnostics of physical fitness

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Basics of dynamic swimming

From the point of view of hydromechanics, the human body, due to its curvilinear surfaces, belongs to poorly streamlined bodies. This is indicated by a large number of turbulent flows and vortex movements of water arising during the movement.

The position of the swimmer's body during movement characterizes the angle of attack, that is, the angle between the longitudinal axis of the body and the surface of the water. With an increase in the angle of attack, the drag increases.

The force of drag (total resistance) includes: shape resistance, friction resistance, wave resistance. Shape resistance. When a body moves in water, the flow flowing around it is as if "cut" by the body and connected behind it. The most streamlined is a spindle-shaped body (with an oval front surface and a smoothly decreasing rear surface). The disk or plate will be the least streamlined when moving forward with a plane. Thus, a person takes the most streamlined shape by straightening the body, as well as stretching up and pressing his arms to the head. Friction resistance. When a body moves in water, water molecules "stick" to it and move at the speed of the body, dragging neighboring layers with them. As a result, a significant thickness of the surrounding water moves along with the body. It is the greater, the greater the speed of the body movement and the viscosity of the surrounding liquid. The more water the swimmer drags, the more difficult it is for him to swim. That is why it is very difficult to swim in clothes, in a poorly fitting swimming suit or a swimming suit made of thick fabric. Wave resistance. Wave formation is the process of oscillation of water masses. Wave resistance depends on the speed of the swimmer's body, his specific gravity and movement technique. How wave resistance affects the speed of swimming can be seen practically if the same distance is swam breaststroke on the surface of the water and under water. The speed of swimming under water will be greater, since waves are formed only on the surface, and they are not under water. When swimming, we mainly encounter divergent and transverse waves.

Any waves on the surface of the water interfere with swimming. Therefore, in sports pools, a trough is made along the edge or path of a special shape, dampening the resulting waves.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
Preparatory exercises for mastering with water.

Exercise "Sausage". Standing in the water up to the waist, you need to inhale, relax and immerse yourself in the water face down. And then hang in the water while holding your breath. At the same time, it is important that your whole body is completely relaxed!! Your legs should hang in the water like whips, do not lean on them in any case! But it is especially important that the neck and head are relaxed! After hanging in the water like a "sausage", after 20-30 seconds, gently stand on your feet and raise your head out of the water. The meaning of this exercise: you should get two points of support (attention!) in the water: the first point is your face, the second is your chest.

Exercise "Arrow". Important! The position of the swimmer in the "Strelka" is the basic position of the body in the water when swimming crawl, breaststroke or butterfly. To perform this exercise, you need to stretch your arms in front of you. It is better if the arms are spread parallel to each other,

especially if the exercise is performed by a beginner. In this position, both hands rest on the water. You can imagine your hands as a pair of skis located parallel to each other and resting on the track, in our case - on the water. Hands should be kept on the surface of the water, without lowering them under the water and not completely lifting them out of the water. At the same time, one leg is initially bent and rests on the edge. Take a breath, lower your head into the water with a "sausage", your gaze is directed to the bottom. And only after we lie with our chest and head on the water, pull the other leg to the edge and make a soft, elastic push.

Mistakes: 1. Jumping when diving, after such a jump the head goes immediately under the water. And at the same time, firstly, water can get into the nose, and secondly, having fallen through after a jump, a beginner instinctively wants to raise his head up. And swimming in Strelka with a tensely raised head is wrong. With the right approach, you need to inhale, gently put your face on the water, without jumping, and then push off with the other leg, having previously pulled it to the side.

2. Spread legs while gliding, because they will cling to the water and slow down progress in the water. After pushing from the edge, keep your legs together and stretch your toes.

3. The arms in front are not straight, but half-bent. When learning to crawl on the chest, it is important that the arms are straight at the moment they are brought forward, to the preparatory position for the stroke. And if the arms are not straight enough when learning the "Arrow", then the same will happen when swimming crawl:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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Practical lesson No4
Learning sets of exercises.
Conversation. History, current state and
Prospects for the development of the chosen type of physical culture and sports activity

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Chest crawl is the most popular and fastest sports method of swimming. In those types of competitions in which it is allowed to swim by choice (freestyle), athletes prefer to swim crawl on the chest. In freestyle, distances from 50 to 1500 m are played, as well as relay races of 4 x 100 and 4 x. The crawl method is chosen by participants in long-distance swims of 5 and 25 km in open water, as well as participants in sports all-arounds, including swimming (triathlon, modern pentathlon, rescue all-around, etc.).200 м

The crawl on the chest has an applied value. Well-trained rescuers use a slightly modified version of the crawl with the head raised high (for the purpose of better orientation on the water) when swimming up to the victims. The applied value of the crawl method increases when swimming and diving, when the swimmer puts flippers on his legs. For example, the basis of the method of movement under water of a scuba diver is the crawl leg movements.

When swimming with a crawl on the chest, the athlete lies on the surface of the water in a horizontal position (the face is lowered into the water) and performs alternate strokes with the arms. While one arm, slightly bent at the elbow, performs a stroke in the water from front to back, the other arm (also slightly bent at the elbow, but relaxed) moves forward above the water. To inhale, the swimmer turns his head to face to the side. After inhaling, the head turns face down again; the swimmer exhales into the water.
Arm strokes are combined with continuous alternating movements of almost straight legs up and down near the surface inIn the course of one full cycle of arm movements (left stroke and right stroke), the swimmer manages to perform several movements (kicks) with his legs. According to the number of these strokes, two-, four- and six-stroke versions of the crawl are distinguished. All options are rational; the choice depends on the training objectives, the individual characteristics of the swimmer, and the swimming conditions.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises for learning the technique of leg movement and breathing

Exercises performed at a fixed support (the side of the pool).

1. I.p. – sitting on the edge of the pool, take a stop while sitting behind. Lowering your legs into the water, perform movements with straight legs crawl, to the command and count of the teacher.

2. I.p. – lying on the chest, rest your hands on the side of the pool (preferably on the forearms), raising the pelvis and heels to the surface of the water. Perform crawl leg movements, according to the command and count of the teacher.

3. The same, but with exhalation into the water.

Exercises performed with movable support (swimming board).

4. I.p. – lying on the chest, grasping the middle of the far edge of the board. Swimming with the help of crawl leg movements.

5. I.p. – lying on the chest, gripping the board from the side. Swimming with the help of crawl leg movements (while holding the breath, with voluntary breathing, with exhalation into the water).

I.p. – lying on the chest, the right hand is up (gripping the middle of the near edge of the board), the left hand is at the bottom (pressed along the body). Swimming with the help of crawl leg movements (while holding the breath, with voluntary breathing, with exhalation into the water).

7. The same, but a different hand.

Exercises performed in an unsupported position.

8. I.p. – lying on the chest, arms along the body. Swimming with the help of crawl leg movements, while holding the breath.

9. I.p. – lying on the chest, right arm up, left hand down (along the body). Swimming with the help of crawl leg movements (holding and with voluntary breathing).

10. The same, but a different hand.

11. I.p. – lying on the chest, hands up. Swimming with the help of crawl leg movements (with a hold and with voluntary breathing).

Typical mistakes:

- strong bending of the legs in the knee joints;
- socks - "boots";
- movements are performed from the knee, not from the hip;

Methodical instructions:

- perform a "fountain" with your feet;
- legs are straight, do not bend;
- "pull" socks.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No5
Learning sets of exercises.
Conversation. The importance of engaging in the chosen type of physical culture and sports activity for maintaining health and developing physical qualities

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Most of the methods of initial training are based on the mastering of the technique of the six-stroke crawl:

1. The right arm enters the water after moving through the air and stretches forward, the left hand moves to the second half of the stroke; the swimmer is stretched, the head is on the longitudinal axis, the face is lowered into the water (the swimmer looks forward and down under the water): the legs perform alternate movements.
2. The right hand begins the first half of the stroke; the left hand comes out of the water with the elbow up, the hand and forearm are relaxed; the swimmer looks forward and down under the water; the legs perform alternate movements.
3. The right arm continues the first half of the stroke, the left begins to move above the water; the swimmer looks forward and down under the water; the legs perform alternate movements.
4. The right hand goes to the most energetic second half of the stroke; the left hand touches the water in front of the head, opposite the shoulder of the same name (the elbow is held above the hand), and begins to enter the water; the swimmer looks forward and down; the legs perform alternate movements.

5. The right arm completes the stroke and is ready to come out of the water with the elbow up; the head is turned to the side to inhale; the left arm is stretched forward, leaning on the water; the legs perform alternate movements.

6. The left arm begins the first half of the stroke, the right hand leaves the water (the hand and forearm are relaxed); the swimmer inhales; the legs perform alternate movements (the swimmer looks to the side; immediately after the end of the inhalation, he turns his head to face down).

7. The left arm continues the stroke; the right hand moves above the water and is relaxed; the face is again lowered into the water (the swimmer looks forward and down); the legs perform alternate movements.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises for learning the technique of hand movement and breathing

Exercises performed standing at the bottom of the pool (or on land).

1. I.p. – standing, in a forward bend (shoulders in the water, chin touching the water), right hand up, left hand below. Perform movements as when swimming cro on the chest (look forward, do not swing the body; stroke under the abdomen; finish the stroke at the hip).

2. The same, but while holding your breath.

3. I.p. – standing, bending forward (shoulders in the water, chin touching the water), right hand up, left hand below. Movements with the right hand: 1 – perform the "pull-up" phase (bend the arm at the elbow joint); 2 – straighten the arm, touching the thigh with the thumb ("push-off"); 3 – raise the elbow out of the water ("pull the hand out of the pocket"); 4 – "carry" the hand through the air.

4. The same, but with a different hand.

5. I.p. – standing, bending forward (shoulders in the water, chin touching the water), hands up. Movements with the right hand: 1 – touch the thigh with the thumb (perform a stroke under the abdomen); 2 – perform a "carry" of the hand through the air (with a high elbow). After putting the hand into the water – stretch forward.

6. The same, but with a different hand.

7. I.p. – standing, bending forward, right hand up, left hand down (pressed along the body). Inhale in the direction of the pressed left hand, then lower (turn) your face into the water and exhale.

8. The same, but in the other direction.

9. I.p. – standing, bending forward. The right hand rests on the knee, the left hand is down (in the position of the end of the stroke). The head lies with the cheek on the water, look at the left hand. Inhale, lower (turn) your face into the water and exhale with the simultaneous carrying of your left hand through the air (as in crawl swimming).

10. The same, with the other hand (in the other direction).

11. I.p. – standing, bending forward (shoulders in the water, face lowered into the water), hands up. Movements with the right hand: 1 – perform a stroke under the abdomen (touch the thigh with the thumb), 2 – "sweep" (with a high elbow) and putting the hand into the water. After putting the hand into the water – stretch forward. The exercise is performed while holding your breath.

12. The same, but with a different hand.

13. I.p. – standing, bending forward (shoulders in the water, face lowered into the water), hands up. Movements with the right hand: 1 – perform a stroke under the abdomen (touch the thigh with the thumb) – inhale, 2 – "sweep" (with a high elbow) and putting the hand into the water – exhale. After putting the hand into the water – stretch forward.

14. Do the same with the other hand.

15. I.p. – standing, bending forward (shoulders in the water, face lowered into the water), hands up. Perform alternate movements with the right and left hands, as in crawl swimming. First inhale only under the right arm, then only under the left.

Exercises performed at a fixed support (the side of the pool).

16. I.p. – lying on the chest, legs – crawl, hands up (hold on to the side of the pool). Perform the crawl movement with the right hand. The exercise is performed while holding your breath.

17. The same, but with the left hand.

18. The same, but alternately with the right hand and the left hand.

19. I.p. – lying on the chest, legs – crawl, right hand up (holding the board), left hand down (along the body). Inhale towards the pressed left hand, then lower (turn) your face into the water and exhale.

20. The same, but in the other direction.

21. I.p. – lying on the chest, legs – crawl, right hand up (holding the board), left hand down (along the body, in the position of the end of the stroke). Head lies with the cheek on the water, look at the left hand. Inhale, lower (turn) your face into the water and exhale with the same carrying of the left hand through the air (as in crawl swimming).

22. The same, with the other hand (in the other direction).

23. I.p. – lying on the chest (shoulders in the water, face lowered into the water), legs – crawl, hands up (holding on to the side). Movements with the right hand: 1 – perform a stroke under the abdomen (touch the thigh with the thumb) – inhale, 2 – "sweep" (with a high elbow) and putting the hand into the water – exhale. After putting the hand into the water – stretch forward.

24. Do the same with the other hand.

25. I.p. – lying on the chest (shoulders in the water, face lowered into the water), legs – crawl, hands up (hold the board). Perform alternate movements with the right and left hands, as in crawl swimming. 1 – movement of the right hand (inhalation), 2 – movement of the left hand (exhalation), 3-4 – pause.

26. The same, with the other hand.

Exercises performed with movable support (swimming board).

27. I.p. – lying on the chest, legs – crawl, hands up (grip the middle of the near edge of the board). Perform the crawl movement with the right hand. The exercise is performed while holding your breath.

28. The same, but with the left hand.

29. The same, but alternately with the right hand and the left hand.

30. I.p. – lying on the chest, legs – crawl, right hand up (grip the middle of the near edge of the board), left hand at the bottom (along the body). Inhale towards the pressed left hand, then lower (turn) your face into the water and exhale.

31. The same, but in the other direction.

32. I.p. – lying on the chest, legs – crawl, hands up (grip the middle of the near edge of the board). Movements with the right hand: 1 – perform a stroke under the abdomen (touch the thigh with the thumb) – inhale, 2 – "sweep" (with a high elbow) and put the hand into the water – exhale. After putting the hand into the water – stretch forward.

33. Do the same with the other hand.

34. I.p. – lying on the chest, legs – crawl, hands up (grip the middle of the near edge of the board). Perform alternate movements with the right and left hands, as in crawl swimming. 1 – movement of the right hand (inhalation), 2 – movement of the left hand (exhalation), 3-4 – pause.

35. The same, with the other hand.

Exercises performed in an unsupported position.

Perform exercises 27-35, but without a board.

Typical mistakes:

- short strokes with the arms;
- abrupt exit of the hand from the water;
- excessively narrow (beyond the longitudinal axis of the body) or wide insertion of hands into the water;
- during inhalation, the shoulders and cheek are lifted off the water;
- inhalation is performed while carrying the hand through the air;
- turning the body and legs to the side during inhalation.

Methodical instructions:
- Perform the stroke to the hip, and stopping the arm, pull it out of the water;
- put your hands into the water shoulder-width apart;
- the cheek and ear lie on the water;
- Inhale only at the end of the stroke, exhale immediately after turning your face into the water;
- stabilize the position of the pelvis by straining the muscles of the trunk and legs;
- continuous crawl leg movements.

Exercises for learning the coordination of movements

1. Crawl swimming, in full coordination, while holding your breath.
2. Crawl swimming, in full coordination, with voluntary breathing.

Inhale once for several strokes with your hands.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No6

Performing sets of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

At competitions in backstroke swimming, three distances are played - 50, 100 and 200 m for men and women. The first stage of the combined relay race 4 x 100 m and the second stage of the combined swimming distances 200 and .400 м

Qualified swimmers always swim in these types of competitions in the crawl on the back method. The basis of the backstroke swimming technique is alternate stroke movements with the arms. While one arm performs the stroke, slightly bending and unbending at the elbow joint, the other moves above the water, straightened and relaxed. Arm movements are combined with alternate crawl leg movements. Throughout the full cycle of movements, the swimmer maintains an elongated and well-streamlined body position.

The main role of alternate leg movements is to keep the body in a streamlined and balanced position, to contribute to the creation of forces that move the swimmer forward. The rhythm of leg movements is subordinate to the rhythm of arm movements.

As in chest crawling, the legs perform counter (alternate) movements up and down from the hip. The range of motion of the hips is moderate; they are kept close to the surface of the water. The degree of flexion of the legs in the knee joints is slightly greater than in crawl swimming on the chest, the feet sink more into the water column. The main working phase is the movement of the foot from bottom to top (upward stroke). The movement of the leg at this time is overwhelming. There is an overtaking of the lower leg and foot by the hip: while the foot is still moving up, the hip begins a vigorous downward movement. This helps to perform a sweeping kick with the foot, lean on the water with the hip and keep the pelvis near the surface of the water.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises performed at a fixed support (the edge of the pool).

1. I.p. – sitting on the edge of the pool, take a stop while sitting behind. Lowering your feet into the water, perform movements with straight legs crawl to the command and count of the teacher.

2. I.p. – lying on the chest, rest your hands on the side of the pool (preferably on your forearms), raising your pelvis and heels to the surface of the water. Perform crawl leg movements according to the teacher's command and count.

3. I.p. – lying on your back, grabbing the edge of the pool with your hands (lower your ears into the water, raise your stomach to the surface of the water). Perform crawl leg movements on your back to the teacher's command and count.

Exercises performed with movable support (swimming board).

4. I.p. – lying on your back with a board (press your stomach to the board). Swimming with the help of crawl leg movements.

5. I.p. – lying on your back, straighten your arms (the board touches your hips). Swimming with crawl leg movements.

6. I.p. – lying on your back, the board behind your head. Swimming with the help of crawl leg movements.

7. I.p. – the same, but straighten the arms. Swimming with the help of crawl leg movements.

8. I.p. – lying on the back, the left hand is up (grasping the board in the middle of the near edge), the right hand is down (pressed to the body). Swimming with the help of crawl leg movements.

9. The same, but with a different hand.

Exercises performed in an unsupported position.

10. I.p. – lying on your back, arms along the body. Swimming with the help of crawl leg movements.

11. I.p. – lying on your back, left arm up, right arm down (pressed along the body). Swimming with crawl leg movements.

12. The same, with the other hand.

13. I.p. – lying on your back, arms up. Swimming with the help of crawl leg movements.

Typical mistakes:

- strong bending of the legs in the knee joints;
- socks - "boots";
- "sitting" position of the body (lowering the pelvis down);
- the ears are above the surface of the water.

Methodical instructions:

- perform a "fountain" with your feet;
- imagine table tennis balls on the surface of the water and
"play football with them";
- belly up (do not sit);
- Do not bend your knees.

Exercises for learning the technique of hand movement and breathing

Exercises performed standing at the bottom of the pool (or on land).

1. I.p. – standing, right hand up, left hand down (at the hip). Perform circular movements with your hands back ("mill").

2. I.p. – standing at the bottom of the pool, hands down. Perform the crawl movement with the right hand ("lift" – "press").

3. The same, but with the left hand.

4. I.p. – the right hand is up (the hand is turned back with the little finger), the left hand at the bottom (pressed along the body, at the hip). 1 – lower the right arm through the side down ("press"), 2 – raise the straight right arm forward and up (perform the "sweep" phase).

5. The same, with the other hand.

6. I.p. – standing, hands up. Perform the crawl movement with the right hand ("press" - "lift").

7. The same, but with the other hand.

8. I.p. – standing, hands up. Perform crawl movements alternately with the right and left hands ("press" – "lift").

List of references recommended for use on this topic

Reference citations:

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV,

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No7
Performing a set of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

General idea of the backstroke swimming technique:

1. The left hand enters the water at the width of the shoulder of the same name (the palm is turned outwards, the fingertips are directed down) and prepares to start the stroke; the right hand completes the stroke, turns the palm to the hip and begins to move up, preparing to get out of the water (the swimmer stuns the support on the water with both palms); the head is on the longitudinal axis (the swimmer looks back and up) with the back of the head in the water; the neck muscles are relaxed; the legs perform alternate movements.

2. The left hand grips the water – it moves down and to the side, leaning on the water with the palm and forearm and bending slightly at the elbow (the elbow is turned to the side); the right hand comes out of the water and moves through the air, the hand and forearm are relaxed; the legs perform alternate movements, foaming the water with their feet.

3. The left arm performs the first half of the stroke (pull-up); the right hand moves over the swimmer through the air, straight and relaxed; the legs continue alternate movements.

4. The left arm, moderately bent at the elbow, moves to the second half of the stroke (push-off); the right hand moves through the air; the legs perform alternate movements.

5. The left arm vigorously completes the second half of the stroke – pushes the water back and down, unbending at the elbow joint; the right hand accelerates the movement through the air, preparing to enter the water (the hand turns palm outward); the legs perform alternate movements.

6. The right hand enters the water at the width of the shoulder of the same name (palm turned outwards, fingertips looking down); the left hand completes the stroke at the hip (the swimmer feels support on the water with both palms).

7. The right arm moves down and to the side and begins to grasp the water; the left hand comes out of the water (the hand is relaxed); the legs perform alternate movements, foaming the surface of the water with their feet.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises performed in an unsupported position.

12. I.p. – lying on your back, arms along the body. Perform the crawl movement with the right hand ("lift" – "press").

13. The same, but with the left hand.

14. I.p. – lying on your back, the right hand is up (the hand is turned back with the little finger), the left hand is below (pressed along the body, at the hip). 1 – lower the right hand through the side down ("press"), 2 – raise the straight right arm forward and up (perform the "sweep" phase).

15. The same, with the other hand.

16. I.p. – lying on your back, hands up. 1-2 – perform the crawl movement with the right hand ("press" – "lift"), 3-8 – pause.

17. The same, but with a different hand.

18. I.p. – lying on your back, hands up. 1-4 – perform crawl movements alternately with the right and left hands ("press" – "lift"), 5-10 – pause.

Typical mistakes:

- shortened arm stroke;
- abrupt exit of the hand from the water;
- Excessively narrow (beyond the longitudinal axis of the body) or wide insertion of the hands into the water;
- the arm is bent at the elbow joint, during the "sweep" phase.

Methodical instructions:

- stroke to the hip;
- After finishing the stroke, touch the thigh with your hand, stop it and take it out from water;
- touch your ear with your hand;
- during the stroke with one hand, strain the other arm and stretch to the the board of the movement;

Exercises for learning the coordination of movements

1. I.p. – the right hand is up, the left hand is down. After 6 counts, change the position of the hands.

2. Swimming crawl on the back in full coordination, with breath retention on inhalation.

3. Swimming crawl on the back in full coordination.

Typical mistakes:

- the stroke with one hand and the carrying with the other hand are not made at the same time - one is ahead of the other;
- excessively narrow (beyond the longitudinal axis of the body) or wide insertion of hands into the water;
- shortened arm stroke;

- the arm is stretched up, bent at the elbow joint.

Methodical instructions:

- Change the position of the hands at the same time;
- take the hand out of the water with a movement of the shoulder;
- stroke to the hip;
- In the starting position, one hand is up, the other is at the hip – tense the arm stretched up and stretch in the direction of movement;
- Perform leg movements continuously.

List of references recommended for use on this topic

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
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Practical lesson No8
Performing a set of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Butterfly is one of the most technically difficult and tiring swimming styles. This is a style of swimming on the stomach, in which the left and right parts of the body simultaneously make symmetrical movements: the arms make a wide and powerful stroke that lifts the swimmer's body above the water, the legs and pelvis make wave-like movements. Butterfly is one of the most difficult swimming methods and is considered the second fastest after the crawl.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

To study the movements of the legs and body when swimming with a butterfly.

On land:

1. I.p. — lying in a back position. Elastic movements of the pelvis up and down.
2. I.p. – standing with your hands up at a distance of half a step from the wall with your back to it. Elastic movements of the pelvis, as in butterfly swimming, trying to touch the wall with your buttocks.
3. I.p. – standing on one leg on the toe sideways to the wall with the hand resting on it, the other up. Wave-like movements of the body and free leg as in butterfly swimming.

In the water:

1. I.p. – standing at a depth up to the waist, hands up, at a distance of half a step from the wall with your back to it. Elastic movements of the pelvis, as in butterfly swimming, trying to touch the wall with your buttocks.
2. I.p. – standing at a depth of waist height on one leg on the toe sideways to the wall with the hand resting on it, the other up.

Wave-like movements of the torso and free leg as in butterfly swimming.

3. Swimming on the chest with the help of butterfly leg movements, arms stretched forward.
4. Swimming on the chest with the help of butterfly leg movements, arms with the board stretched forward.
5. Swimming on the back with the help of butterfly leg movements, arms stretched along the hips.
6. Swimming on the back with the help of butterfly leg movements, arms stretched forward.
7. Swimming with the help of butterfly leg movements on the right (left) side, the right (left) arm is stretched forward, the other arm is along the hips.
8. Diving with the help of butterfly leg movements.

List of references recommended for use on this topic

Reference citations:

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
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1. http://sinncom.ru/content/resurs/index.htm
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
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Practical lesson No9
Performing a set of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Butterfly is the most physically difficult way of swimming. Against the background of severe fatigue, it becomes impossible to correctly perform exercises that require a significant application of physical strength. In this regard, it is not possible to learn butterfly throughout the lesson from beginning to end. It is recommended to combine the development of butterfly with swimming, other methods of swimming, depending on the physical fitness of students. And also to make sufficient pauses during the lesson to restore strength and breathing. A certain difficulty is for students to master the rational coordination of movements in the two-stroke version of butterfly swimming. Solving this problem often requires the use of a number of special leading exercises in the water for the coordination of movements.

There is no hurry in this matter. If the number of lessons for initial training is limited, it is advisable to familiarize beginners only with the technique of movements of the legs, arms and breathing when swimming butterfly, transferring the development of coordination of movements to

the next stage of training. By the beginning of the study of the butterfly method, it is also recommended to master a number of special exercises on land aimed at developing mobility in the joints of the spinal column and shoulder girdle, mastering wave-like movements of the body, and increasing the flexibility of the legs.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

To study the movements of the arms and breathing when swimming with a butterfly.

On land:

1. I.p. – standing in a forward bend, hands forward shoulder-width apart with palms down, head slightly raised, the student looks at the hands. Circular movements of the arms forward.

2. I.p. – standing in a forward bend, hands forward shoulder-width apart with palms down, face down. Circular movements of the arms forward.

3. I.p. – standing in a forward bend, arms forward shoulder-width apart with palms down, face down, arms perform circular movements as in butterfly swimming.

4. Exercise 3, but in coordination with breathing.

In the water:

1. I.p. – standing in a forward bend at a depth up to the waist, the face is lowered, the arms perform circular movements as in butterfly swimming.

2. Swimming with the help of butterfly arm movements with a "calabash" or a swimming board between the hips, with breath retention.

3. Swimming with the help of butterfly arm movements with a "calabash" or a board between the thighs in coordination with breathing (inhale for each cycle, then after two or three cycles of arm movements).

4. Swimming with the help of butterfly arm movements and crawl leg movements (inhale for each cycle, then after two or three cycles of arm movements).

List of references recommended for use on this topic

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Semester 2

Practical lesson No1
Introductory lesson. Safety briefing in the classroom.

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Breaststroke is a style of swimming on the chest, in which the arms are simultaneously pushed symmetrically forward, and the legs make a simultaneous push in the horizontal plane.

Breaststroke swimming technique

The cycle of movements in breaststroke swimming on the chest consists of one symmetrical and simultaneous movement of the arms, leg movement and one inhalation and exhalation of the mouth.

Body position

The angle of attack changes throughout the cycle. The most horizontal position of the body is during the glide following the kick. At the moment of inhalation, the greatest angle of attack of the body is noted, reaching 15-17° in some swimmers. For most of the full cycle of movements, the head is almost on the longitudinal axis of the body, the neck muscles are relaxed, the swimmer looks forward and down.

Arm movement

When swimming breaststroke, the arms set the tempo and rhythm, they are closely related to breathing, and affect the overall coordination of movements.

The cycle of hand movement can be divided into phases:

Bringing the arms forward, preparatory phase. The arms are straightened at the elbow joints, the swimmer sends the arms along with the shoulder girdle forward, the hands are almost touching and smoothly turn palms down.

Influx or sliding. The arms are finally straightened, the swimmer stretched out moves forward. The hands are at the very surface of the water.

The working movement - the stroke - can also be divided into stages:

In the preliminary stage, the arms move forward - to the sides, turning the palms outwards. Then the arms begin to bend at the elbow joints, the elbows go to a high position and turn to the sides,

the angle between the water surface and the plane of the hand - forearm is 45° at the end of the preliminary phase of the working movement.

At the main stage of the working movement - pushing off - the hands sharply accelerate their movement along an arcuate trajectory - first outward, and then inward, creating support on the water. By this time, the plane of the hand-forearm is inclined to the surface of the water at an angle of about 60°. The hands continue the supporting sliding movement down and inside towards each other and turn, behind the hands in the same direction the elbows move with acceleration. Pushing off is the fastest and most powerful part of the movement cycle.

The final stage of the stroke is bringing the arms together near the chest. The hands rush inward-forward-up and come closer under the chin, the elbows come closer in front of the chest. At this moment, inhale is made.

Leg movement

Leg movements in breaststroke swimming differ significantly from leg movements in swimming in other ways. In breaststroke, smooth preparatory movements and energetic pushing off the water (blow) are expressed by relatively rigid support planes of the feet and shins in the direction back - to the sides.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises for learning the technique of leg movement and breathing

Exercises performed standing at the bottom of the pool (or on land).

1. I.p. – sitting on a gymnastic bench: 1 – bend your legs at the knees

joints, 2 – bring the heels beyond the shoulder line (knees narrower, heels wider), the foot is straightened as much as possible, toes out, 3 – move the legs through the sides to connect the legs (perform a push). Heels off the floor – "do not lift".

2. I.p. – lying on the chest on a gymnastic bench: 1 – bend your legs at the knee joints, 2 – bring your heels beyond the line of your shoulders (knees narrower, heels wider), the foot is straightened as much as possible, toes out, 3 – move your legs through the sides to connect your legs (perform a push).

3. The same, but with the help of a partner. Pull-ups are performed independently, at the moment of spreading the feet outward, the partner takes the feet with his hands and helps to take the desired position before the push. Then, he helps to correctly push and connect the legs.

4. I.p. – standing at the bottom of the pool, hands down with the does forward. Holding the position of the foot (maximally straightened, toes out), jump to touch the hand of the same name with the heel. Variation: with both feet at the same time or alternately.

Exercises performed at a fixed support (the side of the pool).

5. I.p. – standing with your left side to the edge of the pool, hands down, palms forward: 1 – bend your right leg (put your heel on the palm), turn your toes to the sides – down ("spread your toes"), 2 – push with your leg, across the side, with an emphasis down (until you connect with the other leg).

6. The same, but with a different leg.

7. I.p. – standing facing the support, holding the edge of the pool with your hands. Stand on your heels, turn your toes to the sides ("spread your toes"). Variation: walk on your heels (the task is to remember the position of your feet).

8. I.p. – lying on the chest, leaning on the wall of the pool on the forearms (or one hand above, the other below). 1 – bend your legs at the knee and hip joints, 2 – bring your heels beyond the shoulder line (knees narrower, heels wider), the foot is straightened as much as possible, toes out, 3 – move your legs _____across the sides to connect your legs (perform a push).

9. I.p. – lying on your back at the edge of the pool and holding on to it with your hands, perform a breaststroke leg movement.

Exercises performed with movable support (swimming board).

10. Swimming with the help of breaststroke leg movements with a board. After each push, be sure to pause, trying to slide as long as possible. Inhale – perform during a pause (before pulling up the legs), exhale simultaneously with the kick with the legs.

Exercises performed in an unsupported position.

11. I.p. – hands up. Sliding on the chest with the help of breaststroke leg movements.

12. Swimming on the back with the help of breaststroke leg movements, arms along the body. During the pause – inhale, simultaneously with the kick with the legs – exhale.

Typical mistakes:

- too wide spread of the knees before pushing with the legs;
- the toes of the legs and lower legs do not turn before the push;
- kick with the legs with an emphasis on the sides (and not on bringing the legs together);
- pull-ups and kicks with the legs are performed at the same speed;
- During the "gliding" phase, the legs "sink".

Methodical instructions:

- knees – narrower, heels – wider;
- before pushing with the legs, make a stop, fixing the position of the "toes to the sides";
- Perform the kick with the legs in a single single movement, after the push keep a long pause ("gliding");
- "pull-up" should be performed slowly and softly; toes should be spread quickly and vigorously; kicking with the legs should be performed strongly, but gently until the connection.
- after pushing with your legs, tense the muscles of the buttocks and the back of the thigh.

List of references recommended for use on this topic

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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Practical lesson No2
Learning sets of exercises for general physical training. Conversation. Means and methods of general physical training in physical culture and sports

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**:

OK-8 the ability to use the methods and means of physical education to ensure full-fledged social and professional activities

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

The modern rules of breaststroke competitions are formulated as follows:

1) from the beginning of the first stroke with the arms after the start and after each turn, the swimmer must lie on the chest. It is forbidden to roll over on the back at any time;

2) all movements of the arms must be simultaneous and performed in the same horizontal plane without alternating (alternating) movements;

3) the arms are simultaneously extended forward from the chest under, on or above the surface of the water. The elbows must be under water, except for the last stroke before the turn. During the turn and the final stroke at the finish, the arms must return back on the surface of the water or under water. The arms must not go beyond the hip line, except for the first stroke after the start and each turn;

4) During each full cycle, any part of the swimmer's head must tear the water surface. After the start and each turn, the swimmer can make one full stroke with the arms up to the hips. The head must tear the surface of the water before the arms begin to move inward from the widest part of the second stroke in the second stroke. One dolphin-like downward leg movement is allowed after performing a full arm stroke before the breaststroke leg push. All leg movements must be simultaneous and performed in the same horizontal plane without alternating movements;

5) during the active part of the push, the feet must be deployed. Scissor-shaped, vibrating and dolphin-like downward movements of the legs are not allowed. Violation of the water surface by the feet of the feet is allowed, unless it is followed by a dolphin-like downward movement of the legs;

(6) During each full cycle consisting of one arm stroke and one leg push (in that sequence), some part of the swimmer's head must tear the surface of the water. An exception is when, after the start and each turn, the swimmer is allowed to make one arm stroke back to the hips and return the arms to their original position, followed by one leg movement while completely submerged. The head must appear on the surface of the water during the first part of the second arm stroke before the arms are in their widest position.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises for learning the technique of hand movement and breathing

Exercises performed standing at the bottom of the pool (or on land).

1. I.p. – standing on the bottom, feet shoulder-width apart, lean forward and stretch your arms up (put your shoulders and chin on the water). 1 – spread your arms to the sides (slightly wider than shoulder width), 2 – perform circular movements with your forearms to the sides – down (do not lower your elbows), 3 – connect your elbows in front of your chest and bring your arms forward and up.

2. Breaststroke arm movements, but with breathing. Simultaneously with the beginning of the stroke, inhale, straighten your arms forward and pause – exhale.

Exercises performed with movable support (swimming board, float for legs).

3. Swimming with the help of arm movements breaststroke with a float between the legs, with the head raised high (chin near the surface of the water) and voluntary breathing.

4. Swimming with the help of breaststroke arm movements with a float between the legs and exhaling into the water.

5. I.p. – sitting on the board (hold the pelvis under the head, do not hold the board with your feet), moving forward with the help of breaststroke arm movements.

6. The same, but back to front. 1 – with the least resistance, spread your arms to the sides, 2 – connect your straight arms in front of you.

Exercises performed in an unsupported position.

7. Swimming with the help of arm movements – breaststroke, legs – crawl, with voluntary breathing.

8. The same, but in accordance with breathing. Simultaneously with the beginning of the stroke, inhale, straighten your arms forward and pause – exhale.

Typical mistakes:

- excessively wide stroke with the arms;
- no pause during sliding;
- stopping the arms at the end of the stroke (in the position of the elbows to the sides).

Methodical instructions:

- when performing a stroke, the angle between the hands should be no more than 90°;
- pause in the position of the hand up;
- At the end of the stroke, quickly move your elbows down (in front of your chest) and bring them forward and up.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No3

Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

The modern rules of breaststroke competitions are formulated as follows:

1) from the beginning of the first stroke with the arms after the start and after each turn, the swimmer must lie on the chest. It is forbidden to roll over on the back at any time;

2) all movements of the arms must be simultaneous and performed in the same horizontal plane without alternating (alternating) movements;

3) the arms are simultaneously extended forward from the chest under, on or above the surface of the water. The elbows must be under water, except for the last stroke before the turn. During the turn and the final stroke at the finish, the arms must return back on the surface of the water or under water. The arms must not go beyond the hip line, except for the first stroke after the start and each turn;

4) During each full cycle, any part of the swimmer's head must tear the water surface. After the start and each turn, the swimmer can make one full stroke with the arms up to the hips. The head must tear the surface of the water before the arms begin to move inward from the widest part of the

second stroke in the second stroke. One dolphin-like downward leg movement is allowed after performing a full arm stroke before the breaststroke leg push. All leg movements must be simultaneous and performed in the same horizontal plane without alternating movements;

5) during the active part of the push, the feet must be deployed. Scissor-shaped, vibrating and dolphin-like downward movements of the legs are not allowed. Violation of the water surface by the feet of the feet is allowed, unless it is followed by a dolphin-like downward movement of the legs;

(6) During each full cycle consisting of one arm stroke and one leg push (in that sequence), some part of the swimmer's head must tear the surface of the water. An exception is when, after the start and each turn, the swimmer is allowed to make one arm stroke back to the hips and return the arms to their original position, followed by one leg movement while completely submerged. The head must appear on the surface of the water during the first part of the second arm stroke before the arms are in their widest position.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Exercises for learning the technique of hand movement and breathing

Exercises performed standing at the bottom of the pool (or on land).

1. I.p. – standing on the bottom, feet shoulder-width apart, lean forward and stretch your arms up (put your shoulders and chin on the water). 1 – spread your arms to the sides (slightly wider than shoulder width), 2 – perform circular movements with your forearms to the sides – down (do not lower your elbows), 3 – connect your elbows in front of your chest and bring your arms forward and up.

2. Breaststroke arm movements, but with breathing. Simultaneously with the beginning of the stroke, inhale, straighten your arms forward and pause – exhale.

Exercises performed with movable support (swimming board, float for legs).

3. Swimming with the help of arm movements breaststroke with a float between the legs, with the head raised high (chin near the surface of the water) and voluntary breathing.

4. Swimming with the help of breaststroke arm movements with a float between the legs and exhaling into the water.

5. I.p. – sitting on the board (hold the pelvis under the head, do not hold the board with your feet), moving forward with the help of breaststroke arm movements.

6. The same, but back to front. 1 – with the least resistance, spread your arms to the sides, 2 – connect your straight arms in front of you.

Exercises performed in an unsupported position.

7. Swimming with the help of arm movements – breaststroke, legs – crawl, with voluntary breathing.

8. The same, but in accordance with breathing. Simultaneously with the beginning of the stroke, inhale, straighten your arms forward and pause – exhale.

Typical mistakes:

- excessively wide stroke with the arms;
- no pause during sliding;
- stopping the arms at the end of the stroke (in the position of the elbows to the sides).

Methodical instructions:

- when performing a stroke, the angle between the hands should be no more than 90°;
- pause in the position of the hand up;
- At the end of the stroke, quickly move your elbows down (in front of your chest) and bring them forward and up.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference systems:

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

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No4
Performing sets of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

The start in butterfly, breaststroke and crawl swimming is performed from the bedside table, and in backstroke swimming - from the water.

The start is performed in the following order: at the first whistle, the athletes stand on the back edge of the bedside table. At the command "Ready!", the athletes take the starting position. At the command "March!" or the second whistle, the athletes perform the starting jump.

Types of swimming starts:

Start from the bedside table: with the grip of the bedside table, with a free position of the hands behind or below and an athletics start.

Start from the water when swimming on the backstroke.

Technique of starting in swimming from the bedside table

The start in the position of the hands behind or below (traditional start) is considered the simplest and it is usually performed by beginners. Start with the grip of the bedside table or rowing start - when performing such a start, the athlete pushes off the bedside table with his hands and feet, such a push gives a slight advantage over the traditional start.

Track and field start - began to be used in swimming in the 90s. It is performed from the position of one leg in front, the other - behind; hands are at the bottom freely or with a grip on the bedside table.

Start phases when swimming:

1. Starting position. 2. Tension. 3. Push. 4. Flight. 5. Entering the water. 6. Gliding. 7. Coming to the surface.

1. Starting position. The swimmer stands on the back edge of the bedside table and at the first whistle of the starter judge goes to the front edge of the bedside table and grabs it with the toes of his feet. Feet shoulder-width apart, the angle of flexion in the knee joints is 30-40 degrees. The body is tilted forward, the leg muscles are tense, the head is lowered and the swimmer looks at the water.

2. Tension and push. At the starting signal, the swimmer stretches out, as it were. The body begins to move forward and the swimmer lets go of the edge of the bedside table, then carries them forward with a semicircular movement of the arms. After taking off from the bedside table, the swimmer looks down forward.

3. Flight. After pushing off the bedside table, the body flies straight, and when it passes the peak of flight, it bends, after that the legs rise up so that there is a smooth (streamlined) entrance to the water.

4. Entering the water. When entering the water, the head is between the hands, and the legs are straight, the feet are extended.

5. Gliding. After diving into the water, the body slides under water until the speed drops to the competitive speed.

6. Coming to the surface. In crawl and butterfly swimming, leg movements begin before reaching the competitive speed. Two dolphin-like movements and one stroke bring the body to the surface of the water.

The start on the back is carried out from the water.

1. Starting position. The swimmer is in the water facing the board, holding on to the starting handrail. The feet are under water and lean against the wall of the pool, the legs are bent at the knees. On the command "to start", the swimmer pulls himself to the handrail, while the head is lowered, the arms are bent at the elbow joints.

2. Push-off. It is carried out at the second starting signal. The swimmer pushes off the board, lifting his hands from the handrail, carrying them over his head and straightening his legs at the knees.

Carrying the arms over the head is faster than carrying the arms over the sides.

3. Flight. It occurs along an arcuate trajectory. The head is thrown back, the arms rush over it, the legs are straightened, the feet are stretched. The bend in the back provides separation from the water of the body and hips. Due to this, a high flight speed is maintained.

4. Entering the water. Arms are straightened and stretched, the head is between them. Legs are straight, feet are stretched.

5. Sliding and footwork. After diving into the water, the swimmer slides under the water, while making a dolphin-like movement of the body. Then, approaching the surface of the water, the crawl begins to work with the legs on the back.

6. Coming to the surface of the water. After reaching the surface of the water, a stroke and carrying of the hand are performed.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Starting jump from the bedside table (used when swimming in the following ways: crawl on the chest, breaststroke and dolphin).

Exercises while sitting on the edge of the pool.

1. I.p. – sitting on the edge. Perform the stop with one hand – take a breath and jump into the water upside down at the teacher's signal.

2. I.p. – the same. Perform a stop with both hands – take a breath and jump down with your feet. Quickly turn your face to the side and touch it with your hands.

3. I.p. – sitting on the edge, rest your legs on the wall or drain gutter, stretch your arms up – "in the arrow", lean forward as much as possible ("chest on your knees"). Perform a fall into the water (without pushing with your legs).

4. The same, but with a kick with the legs.

Exercises while standing on the edge of the pool.

5. I.p. – standing on the edge in a half-squat, catching on it with your toes, stretch your arms up – "in an arrow" and lean forward. Transfer your body weight to your "half-fingers", reach for your hands and perform a fall.

6. The same, but with a kick with the legs.

7. I.p. – standing on the edge, hooking on it with your toes, stretch your arms up – "in an arrow" and lean forward. Shift your body weight to your "half-toes", reach for your hands and perform a fall (do not bend your knees).

8. The same, but with a kick with the legs.

9. Take the starting swimmer's pose (start "with a grip"), slowly fall down to the water. Then quickly throw your arms forward and up and push off the edge with your legs.

10. The same, but (start "with a swing of the arms").

Exercises while standing on the starting bedside table.

Perform exercises 5-10.

Start from the water (used when swimming with the crawl method on the back).

Start from the water begins to be learned after mastering sliding on the back.

1. I.p. – taking the edge of the pool with your straight hands, take the grouping position and put your feet on the wall of the pool (toes to the surface of the water). Then, bring your hands up under the water, push off and slide on your back.

2. The same, but carry your hands over the water.

3. The same, but simultaneously with the movement of the arms, bend sharply, throw your head back and push with your legs. After entering the water, press your chin to your chest so as not to go deep into the water.

4. After the start, with the help of crawl leg movements (under water), with arms stretched up, swim to the surface of the water and begin the first swimming movements.

5. Start from the water, holding the starting handrail with your hands.

List of references recommended for use on this topic

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1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No5
Performing sets of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Starts.In sports swimming, there are two types of starts: jumping from the bedside table and pushing from the wall of the pool. Starting jump is used in all methods of swimming on the chest; start with a push from the wall of the pool is used only when swimming on the backstroke. The movements of the swimmer during the starting jump can be conditionally divided into the following phases: initial position, preparatory movements and push-offs, flight, entry into the water and gliding, coming to the surface and the first stroke movements.

Starting jump. While waiting for the command, the swimmer is near the starting pedestal. At the first starting signal of the judge, he stands on the bedside table. At the second starting signal, he

takes the starting position at its front edge: legs are shoulder-width apart and slightly bent, toes grab the edge of the bedside table, the body is tilted forward, arms are pulled back and slightly to the side.

At the command "March!" or a shot, the swimmer energetically pushes off the bedside table, sends his arms forward and up with a strong swing and jumps into the water. In flight, the body should be straightened, the head should be lowered between the arms, the legs should be connected, the toes should be pulled back. The body enters the water at an angle of 20-25 degrees and plunges to a depth of 50 cm. For the first meters, the swimmer slides the cart into an extended position, then slightly bends in the lower back, raises his arms, emerges from the water and begins the first stroke movements. In crawl swimming, the first stroke movements begin with the legs, in breaststroke swimming - the arms.

Start from the water. To start from the water, the swimmer enters the water on his lane and swims up to the starting board or board. On command, he takes the starting position for the start: holding the handrails or cutouts in the starting pedestal with his hands, the swimmer bends his legs strongly and rests them on the shield or the edge of the pool. Shoulders and knees are above the water.

At the command "March!" or a shot, the swimmer throws his head back, tears his hands off the handrail and sharply swings them back behind his head in the direction of movement, at the same time sharply pushes off with his legs. Reaching for his arms, the athlete bends slightly and, after flying a little through the air, enters the water. In the water, he stretches and slides at a depth of 50-60 cm, exhaling through his mouth and nose. As soon as his legs are in the water, the swimmer begins vigorous movements with them. When coming to the surface, the first stroke is performed with the hand.

After the student learns to swim freely 25-50 m, he begins to study the starts. The technique of movement is first studied on land, and then in the water.

During the competition, as well as when fulfilling the standards of the training program, the swimmer swims several times across the river, reservoir, pool and makes turns. The rule of the competition requires that before swimming in the opposite direction, the swimmer must touch the wall of the pool or the swivel board when swimming breaststroke and butterfly with both hands, in crawl - with any part of the body.

The technique of turns can be conditionally divided into phases: swimming, the turn itself, the initial position before pushing, pushing, sliding, the first stroke movements.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Simple open and closed turns are the least difficult in terms of technique.

Learn the repulsion phase

1. I.p. – standing at the bottom of the pool with your back to the edge. Perform an "arrow", lean forward and lower your face into the water. Jump to put your feet on the wall of the pool and perform a push.

Learn the gliding phase and the first swimming movements

1. The same, sliding is added, until the body comes to a complete stop.
2. The same, but at the end of the slide, the legs begin to work.
3. The same, but at the end of the slide, the legs begin to work, then the arms.

Learn the touch phase

1. I.p. – standing in a semi-inclination facing the edge of the pool (shoulders in the water).

Touch with the right hand at the level of the left shoulder and the surface of the water (the hand is directed with the fingers to the left, i.e. in the direction of rotation), the arm is slightly bent at the elbow joint.

2. The same, but with the other hand (rotation is performed in the other direction).
3. The same, but with swimming from a distance of 5-6 m.

Learn the rotation phase

1. I.p. – standing facing the edge of the pool. Touch with the right hand, at the level of the left shoulder, take the left hand back. Inhale and immerse your shoulders and head in the water. Bending

your legs and quickly grouping, rotate to the left (helping with raking movements of the left hand), bring your hands up (in the "arrow").

During the exercise, the legs should be together, the head should be lowered into the water.

2. The same, but in the other direction.

3. The same, but in combination with the push.

4. The same, but in combination with push and glide.

Learn the one-piece execution of a simple closed turn

Independent performance of a simple closed turn by students.

Train the "lagging link" in the turning technique

Independent performance of the "problem" phase by students, followed by the merged performance of a simple closed turn.

Turn "Pendulum" (pendulum).

1. I.p. – stand with your right side to the edge of the pool. Take the edge of the pool with your straight right hand – group, put your feet on the wall, lie on your left side, stretch your left arm up. Return to the starting position.

2. I.p. – lie on your right side, take the edge of the pool with your right hand, your left arm is stretched along the body (near the surface of the water). Quickly group, put your feet on the wall of the pool (with the movement of the "pendulum" lie on your left side).

3. I.p. – take the edge of the pool with your straight right hand, put your feet on the wall of the pool in a group, stretch your left arm up. Take a breath and simultaneously with carrying your hand over the water, lower your face into the water, connect your hands and push with your legs.

4. The same, but while gliding, turn to the chest.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p.

- Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No6
Performing sets of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Applied Swimming. includes:

1. Swimming by original, combined or sports methods of swimming.
2. Movement under water or diving.
3. Applied diving.
4. Rescuing a drowning person and helping swimmers who are tired.
5. Swimming in extreme conditions.
6. Overcoming obstacles in the water.

To solve the problems of applied swimming, the technique of sports swimming methods is used, mainly breaststroke and crawl on the chest, as well as crawl on the back. In addition, various elements of sports swimming methods are used, for example, swimming breaststroke or crawl only with the movement of the legs and a combination of elements of sports methods, such as crawl legs and breaststroke arms at the same time. Purely applied swimming methods include swimming on the side and breaststroke on the back.

Diving and diving are of great applied importance. When diving, a slightly modified technique of sports swimming methods is used: crawl, breaststroke or a combination of techniques of these methods. In addition, elements of swimming by the side method, as well as the dolphin style, can be used. For a quick dive from a supporting position, for example, from a boat or shore, jumping into the water upside down or upside down is used. From an unsupported position, in addition, you can dive upside down or head-down.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

applied methods of swimming; technique of swimming by the method of swimming on the side; technique of swimming by the method of breaststroke on the back; technique of diving from various positions; technique of immersion in water; options for movement under water; diving and diving; jumping from an elevation; swimming up to a drowning person. Release from grips. Methods of transportation.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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1. http://sinncom.ru/content/resurs/index.htm
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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No7
Performing sets of exercises

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Backstroke has no sporting value, but it has a great applied value. Swimming on the back with the help of breaststroke leg movements, it is very convenient to help a tired comrade and transport the victim. This method is also convenient for rest during long swimming. Backstroke is quickly mastered by those who know the technique of breaststroke swimming on the chest and know how to swim on the back "in their own way".

The main purpose of the method on the side is applied. Using it, you can swim long distances in clothes, tow a tired person in the water, transport the victim.

The side method has no sporting significance: swimming competitions are not held in this way and records are not registered, so it is not studied in sports schools and sections. It is advisable to teach the side method to those who can swim "in their own way" on the side, who have limited time for swimming: pre-conscripts and military personnel, public instructors, employees of the OSVOD. Depending on individual characteristics, people swim on the left or right side.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Technique of swimming by the method of swimming on the side, breaststroke on the back. Applied methods of swimming, diving, swimming under water, diving to depth (from the surface of the water, from an elevation)

List of references recommended for use on this topic

Reference citations:

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Practical lesson No8
Control lesson, performance of control tests.

Goal: development of conditioning, coordination capabilities in the process of mastering swimming exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

As a result of mastering the topic, the student forms the following **competencies**: UK-7

The relevance of the topic of the practical lesson is associated, first of all, with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and most accessible means of physical education in ensuring the health, general performance, longevity and safety of life of each student. With the study of the main characteristics of the technique of physical exercises performed in order to obligatory form students' motor skills, which subsequently turn into a stable motor skill.

Theoretical part

Diving is a type of applied swimming, when a swimmer stays under water for a long time without replenishing air reserves. Diving is widely used to help a drowning person, when diving a drowned person into water, for military purposes and when getting objects. Diving requires strict adherence to precautions, since a long stay under water can cause serious damage to the human body. To increase the duration of stay under water in the absence of air access, they resort to deep breathing - hyperventilation of the lungs. Also, hyperventilation of the lungs is necessary after diving for faster recovery.

When diving into depth, due to the increase in water pressure on the eardrums, the swimmer experiences unpleasant sensations in the ears. To eliminate or reduce this, it is recommended to make swallowing movements and the necessary "equalization", i.e. close the nose and try to blow, this equalizes the difference in pressure, which helps to reduce the unpleasant sensations of pain in the ears.

When swimming underwater, the length of the distance covered is determined by the duration of the swimmer's breath hold. Diving technique includes methods of diving under water, methods of movement under water, methods of surfacing, as well as a number of actions that ensure diving. It is necessary to dive with your eyes open, and in case of very poor visibility under water, with your arms outstretched.

Floating to the surface of the water. To rise to the surface of the water from the depth, you need to raise your head, bend at the waist, stretch your arms forward up and stroke your arms back down. To rise from the bottom, you need to group a little, stretch your arms up, stand on the bottom and, pushing off with your feet, slide up. If the depth is great, then when moving up, movements of the arms and legs are made in the breaststroke method.

To surface without pushing off the bottom, you need to group, turn your head up, make a stroke with your arms and legs from top to bottom.

Diving into depth. Diving can be performed upside down and upside down. To dive from the surface of the water upside down, you need to make a stroke with your arms and legs, rise from the water as high as possible and inhale. Under the influence of the weight of the body parts that are above the water, the swimmer dives under the water. Under water, you can speed up the dive with the help of rowing movements of the arms from bottom to top. When diving from the surface of the water upside down, the swimmer inhales, groups and turns upside down, then quickly ungroups, straightens up and raises his legs above his head. When the swimmer is completely submerged under the water, he begins to work with his legs, and with his arms he directs himself in the desired direction.

Jumping into the water. Simple jumps into the water are performed with the feet and head first. Jumping with the feet forward is used when the depth of the water and the nature of the bottom

are unknown, as well as when jumping in clothes. In other cases, jumping forward with the head can be used.

Jump with your feet forward. It is performed with and without jumping. Jump without jumping: stand on the edge of a hard surface, feet together, arms along the body, pressed, head straight, look in front of you. Bending forward, take a step forward with your right or left foot; tear your left or right leg off the edge of the surface and try to connect both legs in the air. Entering the water must be with outstretched toes. Jump up: stand on the edge of a hard surface, feet are also together, legs bent at the knees, arms along the body, pressed, head straight, look ahead. When pushing off, try to jump up and forward, while maintaining a vertical position of the body. Entering the water with outstretched toes.

Jump head first. Stand on the edge of a hard surface, put your feet together, grasp the edge of the surface with the tips of your toes, stretch your arms up. Bend forward, bend your legs slightly, hide your head under your arms. Push off with your legs and try to dive upside down with your straight body.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Entering the water, diving into the depths, long diving, jumping into the water with your feet first, jumping into the water with your head first.

Practical control standards for the discipline
"Elective disciplines (modules) in physical education and sports: swimming"

№ p/n	Exercises	Boys	Girls
1.	Swimming a distance of 200 m without stopping (excluding time)	100 m > dissatisfied. 100 m - satisfied. 150 m - good 200 m - excellent	100 m > dissatisfied. 100 m - satisfied. 150 m - good 200 m - excellent
2.	Demonstration of swimming techniques by crawling on the chest on the chest 50 m (excluding time)	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. The style is formed with minor mistakes - Good The style is formed - excellent	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. The style is formed with minor mistakes - well formed Excellent
3.	Demonstration of swimming techniques by crawling on the back on the 50 m (excluding time)	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. The style is formed with minor errors - Good The style is formed - excellent	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. Style formed with minor mistakes - well Style formed - excellent
4.	Demonstration of breaststroke swimming technique at a distance of 50 m (excluding time)	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. The style is formed with minor mistakes - Good	The style is not formed > dissatisfied. The style is formed with gross mistakes - satisfied. The style is formed with minor mistakes - well formed Excellent

		The style is formed - excellent	

Interview Questions
1st year

1. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
2. To form an idea of the role and function of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
3. To form an idea of the role and function of the musculoskeletal system and methods of influencing them with physical exercises.
4. To form an idea of the role and function of the muscular system and methods of influencing them by physical exercises.
5. To form an idea of the role and function of the skin, diaphragm, digestive system and endocrine glands and methods of influencing them with physical exercises.
6. To form an idea of the role and function of the central nervous system and methods of influencing it by physical exercises.
7. To form an idea of the reflex nature of motor activity and the formation of motor skills.
8. To form an idea of fatigue during physical work, the physiology of fatigue and recovery processes.
9. To form an idea of the orientation of human behavior to ensure one's health and the criteria for the effectiveness of the use of a healthy lifestyle.
10. To form an idea of the levels (types) of health.
11. To form an idea of the social aspect of health and a healthy lifestyle.
12. To form an idea of separate nutrition.
13. To form an idea of vegetarianism and raw food.
14. To form an idea of tempering as a means of restoring health.
15. To form an idea of massage and its types.
16. To form an idea of self-massage.
17. To form an idea of the theory of cleansing and restoration of the body.
18. To form an idea of vitamins as a means of restoring the body.
19. To form an idea of the effect of tobacco substances on the human body.
20. To form an idea of the effect of alcohol on the human body.
21. To form an idea of the effect of narcotic substances on the human body.
22. To form an idea of the basics of first aid.

List of references recommended for use on this topic
Reference citations:

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(swimming)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective Disciplines (Modules) in Physical Culture and Sports" is part of the part formed by the participants of educational relations and is studied in 1-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical	Maintains the proper level of physical fitness to ensure full

	fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	social and professional activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

				Hours volume, including

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	CPC	Contact work with the teacher	Total
1 semester						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	13.5		13.5
Total for 1 semester				13.5		13.5
Semester 2						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	12		12
Total for the 2nd semester				12		12
Total				25,5		25,5

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.

9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of Bachelor and Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part, the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. When reproducing the material verbatim, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.
At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).
The report should be made on one side of a sheet of white A4 paper (210x297 mm). The line spacing is one and a half. The font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margins: right - 30 mm, top and bottom - 20 mm, left - from 10 to 15 mm. Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.
Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)
1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems
Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software
1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing

https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(fitness)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol
2026

Introduction

1. The purpose and objectives of mastering the discipline

Goal: the formation of physical culture of the individual and the ability to use a variety of means of physical culture in a targeted way to preserve and strengthen health, psychophysical training and self-preparation for the professional activity of the future

Objectives:

- formation of the social significance of physical education among students and its role in the development of personality, preservation and strengthening of health;
- Introduction of students to various types of physical culture and sports activities, acquisition of competencies and experience in the creative use of physical culture tools to achieve life and professionally significant success;
- creating an idea of various types of health systems;
- training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical, functional and energy state of the body;
- training in practical skills of using means of health-improving physical education to strengthen and restore the health of students;
- physical improvement, as a condition of psychophysical viability of the student, determining the state of his general working capacity, activity in educational and extracurricular activities and providing him with professionally applied physical fitness
- formation of the basis for the independent and methodologically justified use of physical culture and health activities to achieve life and professional goals.

2. Place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 1-6 semesters.

3. List of planned learning outcomes in the discipline (module) correlated with the planned results of the development of the educational program

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional	Maintains the proper level of physical fitness to ensure full social and professional activities

	activities and observes the norms of a healthy lifestyle	

1 semester

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic. Passing safety briefing in the discipline "Elective courses in physical education and sports: Fitness" is associated with the need to bring to the attention of students the rules of being in the gym. Compliance with hygienic requirements in relation to places of training and personal hygiene. Requirements for sports uniform, nutrition, compliance with the drinking regime. On the system of physical exercises for the versatile development of physical abilities, on the system of health-improving exercises, on the prevention of various diseases by means of physical education.

Theoretical part

The fitness industry is developing rapidly. A huge number of fitness systems are constantly growing, which are aimed primarily at health improvement, the development of basic physical qualities, the improvement of the functional activity of the body and, of course, the formation of harmoniously developed body shapes. Fitness provides the optimal development of strength, speed, endurance, agility, flexibility, that is, physical qualities that help to better and faster adapt to the rapidly changing conditions of modern life.

Well-developed muscles are more plastic and protect as much as possible from all kinds of injuries. The problem of injuries is relevant in physical exercises, but with their competent use, injuries can be an exception.

The concept of general fitness is a state of a person achieved by striving for the fullest realization of all life opportunities in all aspects of his existence - social, mental, spiritual and physical. The basis of this dynamic, multifaceted state is good health The concepts of full health include: mental activity and curiosity, positive emotional sensations, meaningful relationships with other people, awareness of social problems and participation in their solution, physical abilities for vigorous actions aimed at achieving personal goals and much more. All aspects of general fitness are closely interrelated: a high level inone area has a positive effect on other areas, and vice versa. Despite the fact that motoractivity plays a major role in the physicalaspect of our existence, it nevertheless affects learning, relationships with other people and significantly expands the boundaries of human capabilities.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10 minutes.

Main part. 1. Familiarization with the performance of tests on physical fitness. 2. Determination of the intensity of the load by heart rate (HR). Stretching exercises, for the development of flexibility.

Final part. Breathing and relaxation exercises (7-10 minutes). Summing up the lesson.

Questions for control

1. The importance of fitness for maintaining health and developing physical qualities.

3. Definition of the concept of "posture". A variety of physical exercises that affect the formation of correct posture

4. Definition of the concept of "posture". A type of physical exercises that affect the formation of correct posture.

5. Breathing exercises and rules of economical breathing when performing exercises.

6. Stretching and relaxation exercises.

7. Exercises for the development of flexibility. Age features of the development of flexibility.

8. The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of physical fitness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic. The issues of compliance of the level of physical fitness of first-year students with the requirements for the diagnosis of physical fitness in higher school are considered. As a result of the analysis of the data on monitoring the physical fitness of first-year students, in order to increase the level of physical fitness of students in physical education classes, it is recommended to use more physical training tools, sports and outdoor games, games, non-traditional systems of physical exercises, including health-improving fitness.

Theoretical part. Diagnostics of physical development and preparedness of students (a term legitimate in the period of initial development of sports medicine), implying the diagnosis and assessment of only the influence of physical culture and sports on the physical development of students. The initial state of physical readiness of students to perform certain loads, exercises of varying complexity, is an important indicator for an individual approach, and in the future, as a result of health fitness classes, the student will develop, with the help of professional mentors, the ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying underdeveloped physical qualities.

Stretching exercises, for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The importance of fitness for maintaining health and developing physical qualities.
2. Breathing exercises and rules of economical breathing when performing fitness exercises.
6. Stretching and relaxation exercises, the mechanism of their action.
7. Exercises for the development of flexibility. Age features of the development of flexibility.
8. The concept of "stretching".
9. Stretching exercise group.
10 The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of physical fitness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the problem of using various physical exercises from various fitness systems for the versatile development of physical abilities, for the harmonious development of physical capabilities, as well as the general culture of the individual. The study of the means and methods of physical education are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength

spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Soft fitness is the latest invention of the beauty industry. During soft fitness classes, there is no overtraining or any inconvenience (as, for example, in yoga), students receive a versatile load on all muscle groups. Particular attention is paid to proper breathing, the work of the muscles of the abdomen, back and buttocks, and the muscles of the arms and legs also receive an even load. Some soft fitness exercises, as in other types of fitness, are aimed at plasticity and flexibility of the body. Depending on how you feel, you can increase or decrease the load. As a rule, the load on soft fitness is formed depending on the state of health of students and their physical fitness.

Soft fitness exercises strengthen the muscles of the body and have a beneficial effect on the functioning of internal organs. Along with specific exercises, exercises from the Pilates system, stretching, callanetics and other more developed systems are added to the soft fitness training. The main principle of soft training, as we have already noted, is the absence of overstrain. During the classes, the functional state of the students improves, during such classes, students learn not only to control their body, but also to control their mental state.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of underdeveloped physical qualities.

Questions for control

1. Soft fitness is a new invention of the fitness industry.
3. Features of soft fitness training.
4. The main principle of soft training
5. What physical qualities does soft fitness develop?
6. Physical activity and prevention of premature health disorders.
7. What is the positive effect of breathing gymnastics, its features in soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises. Conversation. History, current state and prospects for the development of the chosen type of physical culture and sports activity

Goal: the use of new areas of health-improving fitness for the ability to maintain the proper level of physical fitness in students to ensure full-fledged social and professional activities.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic Soft fitness includes wellness programs, exercises are carried out without the use of weights and sports equipment, and strength exercises are carried out in a gentle mode. Soft training includes stretching, coordination, static exercises, stretching exercises. It is also based on beautiful gymnastic movements that form a beautiful posture and have a beneficial effect on the psycho-emotional state of the trainees.

Theoretical part. Soft fitness, like other types of fitness, is aimed at supporting a person's desire to increase physical activity in everyday life. By using the stairs instead of the elevator, refusing to use a car when it is possible (walking or cycling), and spending leisure time together with friends or family, many people remain young and physically active. People who lead a sedentary lifestyle should devote at least 30 minutes during the day to some type of physical activity. This can include everything from cleaning the house and working in the garden to activities recommended for everyone else. Individuals with the described minimum level of physical activity can improve their physical condition and improve their health by engaging in more intense physical activities (general strengthening and aerobic exercises) 3-5 times a week for 20 minutes. They can also take part in daily activities that require high energy expenditure, in

stretching (developing flexibility), as well as in activities in a pleasant atmosphere, such as dancing, sports and outdoor games.

Individuals with higher fitness scores can increase the intensity of exercise and exercise to learn specific athletic skills, and fitness exercises can be helpful.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the upper shoulder girdle and trunk muscles without shells and weights. Learning the correct technique for performing movements. Relaxation exercises, self-massage.

To form an idea of the history, current state and prospects for the development of fitness in Russia and abroad.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The concept of the optimal level of motor activity
2. Relaxation exercises, self-massage in the structure of soft fitness classes
3. The influence of soft fitness classes on various functions of the student's body.
4. The influence of breathing gymnastics on the student's body.
5. Features of the development of strength at the age of 18-20 and the methodology of its development.
6. Features of the development of flexibility at the age of 18-20 and the methodology of its development.
7. Features of the development of coordination abilities at the age of 18-20 and methods of their development.
8. Soft-fitness in the development of movement culture.

List of references recommended for use on this topic

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises. Conversation. The importance of engaging in the chosen type of physical culture and sports activity for maintaining health and developing physical qualities.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture in a directed way, to be able to maintain the proper level of physical fitness to ensure full-fledged social and professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic The formation of physical culture of the individual and the ability to purposefully use a variety of means of physical education takes place in physical education classes and with the help of the teacher, the choice of exercises for each student is carried out, so that in the future he can compose sets of exercises for himself to be able to constantly maintain the proper level of physical fitness in order to feel more harmonious in the social environment. Also, the study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - possession of the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Fitness offers a huge number of exercises, varying degrees of strength and aerobic load. What is very important for many girls, fitness perfectly corrects the figure. One of the fundamental principles of fitness is harmony. Within the framework of the daily fitness complex, different types of loads alternate with each other and make up some harmonious unities that allow you to achieve good health, beauty, and inner harmony. Fitness classes become a way of life, and are associated with success and well-being, as well as the ability to achieve everything with your work. Soft fitness includes a system of exercises for:

- coordination of movements;
- of a conditioned nature;
- Increasing body firmness and elasticity of muscles and ligaments;
- Maintaining static positions that develop a sense of balance and the ability to balance.

Also, soft fitness exercises are aimed, as we have already said, at the formation of a beautiful posture, at the ability to maintain posture when walking, running and when performing exercises.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the muscles of the trunk and legs without shells and weights. Learning the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of the importance of fitness as one of the means of general physical and special physical training.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. Features of the formation of muscle groups in soft fitness.
2. To conduct a comparative analysis of existing fitness systems.
3. To form a scientific understanding of the means and methods of physical education that have a positive effect on physical and mental health.
4. New Scientific Discoveries in Fitness
5 Factors that determine success in the development of flexibility.
6. Stretching as a system of exercises for the development of flexibility. Myotatic reflex in the process of performing stretching exercises
7. Individual approach to the selection of soft fitness exercises.
8. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: In soft fitness there is a set of exercises to strengthen the shoulder girdle and arms; a set of exercises to strengthen the abdominal muscles; a set of exercises for the lower body; Complex strength training, including exercises for all muscle groups without weights; exercise group - Super Body - a complex strength training for all muscle groups for trained and endurance exercisers. Strength training, which involves performing statistical and dynamic exercises for several muscle groups at the same time; Core training - training on the unstable Core Reebok platform, providing intensive work of all muscle groups (including deep stabilizer muscles), and the development of body coordination by maintaining balance on the platform; Elastic tubes training - strength training with rubber shock absorbers, static and dynamic exercises for all major muscle groups are performed; Functional training is a static-dynamic energy-intensive strength training for all muscle groups with an emphasis on deep muscles, built according to a special technique and developing muscle endurance; exercises for the back, which have a pronounced therapeutic and health-improving character.

Questions and tasks:

Preparatory part. General development exercises – 10-15 minutes.

Main part. SOFT FITNES: Compilation of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, flexibility.

To form an idea of the concept of "strength", strength efforts and their variety.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The importance of soft fitness for posture.

3. Definition of the concept of correct "posture". Exercises that affect the formation of correct posture.

4. Definition of the concept of "posture". A type of physical exercises that affect the formation of correct posture.

5. Breathing exercises and rules of economical breathing when performing exercises.

6. Stretching and relaxation exercises.

7. Exercises for the development of flexibility. Age features of the development of flexibility.

8. The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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Information and reference and information and legal systems used in the study of the discipline:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing a set of exercises

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: The tasks of strength development can be: acquisition and improvement of the ability to carry out the main types of efforts - static and dynamic, force proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in the power relationship; development of the ability to rationally use force in a variety of conditions; building the beauty of the body, etc.

Classes that take place in a fast rhythm with a load either on all muscle groups or on the main muscle groups. Often take place with the use of dumbbells, bars, balls, weights and other equipment to create an intense load. Such workouts are considered the most intense and strenuous. People with diseases of the cardiovascular system should practice strength training with caution. Popular classes: various strength training, shaping, hot iron, etc.

Cardio training designed to increase the endurance of the body and reduce weight (especially in the legs), cardiovascular training. Popular classes: aerobics, step aerobics, running, walking, cycling, active games. Dance fitness. Cardio training with elements of choreography. It takes place in a dynamic format in the form of step-by-step learning of dance chords. Various dance styles from classical, national to modern can be practiced. Popular classes: rumba, zumba, strip, Irish dances, sports dances, etc.

Soft fitness classes are also called "soft fitness", they do not require initial physical training, they are aimed at training the respiratory system, forming and correcting posture, stretching. They give a charge of vivacity, a feeling of lightness in the body. Yoga, Pilates, stretching, strength and flexibility are used.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Compilation and performance of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of the conditions for the development of strength, the health-improving and applied value of strength exercises, as well as the variety of fitness directions.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. Factors that determine success in the development of flexibility..
2. Stretching as a system of exercises for the development of flexibility. Myotatic reflex in the process of performing stretching exercises
3. Individual approach to the selection of soft fitness exercises.
4. Innovative means of recovery in soft fitness classes after exercise.
5. Performing a set of psychosomatic exercises.
6. The concept of psychosomatics.
7. The mechanism of the effect of exercises on relaxation (relaxation) on the body of the trainees.
8. The importance of massage and self-massage before performing fitness exercises.
9. The influence of stretching on the student's body.
10. The influence of callanetics on the student's body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation

of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing a set of exercises

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part:

Classical aerobics. The most common type of aerobics, which is a synthesis of general gymnastic exercises, varieties of running, jumping, jumping, performed to musical accompaniment. This type contributes to the development of endurance, improves the functionality of the cardiorespiratory system.

There are also distinctions: LI - aerobics for beginners. No jumps, simple choreography, lesson in a gentle mode. Duration 20-30 minutes; Aerobic Energy - an energetic lesson for people with an average level of training; Aerobic Advance - high-intensity cardio training for the trained. Complicated choreography, including jumps and jumps.

Step aerobics. A feature of this type is the use of a special step platform, which allows you to perform various steps, jumps on it and through it in different directions. Walking on the step significantly strains problem areas - legs and buttocks. Climbing and descending from the platform is equated in intensity to running at a speed of 12 km per hour. Step aerobics is mainly based on the choreography of basic aerobics, which, however, does not exclude the inclusion of various dance styles of aerobics, power aerobics, etc.

The platform is made of a special material and allows you to perform a jump step on and through it in various directions.

In the ground part of the lesson, the platform is convenient to use for the development of strength. The movements are based onthe basic steps of aerobics, which does not exclude the dance stylization of the exercises.

In 1952, American sports physiologists developed a special test to determine the physical performance of a person. Testing consisted in the fact that the studentperformed the so-called "ascents" to a step of a certain height for severalminutes. At the same time, his pulse was periodically measured, and at the end of the test theindex of physical performance was calculated using special formulas.

This test for determining physical performancewas called the Harvard Step Test, after the name of the university where it was developed. The invention was taken up bysports physiologists all over the world. The test is still used to determine physicalperformance, with the only difference that at present a bicycle ergometer (bicycle simulator) or a treadmill (treadmill) is used instead of a step.

The Harvard Step Test, without any doubt, is directly related to step aerobics, which, having appeared in the late 80s, instantly gained great popularity all over the world.

Questions and tasks:

Preparatory part. General development exercises in the flow method – 10-15 minutes.
Main part. SOFT FITNES: performing a set of exercises aimed at developing lagging physical qualities and increasing the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of foreign methodological systems for developing strength and building body beauty (shaping, stretching, body building, aqua building, etc.).

Final part. Exercises for the restoration of breathing and mental regulation (7-10 minutes). Summing up the results of the educational activity of students.

Tasks. Development of lagging physical qualities.

Questions for control

1. The concept of load. Types of load, maximum level of load.
2. Relaxation exercises, self-massage in the structure of soft fitness classes
3. The influence of soft fitness classes on various functions of the student's body.
4. The influence of breathing gymnastics on the student's body.
5. Features of the development of strength at the age of 18-20 and the methodology of its development.
6. Features of the development of flexibility at the age of 18-20 and the methodology of its development.
7. Features of the development of coordination abilities at the age of 18-20 and methods of their development.
8. Soft-fitness in the development of movement culture.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing a set of exercises

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical education means for hardening the body. The study of means and methods of hardening is aimed at strengthening health and increasing self-improvement.

Theoretical part: Hardening, as we know, is a scientifically based systematic use of natural factors of nature to increase the body's resistance to adverse environmental factors. Hardening as an increase in the body's resistance to various meteorological conditions has also been used since ancient times.

The experience of hardening that has come down to us is more than a thousand years old. Abu Ali ibn-Sina (Avicenna) in the VIII-IX centuries created the "Canon of Medical Science". He divided medicine into theoretical and practical, and the latter into the science of preserving health and the science of treating a sick body. In one of the chapters of his work, Avicenna talks about bathing in cold water, including young children, as well as about methods of preparing travelers for a kind of

hardening in the conditions of hot desert and winter bad weather. In the X century, the oldest Russian chronicler Nestor described how he began to steam in a bath and bathe babies in cold water immediately after birth. And so - for several weeks, and then for each sickness. The Scythians, according to Herodotus and Tacitus, bathed their newborns in cold water. The Yakuts rubbed the newborns with snow and poured cold water on them several times a day. Residents of the North Caucasus washed their children twice a day below the waist, with very cold water, starting from the first day of life.

The founder of Russian medicine S.G. Zybelin (1735-1802)
in "A Word on the Harm Resulting from Keeping Yourself in Excessive Warmth" (1773) he wrote: "It is very useful to wash babies with cold water to bring them to the fortress and to prevent many diseases." There are no medical exemptions from hardening, only acute febrile diseases. It is a deep mistake to think that hardening procedures are contraindicated for weakened children, there should only be an individual approach for each child. It is necessary to follow a number of rules:

- systematic use of hardening procedures in all seasons, without interruptions.
- Gradual increase in the dose of irritant action.
- taking into account the age and individual characteristics of the body.
- All hardening procedures should be carried out against the background of positive emotions.

Violation of these rules leads to the lack of a positive effect from hardening procedures.

As we know, hardening measures are divided into general and special. General include the correct daily regimen, rational nutrition, physical education. Special hardening procedures include hardening with air (air baths), sun (sun baths) and water (water procedures). When hardening, it is necessary to be guided by certain principles, such as: gradualness, systematicity, taking into account the individual characteristics of a person.

Questions and tasks:

Preparatory part. Dance exercises to music – 10 minutes.

Main part. SOFT FITNES. Performing a set of exercises for the development of the muscles of the anterior surface of the thigh in a standing position; the lower back, buttocks and back of the thigh in the position of resting on the knees and lying on the stomach. Medium intensity load. Exercises for the development of lagging physical qualities. "Stretching" at the support.

To form an idea of the means and methods of hardening (air procedures, water hardening, etc.).

Final part. Breathing exercises (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. Modern health systems.
2. Traditional health systems.
3. Reveal the concept of "holism" in modern health systems.
4. An integrated approach to human health.
5. Hardening processes in combination with physical education means.
6. Make a program of practical actions for yourself according to the method of the "Reasonable Way".

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 2

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic. Passing safety briefing in the discipline "Elective courses in physical education and sports: Fitness" is associated with the need to bring to the attention of students the rules of being in the gym. Compliance with hygienic requirements in relation to places of training and personal hygiene. Requirements for sports uniform, nutrition, compliance with the drinking regime. On the system of physical exercises for the versatile development of physical abilities, on the system of health-improving exercises, on the prevention of various diseases by means of physical education.

Theoretical part. All types of fitness provide optimal development of strength, speed, endurance, agility, flexibility, that is, physical qualities that help to better and faster adapt to the rapidly changing conditions of modern life.

Well-developed muscles are more plastic and protect as much as possible from all kinds of injuries. The problem of injuries is relevant in physical exercises, but with their competent use, injuries can be an exception.

The concept of general fitness is a state of a person achieved by striving for the fullest realization of all life opportunities in all aspects of his existence - social, mental, spiritual and physical. The basis of this dynamic, multifaceted state is good health The concepts of full health include: mental activity and curiosity, positive emotional sensations, meaningful relationships with other people, awareness of social problems and participation in their solution, physical abilities for vigorous actions aimed at achieving personal goals and much more. All aspects of general fitness are closely interrelated: a high level inone area has a positive effect on other areas, and vice versa. Despite the fact that motoractivity plays a major role in the physicalaspect of our existence, it nevertheless affects learning, relationships with other people and significantly expands the boundaries of human capabilities.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10 minutes.

Main part. 1. Familiarization with the performance of tests on physical fitness. 2. Determination of the intensity of the load by heart rate (HR). Stretching exercises, for the development of flexibility.

Final part. Breathing and relaxation exercises (7-10 minutes). Summing up the lesson.

Questions for control

1. The importance of fitness for maintaining health and developing physical qualities.

3. Definition of the concept of "posture". A variety of physical exercises that affect the formation of correct posture

4. Definition of the concept of "posture". A type of physical exercises that affect the formation of correct posture.

5. Breathing exercises and rules of economical breathing when performing exercises.

6. Stretching and relaxation exercises.

7. Exercises for the development of flexibility. Age features of the development of flexibility.

8. The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of general physical training. Conversation. Means and methods of general physical training in physical culture and sports.

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic. As a result of the analysis of the data on monitoring the physical fitness of first-year students, in order to increase the level of physical fitness of students in physical education classes, it is recommended to use more physical training tools, sports and outdoor games, games, non-traditional systems of physical exercises, including health-improving fitness.

Theoretical part. Diagnostics of physical development and preparedness of students (a term legitimate in the period of initial development of sports medicine), implying the diagnosis and assessment of only the influence of physical culture and sports on the physical development of students. The initial state of physical readiness of students to perform certain loads, exercises of varying complexity, is an important indicator for an individual approach, and in the future, as a result of health fitness, the student will develop, with the help of professional mentors, the ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying underdeveloped physical qualities.

Stretching exercises, for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The importance of fitness for maintaining health and developing physical qualities.
2. Breathing exercises and rules of economical breathing when performing fitness exercises.

6. Stretching and relaxation exercises, their mechanism of action.
7. Exercises for the development of flexibility. Age features of the development of flexibility.
8. The concept of "stretching".
9. Stretching exercise group.
10 The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises for general physical training.

Conversation. Means and methods of general physical training in physical culture and sports.

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the problem of using various physical exercises from various fitness systems for the versatile development of physical abilities, for the harmonious development of physical capabilities, as well as the general culture of the individual. The study of the means and methods of physical education are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. During soft fitness classes, there is no overtraining or any inconvenience (as, for example, in yoga), students receive a versatile load on all muscle groups. Particular attention is paid to proper breathing, the work of the muscles of the abdomen, back and buttocks, and the muscles of the arms and legs also receive an even load. Some soft fitness exercises, as in other types of fitness, are aimed at plasticity and flexibility of the body. Depending on how you feel, you can increase or decrease the load. As a rule, the load on soft fitness is formed depending on the state of health of students and their physical fitness.

Soft fitness exercises strengthen the muscles of the body and have a beneficial effect on the functioning of internal organs. Along with specific exercises, exercises from the Pilates system, stretching, callanetics and other more developed systems are added to the soft fitness training. The main principle of soft training, as we have already noted, is the absence of overstrain. During the classes, the functional state of the students improves, during such classes, students learn not only to control their body, but also to control their mental state.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of underdeveloped physical qualities.

Questions for control

1. Soft fitness is a new invention of the fitness industry.
3. Features of soft fitness training.
4. The main principle of soft training
5. What physical qualities does soft fitness develop?
6. Physical activity and prevention of premature health disorders.
7. What is the positive effect of breathing gymnastics, its features in soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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4. http://sinncom.ru/content/resurs/index.htm
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: the use of new areas of health-improving fitness for the ability to maintain the proper level of physical fitness in students to ensure full-fledged social and professional activities.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic Soft fitness includes wellness programs, exercises are carried out without the use of weights and sports equipment, and strength exercises are carried out in a gentle mode. Soft training includes stretching, coordination, static exercises, stretching exercises. It is also based on beautiful gymnastic movements that form a beautiful posture and have a beneficial effect on the psycho-emotional state of the trainees.

Theoretical part. Soft fitness, like other types of fitness, is aimed at supporting a person's desire to increase physical activity in everyday life. By using the stairs instead of the elevator, refusing to use a car when it is possible (walking or cycling), and spending leisure time together with friends or family, many people remain young and physically active. People who lead a sedentary lifestyle should devote at least 30 minutes during the day to some type of physical activity. This can include everything from cleaning the house and working in the garden to activities recommended for everyone else. Individuals with the described minimum level of physical activity can improve their physical condition and improve their health by engaging in more intense physical activities (general strengthening and aerobic exercises) 3-5 times a week for 20 minutes. They can also take part in daily activities that require high energy expenditure, in stretching (developing flexibility), as well as in activities in a pleasant atmosphere, such as dancing, sports and outdoor games.

Individuals with higher fitness scores can increase the intensity of exercise and exercise to learn specific athletic skills, and fitness exercises can be helpful.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the upper shoulder girdle and trunk muscles without shells and weights. Learning the correct technique for performing movements. Relaxation exercises, self-massage.

To form an idea of the history, current state and prospects for the development of fitness in Russia and abroad.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The concept of general fitness.
2. Specifics of soft fitness classes. Physical training by means of soft fitness.
3. The influence of soft fitness classes on various functions of the student's body.
4. Breathing gymnastics as an obligatory element of the soft fitness system.
5. Methods of conducting soft fitness classes for the development of strength
6. Methods of conducting soft fitness classes for the development of flexibility.
7. Methods of conducting soft fitness classes for the development of coordination abilities.
8. Methods of conducting soft fitness classes for the development of endurance.
9. Methods of conducting soft fitness classes for the development of speed and strength abilities.
10. Soft-fitness in the development of body culture.

List of references recommended for use on this topic

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture in a directed way, to be able to maintain the proper level of physical fitness to ensure full-fledged social and professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional

activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic The formation of physical culture of the individual and the ability to use a variety of physical education tools takes place in physical education classes and with the help of the teacher, the selection of exercises for each student is carried out, so that in the future he can compose complexes of his most favorite exercises for the ability to constantly maintain the proper level of physical fitness in order to feel more harmonious in the social environment. Also, the study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Fitness offers a huge number of exercises, varying degrees of strength and aerobic load. What is very important for many girls, fitness perfectly corrects the figure. One of the fundamental principles of fitness is harmony. Within the framework of the daily fitness complex, different types of loads alternate with each other and make up some harmonious unities that allow you to achieve good health, beauty, inner harmony. Fitness classes become a way of life, and are associated with success and well-being, as well as the ability to achieve everything with your own work. Soft fitness includes exercise systems for:

- coordination of movements;
- of a conditioned nature;
- Increasing body firmness and elasticity of muscles and ligaments;
- Maintaining static positions that develop a sense of balance and the ability to balance.

Also, soft fitness exercises are aimed, as we have already said, at the formation of a beautiful posture, at the ability to maintain posture when walking, running and when performing exercises.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.
Main part. SOFT FITNES: Learning a set of exercises for the muscles of the trunk and legs without shells and weights. Learning the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of the importance of fitness as one of the means of general physical and special physical training.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. Features of the formation of muscle groups in soft fitness.
2. To conduct a comparative analysis of existing fitness systems.
3. To form a scientific understanding of the means and methods of physical education that have a positive effect on physical and mental health.
4. New Scientific Discoveries in Fitness
5 Factors that determine success in the development of flexibility.
6. Stretching as a system of exercises for the development of flexibility. Myotatic reflex in the process of performing stretching exercises
7. Individual approach to the selection of soft fitness exercises.
8. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to study the basics of soft fitness for the ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: In soft fitness there is a set of exercises to strengthen the shoulder girdle and arms; a set of exercises to strengthen the abdominal muscles; a set of exercises for the lower body; Complex strength training, including exercises for all muscle groups without weights; exercise group - Super Body - a complex strength training for all muscle groups for trained and endurance exercisers. Strength training, which involves performing statistical and dynamic exercises for several muscle groups at the same time; Core training - training on the unstable Core Reebok platform, providing intensive work of all muscle groups (including deep stabilizer muscles), and the development of body coordination by maintaining balance on the platform; Elastic tubes training - strength training with rubber shock absorbers, static and dynamic exercises for all major muscle groups are performed; Functional training is a static-dynamic energy-intensive strength training for all muscle groups with an emphasis on deep muscles, built according to a special technique and developing muscle endurance; exercises for the back, which have a pronounced therapeutic and health-improving character.

Questions and tasks:

Preparatory part. General development exercises – 10-15 minutes.

Main part. SOFT FITNES: Compilation of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, flexibility.

To form an idea of the concept of "strength", strength efforts and their variety.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The importance of soft fitness for posture.

3. Definition of the concept of correct "posture". Exercises that affect the formation of correct posture.

4. Definition of the concept of "posture". A type of physical exercises that affect the formation of correct posture.

5. Breathing exercises and rules of economical breathing when performing exercises.

6. Stretching and relaxation exercises.

7. Exercises for the development of flexibility. Age features of the development of flexibility.

8. The importance of massage and self-massage before performing fitness exercises.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru

3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture in a directed way, to be able to maintain the proper level of physical fitness to ensure full-fledged social and professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the

individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Strength training. A great variety of different strength classes are aimed at working out all muscle groups. In strength training, various sports equipment is widely used: dumbbells, rubber shock absorbers, resistance bands, gymnastic sticks of various weights (Body Bar), barbells, "cores" (special Core-platforms), etc. Thanks to strength training, the muscles are compacted, toned, the figure is modeled. As a rule, all strength classes are suitable for students of any level of training. In cases where a certain level of training is required, this is indicated in the description of the class.

There are also the following: UB - a set of exercises to strengthen the shoulder girdle and arms; ABD - a set of exercises to strengthen the abdominal muscles; LBT - a set of exercises for the lower body; Body Conditioning - a complex strength training that includes exercises for all muscle groups; Super Body - a complex strength training for all muscle groups for trained and endurance exercisers. Strength training, which involves performing statistical and dynamic exercises for several muscle groups at the same time; Core training - training on an unstable Core Reebok platform, providing intensive work of all muscle groups (including deep stabilizer muscles), and the development of body coordination by maintaining balance on the platform; Elastic tubes training - strength training with rubber shock absorbers, static and dynamic exercises for all major muscle groups are performed; Functional training - static-dynamic energy-intensive strength training for all muscle groups with an emphasis on deep muscles, built according to a special technique and developing muscle endurance; Easy Waist - author's lesson. An original lesson, including exercises mainly for the abdominal muscles, contributing to the formation of a "wasp" waist; Back Ward - an author's lesson. A special class aimed at strengthening the back muscles and forming posture; Graceful Strength - an author's lesson. Exercises for the back, which have a pronounced therapeutic and health-improving character; Deep Abdominal - an author's lesson. Strength training that allows you to thoroughly and deeply work out the abdominal muscles.

Pump aerobics is a health-improving aerobics of a pronounced athletic orientation using a barbell, which, however, does not interfere with the development of endurance. Special barbells of various weights in the form of gymnastic sticks are used, as well as ordinary weightlifting barbells. Such classes are recommended for trained students who do not have deviations in health. Such aerobics are very popular among men.

Pump aerobics classes are often conducted using other equipment, for example, a step platform or slide. Since the classes are strength-oriented, the correct method of using stretching exercises in the final part is of great importance, which allows you to avoid severe muscle pain.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Compilation and performance of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of the conditions for the development of strength, the health-improving and applied value of strength exercises, as well as the variety of fitness directions.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. Factors that determine success in the development of strength.
2. Bodybuilding as a system of exercises for the development of strength.
3. Individual approach to the selection of strength exercises in soft fitness.
4. Innovative means of recovery in soft fitness classes after exercise.

5. Performing a set of psychosomatic exercises.
6. The concept of psychosomatics.
7. The mechanism of the effect of exercises on relaxation (relaxation) on the body of the trainees.
8. The importance of massage and self-massage before performing fitness exercises.
9. The impact of training on simulators on the student's body.
10. The influence of athletic gymnastics on the student's body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: The concept of "hardening" arose on the basis of the analogy of quenching iron, turning it into steel. It is well known that hardening is one of the most important components of a healthy lifestyle.

Hardening should be understood as an activity aimed at improving the system of thermoregulation of the body by means of relatively low and high temperature stimuli.

Hardening is a training of the cardiovascular, humoral and nervous systems. Training of the will and character of a person, increasing his vitality. At high temperatures (steam room, sauna) and appropriate hygienic conditions, it is also an effective means of cleansing the body.

The result of preventive measures of hardening procedures is an increase in the body's resistance to the influence of temperature conditions of nature, special labor activity and various extreme situations. Hardening of the body contributes to the prevention of colds and infectious diseases, especially influenza and rheumatic infections.

Natural factors of nature, the sun, air, and water, act on the human body through the receptor apparatus (nerve endings) laid down in the skin of the body, transmit irritations to the nerve pathways from the periphery to the center and cortex of the brain. These stimuli switch to other nerve pathways going from the cerebral cortex to the internal organs, and thus affect them and regulate their activity.

So, tempering is a proven and reliable health-improving remedy. But it can become such only if the principles that have been developed by practical experience and supported by medical, biological and pedagogical research are observed.

It has been established that the body's resistance to adverse factors is significantly increased due to a combination of general and local (local) procedures.

Water Hardening. The healing power of water has been known since ancient times. Its high efficiency of effect on the body is increased heat capacity in comparison with air, the content of mineral salts, gases and liquids soluble in it. By the way, in order to enhance the irritating effect of water, sometimes two or three tablespoons of table salt or three or four tablespoons of table vinegar are added to it. The main advantage of water as a means of hardening is the temperature factor. Water procedures are divided according to their temperature into hot - above 40 degrees, warm - 36-40, indifferent - 34-35, cool - 2P-33 and cold below 20 degrees.

Water procedures are first carried out at an air temperature not lower than 17-20 degrees, and only as hardening develops, you should move to a lower one. The best time for procedures is in the morning, some time after sleep or at the end of morning exercises, when the skin is evenly warmed. Water procedures performed before bedtime are poorly tolerated.

Rubbing is the initial stage of water hardening. For several days, rubbing is carried out with a towel, sponge or just a hand moistened with water.

Dousing is characterized by the effect of low water temperature, slight pressure of the jet falling on the surface of the body. For the first dousing the water temperature should be about 30 degrees and then decrease to 15 degrees and below. At the same time, the procedure followed by rubbing the body lasts from three to four minutes. Shower is an even more energetic water procedure, at first the water temperature is 30-35 degrees, the duration is no more than one minute. Then the water temperature is gradually reduced, and the shower time is increased. After physical and mental exertion, a contrast shower is used to relieve fatigue.

Questions and tasks:

Preparatory part. Dance exercises to music – 10 minutes.

Main part. SOFT FITNES. Performing a set of exercises for the development of the muscles of the anterior surface of the thigh in a standing position; the lower back, buttocks and back of the thigh in the position of resting on the knees and lying on the stomach. Medium intensity load. Exercises for the development of lagging physical qualities. "Stretching" at the support.

To form an idea of the means and methods of hardening (air procedures, water hardening, etc.).

Final part. Breathing exercises (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. To reveal the step-by-step development of the power mix as a fitness system.
2. Individual approach to the selection of power mix exercises
3. Legacy of foreign and domestic research in the field of power mix
4. To conduct a comparative analysis of soft fitness systems and power mix
5. Fundamentals of self-control and self-regulation in power mix fitness.
6. Mental training in the development of strength abilities (complex training).
7. Indications and contraindications for POWER MIX.

Practical control standards for the discipline "Elective disciplines (modules) in physical culture and sports"

POINTS	**Shuttle run 3x10 m, with**	**Forward bend from a position standing longitudinally on a gymnastic bench, cm**	**Lifting the torso from a position lying on the back to an angle of 90°, number of times**	**Resting on the forearms ("plank"), with**
	Girls	Girls	Girls	Girls
25	8,0	12	40	60
20	8,2	10	35	50
15	8,4	8	30	40
10	8,6	6	25	30
5	8,8	3	20	20
1	9,0	0	15	10

Interview Questions

1st year

1. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
2. To form an idea of the role and function of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
3. To form an idea of the role and function of the musculoskeletal system and methods of influencing them with physical exercises.
4. To form an idea of the role and function of the muscular system and methods of influencing them by physical exercises.
5. To form an idea of the role and function of the skin, diaphragm, digestive system and endocrine glands and methods of influencing them with physical exercises.
6. To form an idea of the role and function of the central nervous system and methods of influencing it by physical exercises.
7. To form an idea of the reflex nature of motor activity and the formation of motor skills.
8. To form an idea of fatigue during physical work, the physiology of fatigue and recovery processes.
9. To form an idea of the orientation of human behavior to ensure one's health and the criteria for the effectiveness of the use of a healthy lifestyle.
10. To form an idea of the levels (types) of health.
11. To form an idea of the social aspect of health and a healthy lifestyle.
12. To form an idea of separate nutrition.
13. To form an idea of vegetarianism and raw food.
14. To form an idea of tempering as a means of restoring health.
15. To form an idea of massage and its types.
16. To form an idea of self-massage.
17. To form an idea of the theory of cleansing and restoration of the body.
18. To form an idea of vitamins as a means of restoring the body.
19. To form an idea of the effect of tobacco substances on the human body.
20. To form an idea of the effect of alcohol on the human body.
21. To form an idea of the effect of narcotic substances on the human body.
22. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 3

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Passing a safety briefing in the discipline "Elective Courses in Physical Culture and Sports: Fitness".

Fitness develops the basic physical qualities, improves the functional activity of the body, contributes to the development of a large number of various motor skills. Fitness creates the basis for special training. It provides the versatile development of strength, speed, endurance, agility, flexibility, without which it is impossible to improve in the chosen sport.

Therefore, fitness does not belong to any discipline and is not a professional sport in which the goal is the maximum score or result. In simple words, fitness is training for people who want to improve their health and look good, and not to develop the maximum capabilities of their body and win any cup. Improves general well-being and mobility. Strengthens muscles regardless of the direction and type of load. Suitable for all ages and health conditions with any physical activity, but depending on the chosen direction. Among a huge variety of directions, everyone can choose a load for themselves. Competent implementation of fitness programs does not lead to a deterioration in physical condition, unlike professional sports. Classes lead to weight loss. When doing fitness, there is no need to resort to anabolic steroids and doping. Fitness classes are always diverse, performed with incendiary music or, on the contrary, relaxing, so everyone can choose the load individually according to preferences and taste.

However, fitness classes cannot provide the physical shape that strength sports give, so you need to take this difference into account. Each direction has its own contraindications and warnings, it is important to take these factors into account when choosing a certain direction.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10 minutes.

Main part. 1. Familiarization with the performance of tests on physical fitness. 2. To form an idea of determining the intensity of load by heart rate. Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of physical fitness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. A relatively new direction in fitness is soft fitness, or "soft" fitness, which can be done by novice athletes or people with poor health. Unlike most intense workouts, soft fitness is designed for the following categories of people:
- physically unprepared;
- having health problems;
- People who have had serious injuries, are very overweight or have chronic diseases.

After injuries and chronic diseases, the ability of the human body to play sports decreases sharply. Also, physical activity is contraindicated for people with high weight and weak endurance. In this case, doctors prescribe therapeutic physical education, part of which is soft fitness, which helps people get back on their feet and get rid of excess weight without harming the body. Soft fitness can be done in case of kidney failure, spinal injuries, osteochondrosis, hypertension and scoliosis. Such classes are aimed at a systematic action, while they help to maintain a normal weight.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of physical fitness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Soft fitness classes are quite interesting and diverse, besides, they involve all muscle groups. During the workout, the muscles of the abdomen and buttocks are involved in the work, as well as the arms and legs are well worked out. Some soft fitness exercises are aimed at plasticity and flexibility of the body. Depending on how you feel, you can increase or decrease the

load. As a rule, soft fitness groups are formed depending on the state of health of people and their physical fitness.

Soft fitness helps to strengthen the muscles of the body and improve the condition of internal organs. This direction in fitness includes the following programs:

- fitness yoga - it uses simple poses borrowed from yoga. Each exercise is performed smoothly, slowly and alternately. Due to static exercises, the muscles of the body are strengthened, and the level of stress resistance of the body increases;
- Pilates is a set of exercises developed by Joseph Pilates. They eliminate muscle imbalances, improve emotional background and posture, as well as normalize sleep and work out deep muscle groups;
- stretching is aimed at training the elasticity and flexibility of the body. This program develops joint mobility and ligament elasticity, as well as relieves muscle pain;
- Callanetics is a program consisting of dynamic and static exercises with a small amplitude. During training, internal muscle groups are strengthened. Classes are aimed at relaxing, strengthening muscles and improving the functioning of internal organs.

Soft fitness also includes wellness programs that improve well-being and train the muscles of the body. Training takes place without the use of weights and sports equipment, and strength exercises are performed in a gentle mode. Soft fitness includes the following exercises:

- development of coordination of movements;
- of a conditioned nature;
- static exercises;
- Exercises to stretch and increase body elasticity.

Wellness programs are aimed at establishing a beautiful and correct posture. These are gymnastic exercises that involve the joints of the spine and upper shoulder girdle. Such programs are developed for people who have problems with the spine. These are preventive measures that prevent the development of osteochondrosis and other types of curvatures of the spinal column. They are used for the muscles of the back, abdominal press and upper shoulder girdle. Soft fitness classes are held in groups of five or more people. The numerous advantages of this direction in fitness include:

- the ability to exercise in the presence of overweight and chronic diseases;
- strengthening the muscles of the body and gentle preparation for physical activity;
- relaxation;
- improvement of the emotional background;
- strengthening of internal organs;
- Increased flexibility and improved posture.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.

6. Physical quality – speed and methods of its development. Speed and strength abilities.

7. Jumping as a way of moving a person and a type of sports motor actions.

8. What is the positive effect of strength training on the human body?

9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

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10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference systems:

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Modern and fashionable fitness already existed and flourished hundreds of years ago, but then it was called differently, or rather, it was not called anything at all. We are talking about the ancient version of the emergence of such a way of life, which, according to most experts, is beyond doubt. Back in the V century BC, the ancient Greeks, in fact, created "prehistoric fitness", devoting themselves to sports and turning it into a kind of art. The main goal for the first amateur athletes was inner harmony and external beauty. Moreover, daily training for many hours made athletics a profession - ancient athletes spent all their time training in order to win the Olympic Games. As a result, the familiar fitness was born - a new word with an old meaning. It is worth remembering the existence of the first ancient Roman fitness clubs, which served not only for sanitary and hygienic procedures, but also for physical exercises and cultural entertainment. Later, similar institutions appeared in many European countries. The second version of the emergence of fitness (which, however, is better to call the second stage of its development) is American. Officially, this term was born in the United States about 30 years ago, although the first training programs were formed during the Second World War. In order not to waste time, American soldiers exercised with weights, strengthened the abdominal muscles, pulled up on the bar.

In the 70s of the XX century, physical tests of various groups of the population revealed a lot of health problems for many Americans. And these problems increased in proportion to the improvement in the quality of life. Under the President of the United States, the Fitness Council was created, which included 20 of the most authoritative professionals in this field, as well as politicians from different states. The main task of this council was to popularize sports and health exercises. By the end of the 80s of the last century, fitness finally came to the USSR, thereby marking in history the next, Soviet, stage of its development, which was followed by the so-called Slavic, or post-Soviet stage. The absolute accessibility of classes served as the foundation for the success of Soviet sports. Every person of any age had the opportunity to train for free in numerous sections at schools, houses of culture, sports complexes. Talented children and teenagers could count on further sports of the highest achievements. The rest could do as much as they wanted - for their own pleasure and maintaining good physical shape.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the upper shoulder girdle and trunk muscles without shells and weights. Learning the correct technique for performing movements. Relaxation exercises, self-massage.

To form an idea of the history, current state and prospects for the development of fitness in Russia and abroad.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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Information reference systems:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises for general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part:

Fitness is an active lifestyle that combines sports and proper nutrition, which, in the end, strengthens health. Fitness has recently been very successful. Indeed, it is difficult to pass by its advantages, it is so unique and effective. At the same time, it should be noted that fitness has a huge number of varieties. Thanks to this variety, anyone has the opportunity to choose a program that suits him. Different types of exercises and different degrees of power load allow different muscle groups to work, and the whole complex as a whole corrects the figure. Here we can give the simplest examples. For example, swimming is successfully combined with exercises on simulators, which give, perhaps, a more intense load on the muscles. Simulators can also be replaced by strength training - as a way to activate all the muscles of the body and raise tone. One of the fundamental principles of fitness is harmony. Within the framework of the daily fitness complex, different types of loads alternate with each other and make up some harmonious unities that allow you to achieve good health, beauty, and inner harmony. Fitness classes become a way of life and are associated with success and well-being, as well as the ability to achieve everything with your own work.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the muscles of the trunk and legs without shells and weights. Learning the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of the importance of fitness as one of the means of general physical and special physical training.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension.*

Muscles exert strength in the following modes: without changing their length (static, isometric mode); with a decrease in length (overcoming, myometric mode); with elongation (yielding, poliometric mode). Overcoming and yielding modes are united by the concept of "dynamic mode".

The following types of strength abilities are distinguished:

1) *power proper* (in statistical modes and slow movements); 2) *speed-force ("* dynamic force" in fast movements); H) an important variety is *explosive force.*

To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person exerts in any exercise, estimated regardless of his own weight, is sometimes called absolute strength. It can be characterized, for example, by the maximum weight of the lifted barbell, dynamometer readings, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight.

The maximum strength that a person can exert depends on biochemical and physiological factors manifested in his individual abilities.

The main meaning of the education of strength as a physical quality of a person is to comprehensively develop it and provide the possibility of high manifestations in various types of motor activity. In addition, strength, like other physical qualities, is an indicator of the level of human health. Consequently, in the process of strength training, the health-improving task is also solved.

Questions and tasks:

Preparatory part. General development exercises – 10-15 minutes.

Main part. SOFT FITNES: Compilation of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, flexibility.

To form an idea of the concept of "strength", strength efforts and their variety.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: The tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts - static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in terms of strength; development of the ability to rationally use force in a variety of conditions; building the beauty of the body, etc.

Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved.

The means of strength training are exercises with increased resistance, which are usually divided into two groups:

1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment);

2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

The main areas of fitness.

Strength training. Classes that take place in a fast rhythm with a load either on all muscle groups or on the main muscle groups. Often with the use of dumbbells, bars, balls, weights and other equipment to create an intense load. Such training is considered one of the most intense and exhausting. People with diseases of the cardiovascular system should practice strength training with caution. *Popular classes:* various strength training, shaping, hot iron, etc.

Aerobic directions. Cardio training designed to increase the endurance of the body and reduce weight (especially in the legs), cardiovascular training. *Popular classes:* aerobics, step aerobics, running, walking, cycling, active games. **Dance fitness.** Cardio training with elements of choreography. It takes place in a dynamic format in the form of step-by-step learning of dance ligaments. Various dance styles from classical, national to modern can be practiced. *Popular classes:* rumba, zumba, strip, Irish dancing, sports dancing, etc.

Soft fitness. Classes that do not require significant physical training, aimed at training the respiratory system, forming and correcting posture, stretching. They give a charge of vivacity, a feeling of lightness in the body. *Popular classes:* yoga, Pilates, stretching, strength and flexibility.

Aqua. Fitness in water. It has a beneficial effect on the cardiovascular system, joints and has practically no contraindications except for allergies to chlorine, used for disinfecting pools. Perfectly removes fat. *Popular classes:* aqua aerobics, gymnastics in water, water volleyball.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Compilation and performance of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of the conditions for the development of strength, the health-improving and applied value of strength exercises, as well as the variety of fitness directions.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part:

Aerobics is a movement to music that stimulates the cardiovascular and respiratory systems, a great way to cheer up and fight excess weight. *Slide aerobics* is a set of athletic exercises using a special slide board. Slide exercises are a high-intensity type of aerobic training. Most of the exercises resemble the movements of a skater and are aimed at developing the muscles of the lower body, as well as general endurance, a sense of balance and coordination. *Step aerobics* is a type of aerobics using a special step platform, which allows you to perform basic movements, coupled with steps and jumps on and through it in various directions. The platform itself is made of a dense frame that can withstand a load of up to 600 kg, which ensures complete safety. Step aerobics is perfect for the prevention and treatment of osteoporosis and arthritis, as well as for strengthening the leg muscles and recovering from knee injuries. *Dance aerobics* is a set of dance movements based on basic steps. It strengthens the muscles of the lower body, stimulates the cardiovascular system, improves coordination of movements and posture. *Aqua aerobics* is an analogue of classic aerobic training in the water using special equipment (belts, vests, dumbbells, planks, paddles, gloves, etc.). *Stretching*. This set of exercises and postures, which got its name from the English language (stretch - "stretch, stretch"), is specially designed to give elasticity to the muscles, and flexibility and mobility to the joints. *Tai Chi*. This system of exercises was created by Taoist monks. It is based on a single whole of opposite cosmic forces "yin" and "yang". The system of tai chi exercises consists of two processes: physical exercises and meditation. *Yoga.* Yoga classes are considered to be one of the most harmonious systems of human development. Yoga classes include various exercises that cleanse the body, the ability to control breathing and postures, in one way or another affecting the vital forces contained in the human body. *Fitness yoga* is an integration of ancient gymnastics and a healthy lifestyle from a modern point of view. It is suitable for those who are not interested in the psychological part of yoga – meditation. *Shaping.* Shaping is a complex system that combines not only physical exercises and nutrition principles, but also art (shaping – choreography), fashion (shaping style), and the concept of a beautiful appearance. Training in shaping is a set of activities that consistently affect various muscles of the body. *Pilates.* The system developed by Joseph Pilates and named after him is a complex of smooth movements aimed at improving the flexibility of the body, strengthening individual muscles and the body as a whole. During the training, not only large superficial muscles work, but also small deep muscles, which require a special approach and specific training.

Questions and tasks:

Preparatory part. General development exercises in the flow method – 10-15 minutes.
Main part. SOFT FITNES: performing a set of exercises aimed at developing lagging physical qualities and increasing the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of foreign methodological systems for developing strength and building body beauty (shaping, stretching, body building, aqua building, etc.).

Final part. Exercises for the restoration of breathing and mental regulation (7-10 minutes). Summing up the results of the educational activity of students.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.

2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline:

1 http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2 http://BiblioFond.ru
3 http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4 http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5 http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6 http://www.teoriya.ru/ru Theory and practice of physical education:

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: Domestic methodological systems for the development of strength. Corrective gymnastics.

1. Kettlebell rhythm athleticism is a domestic invention. Power aerobics for men, combining the elegance of rhythmic gymnastics and rational elements of the kettlebell technique (developed at the All-Russian Research Institute of Physical Culture).

2. Kettlebell lifting is the system of Y. Romashin, a well-known coach who prepares masters of sports from beginners in two years. He himself believes that it is not only about the system, but also about the strong desire and purposefulness of a person

3. Kettlebell lifting (competitive program) – M. Starodubtsev's system (pressing two kettlebells alternately, juggling one kettlebell, pushing two kettlebells; pressing two kettlebells alternately, juggling one kettlebell with throwing and catching).

Exercises are performed depending on the weight category with 24 and 32 kg shells.

4. The increased interest of the peoples inhabiting Russia in their own culture is an incentive for the revival of national sports in a modern form (for example, throwing stones and weights in Dagestan, etc.).

5. A.K. Anokhin's system (volitional gymnastics). The essence of gymnastics is that you develop strength by tensing the muscles at your own will without external load. For example, slowly, slowly rise from the squat position and strain the muscles of the legs as much as possible, as if you have a very heavy load on your shoulders. After you stand up, just as slowly and with the same

maximum effort, you lower yourself into the i.p. This is how you train the muscles of the front and back of the thigh, performing the exercise in a statistical mode, but while moving.

6. The system of V.G. Fokhtin is based on the principle of self-resistance. You use the limbs as levers, straining them in a statistical mode at different angles. For example, you want to train the biceps of the right arm. Put it at an angle $90°$ (or other), you try to bend it, and with your left hand counteract this movement.

7. Y.A. Peganov's system is a combination of isometric exercises and stretching.

8. The system of V.I. Dikul is a system of exercises with weights.

9. The system of training sessions by V.F. Regulyan is competitive athleticism (posing and power triathlon).

Corrective gymnastics.

Many boys and girls of normal height and weight are often not satisfied with the shapes of individual parts of their own body. There is a need to correct them. And this is possible. It is possible with the selective use of special exercises that develop individual muscle groups, changing the general shape of body parts. Now methods and existing methods of developing almost every muscle have already been developed. The greatest experience of such work has been accumulated in weightlifting, athletic and artistic gymnastics, shaping. At the same time, it is important to choose, with the help of a teacher, the optimal training system, which is based on knowledge of anatomy, physiology, biomechanics of human movements. In addition, it is necessary to get acquainted with and master the basics of training yourself.

Questions and tasks:

Preparatory part. General development exercises in the flow method – 10-15 minutes.

Main part. SOFT FITNES: performing a set of exercises aimed at developing lagging physical qualities and increasing the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of domestic methodological systems for the development of strength and corrective gymnastics.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-

on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the

individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Passing a safety briefing in the discipline "Elective Courses in Physical Culture and Sports: Fitness".

Fitness develops the basic physical qualities, improves the functional activity of the body, contributes to the development of a large number of various motor skills. Fitness creates the basis for special training. It provides the versatile development of strength, speed, endurance, agility, flexibility, without which it is impossible to improve in the chosen sport.

Therefore, fitness does not belong to any discipline and is not a professional sport in which the goal is the maximum score or result. In simple words, fitness is training for people who want to improve their health and look good, and not to develop the maximum capabilities of their body and win any cup. Improves general well-being and mobility. Strengthens muscles regardless of the direction and type of load. Suitable for all ages and health conditions with any physical activity, but depending on the chosen direction. Among a huge variety of directions, everyone can choose a load for themselves. Competent implementation of fitness programs does not lead to a deterioration in physical condition, unlike professional sports. Classes lead to weight loss. When doing fitness, there is no need to resort to anabolic steroids and doping. Fitness classes are always diverse, performed with incendiary music or, on the contrary, relaxing, so everyone can choose the load individually according to preferences and taste.

However, fitness classes cannot provide the physical shape that strength sports give, so you need to take this difference into account. Each direction has its own contraindications and warnings, it is important to take these factors into account when choosing a certain direction.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. 1. Safety briefing in fitness classes. 2. To form an idea of determining the intensity of load by heart rate.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: It is better to have a special suit for fitness. It should be, firstly, comfortable for performing exercises, elastic enough not to hinder movements. Secondly, it should be beautiful – it mobilizes the trainees, stimulates them to move beautifully, maintain the correct posture. In addition to comfort and aesthetics, the suit should also have functional properties, that is, help to achieve a certain effect (for example, lose weight, improve the physique). Therefore, if you need to get rid of extra pounds, reduce the size of the waist, hips, then it is recommended to put insulation on the corresponding parts of the body.

For example, only well-trained and absolutely healthy people, athletes, can afford to train, for example, in two training suits (woolen, and on top of it, which does not allow air to pass through), since an increase in body temperature, high heat transfer place special demands on the cardiovascular system.

For the prevention of flat feet, exercises in a standing position, especially running, are better to perform in sneakers with arch supports. But exercises on the ground are more convenient to perform in socks.

You should practice in a spacious, well-ventilated room, at a temperature of 18-20 degrees. In the warm season, it is better to practice with open windows, avoiding drafts.

Each student should have at least 4 square meters of area. In a cramped room, it is impossible to make movements with full amplitude. To perform exercises sitting and lying on the floor, it is necessary to use a soft mat, which is very important to keep clean.

When doing fitness, especially on the floor, the skin quickly gets dirty. Therefore, after training, you should definitely take a warm shower. It has a thermal and mechanical effect on the body. A hot and long shower reduces excitability, increases the intensity of metabolic processes. A warm shower has a calming effect. Another additional hygienic product, in addition to a shower, is massage. Its techniques affect the nerve endings located in the skin, muscles and ligaments, affect the central nervous system, and through it the functional state of all organs and systems: as a result of which blood circulation, muscle performance improves, the elasticity and strength of muscle tendons and ligaments increase, mobility in the joints improves, and the flow of blood and lymph accelerates. That is why after the massage, a person feels more cheerful.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Learning a set of exercises for the development of the muscles of the forearm, shoulder and chest. A variety of exercises with one's own body weight, in the resistance of a partner, with dumbbells, a barbell, an expander, on apparatus and special simulators, in a standing, sitting, lying on a bench, etc.

Exercises for relaxation and psychoregulation. To form an idea of the gymin fitness.

Final part. Breathing and flexibility exercises (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.

3. Physical quality – flexibility and methods of its development.

4. Physical quality – dexterity and methods of its development. Coordination abilities.

5. Physical quality – endurance and methods of its development.

6. Physical quality – speed and methods of its development. Speed and strength abilities.

7. Jumping as a way of moving a person and a type of sports motor actions.

8. What is the positive effect of strength training on the human body?

9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: POWER MIX does not provide special training and is suitable even for beginners. It is a great option for the elderly and those who want to recover from an injury or serious illness.

Contraindications for POWER MIX may be severe diseases of the central nervous system or oncology, as well as late pregnancy.

The benefits of POWER MIX exercises: accelerate metabolic processes; strengthen the cardiovascular system; improve muscle tone; develop endurance and coordination of movements; correct the figure; burn fat.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Learning a set of exercises for the development of the muscles of the back, legs, rectus and oblique abdominal muscles. Load of moderate intensity

Exercises for the development of physical qualities: strength, flexibility.

To form an idea of the contraindications when practicing POWER MIX.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
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8. What is the positive effect of strength training on the human body?

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10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
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4. http://sinncom.ru/content/resurs/index.htm

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the

formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *Aerobics* is a movement to music that stimulates the cardiovascular and respiratory systems, a great way to cheer up and fight excess weight. *Slide aerobics* is a set of athletic exercises using a special slide board. Slide exercises are a high-intensity type of aerobic training. Most of the exercises resemble the movements of a skater and are aimed at developing the muscles of the lower body, as well as general endurance, sense of balance and coordination. *Step aerobics* is a type of aerobics using a special step platform, which allows you to perform basic movements, coupled with steps and jumps on and through it in various directions. The platform itself is made of a dense frame that can withstand a load of up to 600 kg, which ensures complete safety. Step aerobics is perfect for the prevention and treatment of osteoporosis and arthritis, as well as for strengthening the leg muscles and recovering from knee injuries. *Dance aerobics* is a set of dance movements based on basic steps. It strengthens the muscles of the lower body, stimulates the cardiovascular system, improves coordination of movements and posture. *Aqua aerobics* is an analogue of classic aerobic training in the water using special equipment (belts, vests, dumbbells, planks, paddles, gloves, etc.). *Stretching*. This set of exercises and postures, which got its name from the English language (stretch - "stretch, stretch"), is specially designed to give elasticity to the muscles, and flexibility and mobility to the joints. *Tai Chi*. This system of exercises was created by Taoist monks. It is based on a single whole of opposite cosmic forces "yin" and "yang". The system of tai chi exercises consists of two processes: physical exercises and meditation. *Yoga.* Yoga classes are considered to be one of the most harmonious systems of human development. Yoga classes include various exercises that cleanse the body, the ability to control breathing and postures, in one way or another affecting the vital forces contained in the human body. *Fitness yoga* is an integration of ancient gymnastics and a healthy lifestyle from a modern point of view. It is suitable for those who are not interested in the psychological part of yoga – meditation. *Shaping.* Shaping is a complex system that combines not only physical exercises and nutrition principles, but also art (shaping – choreography), fashion (shaping style), and the concept of a beautiful appearance. Training in shaping is a set of activities that consistently affect various muscles of the body. *Pilates.* The system developed by Joseph Pilates and named after him is a complex of smooth movements aimed at improving the flexibility of the body, strengthening individual muscles and the body as a whole. During the training, not only large superficial muscles work, but also small deep muscles, which require a special approach and specific training.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Performing a standard complex workout (14 exercises): four for the arms, three for the chest, three for the back, two for the legs, two for the abdominal muscles. Exercises are performed according to the method of interval load in a mode, medium intensity. Flexibility exercise.

To form an idea of foreign methodological systems for developing strength and building body beauty (shaping, stretching, body building, aqua building, etc.).

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *The main methodological directions* of strength training are based on the physiological laws of physical education. Strength growth occurs when the process of training creates the maximum power tension, which can be achieved in the following ways: 1) overcoming unsaturated weights (resistances) with a maximum number of repetitions; 2) maximum increase in external resistance (in a dynamic or statistical mode); H) overcoming resistances with maximum speed.

With the first methodical option, the use of maximum weights with a maximum number of repetitions, maximum muscle tension is achieved at the last repetitions, when working to failure against the background of pronounced fatigue. In terms of energy, such work is unprofitable, but has a number of significant advantages if the training is aimed at the development of power endurance or is carried out mainly with a health-improving orientation. Exercises with non-limit weights provide great opportunities to control the technique of movements. This is of particular importance for beginners. Moreover, for people who have not previously engaged in strength exercises, the restriction of weights makes it possible to avoid injuries. It is also important that at first the effectiveness of strength training almost does not depend on the amount of resistance. However, with an increase in the number of sessions, the advantage of maximum weights becomes obvious. In the training of qualified athletes, methods based on repeatedly repeated non-limit weights are used in strength training mainly as additional.

The second methodical variant - the use of limit and near-limit weights - is the main one in the training of qualified athletes. A training session with the maximum weight causes significant emotional fatigue and is associated with insufficient loads. Therefore, training is carried out mainly with near-limit weights, which are overcome without significant emotional excitement (the weight is less than the maximum by 10 - 15 percent). It is desirable to use a weight greater than the maximum training weight once every 7 - 14 days.

Isometric (statistical) exercises can be considered as a peculiar option for the use of maximum power tensions. They are used as an additional means in the process of training strength capabilities. The effectiveness of these exercises is less than that of dynamic exercises, and it is recommended to perform them in the form of maximum repetitions of exercises within 5 - 10 seconds each.

When performing strength exercises, several basic rules should be observed: 1) it is possible to allow the tension of the exhalation muscles with the glottis closed, which increases the strength indicators, only when it is necessary, that is, with short-term maximum tensions. Do not hold your breath when the condition does not require it (for example, when repeating exercises with slight tensions); 2) beginners should not be given a large amount of exercises with limit and near-limit tensions (weights); H) you should not take a maximum inhalation before performing strength exercises, as this will unnecessarily increase intrathoracic pressure and aggravate the unfavorable shifts that are observed during straining; 4) since exhalation with a narrowed glottis achieves almost the same strength indicators as when straining, you can make maximum effort on exhalation without holding your breath, but through slightly compressed lips; 5) beginners should inhale and exhale in the middle of the exercise, in particular, at the moment when the barbell is on the chest; 6) taking into account that shock states occur only with slow pressing, it is necessary to achieve a quick lifting of even the maximum weight; 7) for each movement, there are such body positions in which the highest and lowest values of force are manifested. During bending in the elbow joint, the maximum force is reached at an angle of 90 degrees, when extending in the elbow and knee joints, the optimal angle is about 120 degrees, and when changing the deadlift - 155 degrees.

In the system of training sessions for the development of strength, it is necessary to use a combination of exercises of general and relatively local action. In the human body, there are more than 500 muscles. The following five groups are the most important, which significantly affect the "overall strength" of a person: 1) extensors of the spinal column; 2) flexors of the spinal column and muscles of the hip joints; H) extensors of the legs; 4) flexors of the legs; 5) pectoralis major muscle.

It is desirable to use strength exercises at the beginning of the main part of the session against the background of a "fresh" optimal state of the body. When using significant weights (50 percent of the maximum and above), the rest intervals between repetitions are mainly 2 - 3 minutes, near-limit - 4 - 6 minutes, limit - 10 - 15 minutes. Before approaching the main training weight, several approaches to small weights are made. Such preliminary work with weights pursues the task of warming up. In cases where exercises with both near-limit weights and non-limit weights are included in the training, until "failure", the first should be performed at the beginning.

There are many methodological approaches to training strength abilities, increasing the volume of load. The main group includes the following:

1) *a complex method,* when different muscle groups are loaded alternately in one series;

2) *local method,* when one muscle group is worked out in several series, and then move on to another muscle group;

H) *the method of impact training,* when in one set or series the antagonist, flexor and extensor muscles are alternately loaded;

4) *wave-like method*, when the load is increased to the maximum (for example, the weight of the projectile), and at the first signs of fatigue it is reduced (by 10 - 15 kg), 1 - 2 sets are made and the main weight is again set;

5) the *"uphill" method*, when the load increases, from one to three sets are made to each new weight and at the peak the work on a certain muscle group ends;

6) *the "uphill and downhill" method*, when the load gradually increases, and then gradually decreases.

And, finally, the third methodical variant of strength education, overcoming resistance at maximum speed, is used mainly for the development of speed and strength qualities.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Performing the complex in the mode of continuous load according to the method of "circuit" training. Exercises are selected for the main muscle groups (8-10 stations) and performed for the maximum number of repetitions for 15-20 seconds, after which the station is changed. The volume of load is within three sets. Rest between sets (5-7 minutes) is filled with breathing and relaxation exercises. Flexibility exercise.

To form a general idea of the methods of strength development.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension.*

Muscles exert strength in the following modes: without changing their length (static, isometric mode); when the length decreases (overcoming, myometric mode); when it lengthens (yielding, poliometric mode). Overcoming and yielding modes are united by the concept of "dynamic mode".

The following types of strength abilities are distinguished:

1) *power proper* (in statistical modes and slow movements); 2) *speed-force ("* dynamic force" in fast movements); H) an important variety is *explosive force.*

To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person manifests in any exercise, estimated regardless of his own weight, is sometimes called absolute

strength. It can be characterized, for example, by the maximum weight of a lifted barbell, dynamometer indicators, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight.

The maximum strength that a person can exert depends on biochemical and physiological factors manifested in his individual abilities.

The main meaning of the education of strength as a physical quality of a person is to comprehensively develop it and provide the possibility of high manifestations in various types of motor activity. In addition, strength, like other physical qualities, is an indicator of the level of human health. Therefore, in the process of strength training, the health-improving task is also solved. In our country, athletic gymnastics is developing in two directions: health-improving (health-improving, rehabilitation centers) and competitive (posing and power triathlon).

The particular tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts – static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in terms of strength; development of the ability to rationally use power in a variety of conditions; building the beauty of the body, etc.

Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved.

The means of strength training are exercises with increased resistance, which are usually divided into two groups:

1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment);

2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Comprehensive development of the strength of the main muscle groups. Circuit training in interval load mode (14 exercises): four for the arms, three for the chest, three for the back, two for the legs, two for the abdominal muscles. Rest interval between stations is 2-3 minutes. The number of repetitions is 8-15 times. Exercises to restore breathing and develop flexibility.

To form an idea of the concept of "strength", strength efforts and varieties of strength abilities, the main conditions for the development of strength, the health-improving and applied value of strength exercises.

Final part. Exercise for psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Control lesson, performance of control tests.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional

activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: Overexertion is a sharp deterioration in health due to a load that exceeds the level of training of an athlete. Usually this is the result of a single impact of excessive work. With repeated overloads, overstrain can become chronic and lead to diseases of various organs and systems. Overtraining is a disease that occurs in connection with overstrain of the central nervous system in a trained athlete.

A self-control diary will help to avoid these phenomena, in which the pulse rate, duration and quality of sleep, and appetite are recorded daily. You should be alerted by a decrease in the growth of sports results, irritability, poor sleep, weakening of appetite and unplanned weight loss. When these signs of the initial stage of overtraining appear, it is necessary to identify their causes, which can be: prolonged use of monotonous intense exercises with insufficient recovery and insufficient rest, conflict situations during intense training, infectious diseases, violation of the regimen, smoking and alcohol, large weight loss.

A reasonable combination of training with weights with other forms of physical activity, especially those that affect the body in a different way than strength, will help to prevent the further development of pathological conditions:

1. It is necessary to include in your regime work in aerobic types of physical activity associated with increased oxygen consumption, for example, slow running, jumping rope, cycling, swimming, skiing, etc.

a) aerobic work develops the lungs, stimulates the heart and pulmonary circulation, which is important for optimal health and overall endurance;

b) increased oxygen inflow in the body and its participation in energy processes help to burn more quickly in the form of energy underoxidized decay products formed in the muscles and blood flow during strength work and slow down recovery;

c) during aerobic work, the body switches to an accelerated metabolic pace, burning fatty acids as the main source of energy, thus releasing fat deposits and improving muscle relief.

It is important that aerobic work, regardless of its type, lasts at least 25 – 30 minutes with a pulse rate, which is calculated according to the formula: $HR = 0.8 \bullet (220 - age)$. Include such work during the period of gaining strength and muscle mass 1-2 times a week, and during the periods of liberation from fat deposits (for muscle relief) – up to 3-4 times a week.

2. It is impossible to achieve progress in athletic gymnastics without high-quality recovery of the body after classes - these are physiotherapeutic procedures (bath, sauna, bath, massage, electrophototherapy).

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. Performance of control tests

Final part. Exercises to restore breathing (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.

3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

POINTS	**Shuttle run 3x10 m, with**	**Forward bend from a position standing longitudinally on a gymnastic bench, cm**	**Lifting the torso from a position lying on the back to an angle of 90°, number of times**	**Resting on the forearms ("plank"), with**
	Girls	Girls	Girls	Girls
25	8,0	12	40	60
20	8,2	10	35	50
15	8,4	8	30	40
10	8,6	6	25	30
5	8,8	3	20	20
1	9,0	0	15	10

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.

8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 5

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Passing a safety briefing in the classes on the discipline "Elective disciplines (module) in physical education and sports: Fitness".

Fitness develops the basic physical qualities, improves the functional activity of the body, contributes to the development of a large number of various motor skills. Fitness creates the basis for special training. It provides the versatile development of strength, speed, endurance, agility, flexibility, without which it is impossible to improve in the chosen sport.

Therefore, fitness does not belong to any discipline and is not a professional sport in which the goal is the maximum score or result. In simple words, fitness is training for people who want to improve their health and look good, and not to develop the maximum capabilities of their body and win any cup. Improves general well-being and mobility. Strengthens muscles regardless of the direction and type of load. Suitable for all ages and health conditions with any physical activity, but depending on the chosen direction. Among a huge variety of directions, everyone can choose a load for themselves. Competent implementation of fitness programs does not lead to a deterioration in physical condition, unlike professional sports. Classes lead to weight loss. When doing fitness, there is no need to resort to anabolic steroids and doping. Fitness classes are always diverse, performed with incendiary music or, on the contrary, relaxing, so everyone can choose the load individually according to preferences and taste.

However, fitness classes cannot provide the physical shape that strength sports give, so you need to take this difference into account. Each direction has its own contraindications and warnings, it is important to take these factors into account when choosing a certain direction.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10 minutes.

Main part. 1. Familiarization with the performance of tests on physical fitness. 2. To form an idea of determining the intensity of load by heart rate. Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of technical readiness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. A relatively new direction in fitness is soft fitness, or "soft" fitness, which can be done by novice athletes or people with poor health. Unlike most intense workouts, soft fitness is designed for the following categories of people:

- physically unprepared;

- having health problems;
- People who have had serious injuries, are very overweight or have chronic diseases.

After injuries and chronic diseases, the ability of the human body to play sports decreases sharply. Also, physical activity is contraindicated for people with high weight and weak endurance. In this case, doctors prescribe therapeutic physical education, part of which is soft fitness, which helps people get back on their feet and get rid of excess weight without harming the body. Soft fitness can be done in case of kidney failure, spinal injuries, osteochondrosis, hypertension and scoliosis. Such classes are aimed at a systematic action, while they help to maintain a normal weight.

Questions and tasks:

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of technical readiness

Objective: diagnostics and determination of the level of physical fitness of students before the start of elective courses in the direction of "Fitness".

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Soft fitness classes are quite interesting and diverse, besides, they involve all muscle groups. During the workout, the muscles of the abdomen and buttocks are involved in the work, as well as the arms and legs are well worked out. Some soft fitness exercises are aimed at plasticity and flexibility of the body. Depending on how you feel, you can increase or decrease the load. As a rule, soft fitness groups are formed depending on the state of health of people and their physical fitness.

Soft fitness helps to strengthen the muscles of the body and improve the condition of internal organs. This direction in fitness includes the following programs:

- fitness yoga - it uses simple poses borrowed from yoga. Each exercise is performed smoothly, slowly and alternately. Due to static exercises, the muscles of the body are strengthened, and the level of stress resistance of the body increases;

- Pilates is a set of exercises developed by Joseph Pilates. They eliminate muscle imbalances, improve emotional background and posture, as well as normalize sleep and work out deep muscle groups;

- stretching is aimed at training the elasticity and flexibility of the body. This program develops joint mobility and ligament elasticity, as well as relieves muscle pain;

- Callanetics is a program consisting of dynamic and static exercises with a small amplitude. During training, internal muscle groups are strengthened. Classes are aimed at relaxing, strengthening muscles and improving the functioning of internal organs.

Soft fitness also includes wellness programs that improve well-being and train the muscles of the body. Training takes place without the use of weights and sports equipment, and strength exercises are performed in a gentle mode. Soft fitness includes the following exercises:

- development of coordination of movements;
- of a conditioned nature;
- static exercises;
- Exercises to stretch and increase body elasticity.

Wellness programs are aimed at establishing a beautiful and correct posture. These are gymnastic exercises that involve the joints of the spine and upper shoulder girdle. Such programs are developed for people who have problems with the spine. These are preventive measures that prevent the development of osteochondrosis and other types of curvatures of the spinal column. They are used for the muscles of the back, abdominal press and upper shoulder girdle. Soft fitness classes are held in groups of five or more people. The numerous advantages of this direction in fitness include:

- the ability to exercise in the presence of overweight and chronic diseases;
- strengthening the muscles of the body and gentle preparation for physical activity;
- relaxation;
- improvement of the emotional background;
- strengthening of internal organs;
- Increased flexibility and improved posture.

Preparatory part. Formations and reformations, general development exercises – 10-15 minutes.

Main part. Conducting tests to diagnose the physical fitness of students. Determining the level of readiness to master and improve the material in the direction of "Fitness". Identifying the development of lagging physical qualities.

Exercises for the development of flexibility.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
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7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises for technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Modern and fashionable fitness already existed and flourished hundreds of years ago, but then it was called differently, or rather, it was not called anything at all. We are talking about the ancient version of the emergence of such a way of life, which, according to most experts, is beyond doubt. Back in the V century BC, the ancient Greeks, in fact, created "prehistoric fitness", devoting themselves to sports and turning it into a kind of art. The main goal for the first amateur athletes was inner harmony and external beauty. Moreover, daily training for many hours made athletics a profession - ancient athletes spent all their time training in order to win the Olympic Games. As a result, the familiar fitness was born - a new word with an old meaning. It is worth remembering the existence of the first ancient Roman fitness clubs, which served not only for sanitary and hygienic procedures, but also for physical exercises and cultural entertainment. Later, similar institutions appeared in many European countries. The second version of the emergence of fitness (which, however, is better to call the second stage of its development) is American. Officially, this term was born in the United States about 30 years ago, although the first training programs were formed during the Second World War. In order not to waste time, American soldiers exercised with weights, strengthened the abdominal muscles, pulled up on the bar.

In the 70s of the XX century, physical tests of various groups of the population revealed a lot of health problems for many Americans. And these problems increased in proportion to the improvement in the quality of life. Under the President of the United States, the Fitness Council was created, which included 20 of the most authoritative professionals in this field, as well as politicians from different states. The main task of this council was to popularize sports and health exercises. By the end of the 80s of the last century, fitness finally came to the USSR, thereby marking in history the next, Soviet, stage of its development, which was followed by the so-called Slavic, or post-Soviet stage. The absolute accessibility of classes served as the foundation for the success of Soviet sports. Every person of any age had the opportunity to train for free in numerous sections at schools, houses of culture, sports complexes. Talented children and teenagers could count on further sports of the highest achievements. The rest could do as much as they wanted - for their own pleasure and maintaining good physical shape.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the upper shoulder girdle and trunk muscles without shells and weights. Learning the correct technique for performing movements. Relaxation exercises, self-massage.

To form an idea of the history, current state and prospects for the development of fitness in Russia and abroad.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises for technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part:

Fitness is an active lifestyle that combines sports and proper nutrition, which, in the end, strengthens health. Fitness has recently been very successful. Indeed, it is difficult to pass by its advantages, it is so unique and effective. At the same time, it should be noted that fitness has a huge number of varieties. Thanks to this variety, anyone has the opportunity to choose a program that suits him. Different types of exercises and different degrees of power load allow different muscle groups to work, and the whole complex as a whole corrects the figure. Here we can give the simplest examples. For example, swimming is successfully combined with exercises on simulators, which give, perhaps, a more intense load on the muscles. Simulators can also be replaced by strength training - as a way to activate all the muscles of the body and raise tone. One of the fundamental principles of fitness is harmony. Within the framework of the daily fitness complex, different types of loads alternate with each other and make up some harmonious unities that allow you to achieve good health, beauty, and inner harmony. Fitness classes become a way of life and are associated with success and well-being, as well as the ability to achieve everything with your own work.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Learning a set of exercises for the muscles of the trunk and legs without shells and weights. Learning the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of the importance of fitness as one of the means of general physical and special physical training.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
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8. What is the positive effect of strength training on the human body?
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension.*

Muscles exert strength in the following modes: without changing their length (static, isometric mode); with a decrease in length (overcoming, myometric mode); with elongation (yielding, poliometric mode). Overcoming and yielding modes are united by the concept of "dynamic mode".

The following types of strength abilities are distinguished:

1) *power proper* (in statistical modes and slow movements); 2) *speed-force ("* dynamic force" in fast movements); H) an important variety is *explosive force.*

To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person exerts in any exercise, estimated regardless of his own weight, is sometimes called absolute strength. It can be characterized, for example, by the maximum weight of the lifted barbell, dynamometer readings, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight.

The maximum strength that a person can exert depends on biochemical and physiological factors manifested in his individual abilities.

The main meaning of the education of strength as a physical quality of a person is to comprehensively develop it and provide the possibility of high manifestations in various types of motor activity. In addition, strength, like other physical qualities, is an indicator of the level of human health. Consequently, in the process of strength training, the health-improving task is also solved.

Questions and tasks:

Preparatory part. General development exercises – 10-15 minutes.

Main part. SOFT FITNES: Compilation of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, flexibility.

To form an idea of the concept of "strength", strength efforts and their variety.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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7. Professional database of Rosstat // Mode of access:

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: The tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts - static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in terms of strength; development of the ability to rationally use force in a variety of conditions; building the beauty of the body, etc.

Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved.

The means of strength training are exercises with increased resistance, which are usually divided into two groups:

1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment);

2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

The main areas of fitness.

Strength training. Classes that take place in a fast rhythm with a load either on all muscle groups or on the main muscle groups. Often with the use of dumbbells, bars, balls, weights and other equipment to create an intense load. Such training is considered one of the most intense and exhausting. People with diseases of the cardiovascular system should practice strength training with caution. *Popular classes:* various strength training, shaping, hot iron, etc.

Aerobic directions. Cardio training designed to increase the body's endurance and weight loss (especially in the legs), cardiovascular training. How to properly long and intensive. *Popular classes:* aerobics, step aerobics, running, walking, cycling, active games.

Dance fitness. Cardio training with elements of choreography. It takes place in a dynamic format in the form of step-by-step learning of dance chords. Various dance styles from classical, national to modern can be practiced. *Popular classes:* rumba, zumba, strip, Irish dances, sports dances, etc.

Soft fitness. Classes that do not require significant physical training, aimed at training the respiratory system, forming and correcting posture, stretching. They give a charge of vivacity, a feeling of lightness in the body. *Popular classes:* yoga, Pilates, stretching, strength and flexibility.

Aqua. Fitness in water. It has a beneficial effect on the cardiovascular system, joints and has practically no contraindications except for allergies to chlorine, used for disinfecting pools. Perfectly removes fat. *Popular classes:* aqua aerobics, gymnastics in water, water volleyball.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. SOFT FITNES: Compilation and performance of a set of exercises previously learned for various muscle groups without equipment and weights, taking into account the development of lagging physical qualities and the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of the conditions for the development of strength, the health-improving and applied value of strength exercises, as well as the variety of fitness directions.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
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10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part:

Aerobics is a movement to music that stimulates the cardiovascular and respiratory systems, a great way to cheer up and fight excess weight. *Slide aerobics* is a set of athletic exercises using a special slide board. Slide exercises are a high-intensity type of aerobic training. Most of the exercises resemble the movements of a skater and are aimed at developing the muscles of the lower body, as well as general endurance, a sense of balance and coordination. *Step aerobics* is a type of aerobics using a special step platform, which allows you to perform basic movements, coupled with steps and jumps on and through it in various directions. The platform itself is made of a dense frame that can withstand a load of up to 600 kg, which ensures complete safety. Step aerobics is perfect for the prevention and treatment of osteoporosis and arthritis, as well as for strengthening the leg muscles and recovering from knee injuries. *Dance aerobics* is a set of dance movements based on basic steps. It strengthens the muscles of the lower body, stimulates the cardiovascular system, improves coordination of movements and posture. *Aqua aerobics* is an analogue of classic aerobic training in the water using special equipment (belts, vests, dumbbells, planks, paddles, gloves, etc.). *Stretching*. This set of exercises and postures, which got its name from the English language (stretch - "stretch, stretch"), is specially designed to give elasticity to the muscles, and flexibility and mobility to the joints. *Tai Chi*. This system of exercises was created by Taoist monks. It is based on a single whole of opposite cosmic forces "yin" and "yang". The system of tai chi exercises consists of two processes: physical exercises and meditation. *Yoga.* Yoga classes are considered to be one of the most harmonious systems of human development. Yoga classes include various exercises that cleanse the body, the ability to control breathing and postures, in one way or another affecting the vital forces contained in the human body. *Fitness yoga* is an integration of ancient gymnastics and a healthy lifestyle from a modern point of view. It is suitable for those who are not interested in the psychological part of yoga – meditation. *Shaping.* Shaping is a complex system that combines not only physical exercises and nutrition principles, but also art (shaping – choreography), fashion (shaping style), and the concept of a beautiful appearance. Training in shaping is a set of activities that consistently affect various muscles of the body. *Pilates.* The system developed by Joseph Pilates and named after him is a complex of smooth movements aimed at improving the flexibility of the body, strengthening individual muscles and the body as a whole. During the training, not only large superficial muscles work, but also small deep muscles, which require a special approach and specific training.

Questions and tasks:

Preparatory part. General development exercises in the flow method – 10-15 minutes.
Main part. SOFT FITNES: performing a set of exercises aimed at developing lagging physical qualities and increasing the level of physical fitness of students. Improving the correct technique of performing movements. Exercises for relaxation, flexibility.

To form an idea of foreign methodological systems for developing strength and building body beauty (shaping, stretching, body building, aqua building, etc.).

Final part. Exercises for the restoration of breathing and mental regulation (7-10 minutes). Summing up the results of the educational activity of students.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?

9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the

formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: Domestic methodological systems for the development of strength. Corrective gymnastics.

1. Kettlebell rhythm athleticism is a domestic invention. Power aerobics for men, combining the elegance of rhythmic gymnastics and rational elements of the kettlebell technique (developed at the All-Russian Research Institute of Physical Culture).

2. Kettlebell lifting is the system of Y. Romashin, a well-known coach who prepares masters of sports from beginners in two years. He himself believes that it is not only about the system, but also about the strong desire and purposefulness of a person

3. Kettlebell lifting (competitive program) – M. Starodubtsev's system (pressing two kettlebells alternately, juggling one kettlebell, pushing two kettlebells; pressing two kettlebells alternately, juggling one kettlebell with throwing and catching).

Exercises are performed depending on the weight category with 24 and 32 kg shells.

4. The increased interest of the peoples inhabiting Russia in their own culture is an incentive for the revival of national sports in a modern form (for example, throwing stones and weights in Dagestan, etc.).

5. A.K. Anokhin's system (volitional gymnastics). The essence of gymnastics is that you develop strength by tensing the muscles at your own will without external load. For example, slowly, slowly rise from the squat position and strain the muscles of the legs as much as possible, as if you have a very heavy load on your shoulders. After you stand up, just as slowly and with the same maximum effort, you lower yourself into the i.p. This is how you train the muscles of the front and back of the thigh, performing the exercise in a statistical mode, but while moving.

6. The system of V.G. Fokhtin is based on the principle of self-resistance. You use the limbs as levers, straining them in a statistical mode at different angles. For example, you want to train the biceps of the right arm. Put it at an angle $90°$ (or other), you try to bend it, and with your left hand counteract this movement.

7. Y.A. Peganov's system is a combination of isometric exercises and stretching.

8. The system of V.I. Dikul is a system of exercises with weights.

9. The system of training sessions by V.F. Regulyan is competitive athleticism (posing and power triathlon).

Corrective gymnastics.

Many boys and girls of normal height and weight are often not satisfied with the shapes of individual parts of their own body. There is a need to correct them. And this is possible. It is possible with the selective use of special exercises that develop individual muscle groups, changing the general shape of body parts. Now methods and existing methods of developing almost every muscle have already been developed. The greatest experience of such work has been accumulated in weightlifting, athletic and artistic gymnastics, shaping. At the same time, it is important to choose, with the help of a teacher, the optimal training system, which is based on knowledge of anatomy, physiology,

biomechanics of human movements. In addition, it is necessary to get acquainted with and master the basics of training yourself.

Questions and tasks:

Preparatory part. General development exercises in the flow method – 10-15 minutes.

Main part. SOFT FITNES: performing a set of exercises aimed at developing lagging physical qualities and increasing the level of physical fitness of students. Improving the correct technique of performing movements. Relaxation exercises, self-massage.

To form an idea of domestic methodological systems for the development of strength and corrective gymnastics.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Passing a safety briefing in the discipline "Elective Courses in Physical Culture and Sports: Fitness".

Fitness develops the basic physical qualities, improves the functional activity of the body, contributes to the development of a large number of various motor skills. Fitness creates the basis for special training. It provides the versatile development of strength, speed, endurance, agility, flexibility, without which it is impossible to improve in the chosen sport.

Therefore, fitness does not belong to any discipline and is not a professional sport in which the goal is the maximum score or result. In simple words, fitness is training for people who want to improve their health and look good, and not to develop the maximum capabilities of their body and win any cup. Improves general well-being and mobility. Strengthens muscles regardless of the

direction and type of load. Suitable for all ages and health conditions with any physical activity, but depending on the chosen direction. Among a huge variety of directions, everyone can choose a load for themselves. Competent implementation of fitness programs does not lead to a deterioration in physical condition, unlike professional sports. Classes lead to weight loss. When doing fitness, there is no need to resort to anabolic steroids and doping. Fitness classes are always diverse, performed with incendiary music or, on the contrary, relaxing, so everyone can choose the load individually according to preferences and taste.

However, fitness classes cannot provide the physical shape that strength sports give, so you need to take this difference into account. Each direction has its own contraindications and warnings, it is important to take these factors into account when choosing a certain direction.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. 1. Safety briefing in fitness classes. 2. To form an idea of determining the intensity of load by heart rate.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises for technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: It is better to have a special suit for fitness. It should be, firstly, comfortable for performing exercises, elastic enough not to hinder movements. Secondly, it should be beautiful – it mobilizes the trainees, stimulates them to move beautifully, maintain the correct posture. In addition to comfort and aesthetics, the suit should also have functional properties, that is, help to achieve a certain effect (for example, lose weight, improve the physique). Therefore, if you need to get rid of

extra pounds, reduce the size of the waist, hips, then it is recommended to put insulation on the corresponding parts of the body.

For example, only well-trained and absolutely healthy people, athletes, can afford to train, for example, in two training suits (woolen, and on top of it, which does not allow air to pass through), since an increase in body temperature, high heat transfer place special demands on the cardiovascular system.

For the prevention of flat feet, exercises in a standing position, especially running, are better to perform in sneakers with arch supports. But exercises on the ground are more convenient to perform in socks.

You should practice in a spacious, well-ventilated room, at a temperature of 18-20 degrees. In the warm season, it is better to practice with open windows, avoiding drafts.

Each student should have at least 4 square meters of area. In a cramped room, it is impossible to make movements with full amplitude. To perform exercises sitting and lying on the floor, it is necessary to use a soft mat, which is very important to keep clean.

When doing fitness, especially on the floor, the skin quickly gets dirty. Therefore, after training, you should definitely take a warm shower. It has a thermal and mechanical effect on the body. A hot and long shower reduces excitability, increases the intensity of metabolic processes. A warm shower has a calming effect. Another additional hygienic product, in addition to a shower, is massage. Its techniques affect the nerve endings located in the skin, muscles and ligaments, affect the central nervous system, and through it the functional state of all organs and systems: as a result of which blood circulation, muscle performance improves, the elasticity and strength of muscle tendons and ligaments increase, mobility in the joints improves, and the flow of blood and lymph accelerates. That is why after the massage, a person feels more cheerful.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Learning a set of exercises for the development of the muscles of the forearm, shoulder and chest. A variety of exercises with one's own body weight, in the resistance of a partner, with dumbbells, a barbell, an expander, on apparatus and special simulators, in a standing, sitting, lying on a bench, etc.

Exercises for relaxation and psychoregulation. To form an idea of the gymin fitness.

Final part. Breathing and flexibility exercises (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of technical training exercises. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: POWER MIX does not provide special training and is suitable even for beginners. It is a great option for the elderly and those who want to recover from an injury or serious illness.

Contraindications for POWER MIX may be severe diseases of the central nervous system or oncology, as well as late pregnancy.

The benefits of POWER MIX exercises: accelerate metabolic processes; strengthen the cardiovascular system; improve muscle tone; develop endurance and coordination of movements; correct the figure; burn fat.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Learning a set of exercises for the development of the muscles of the back, legs, rectus and oblique abdominal muscles. Load of moderate intensity

Exercises for the development of physical qualities: strength, flexibility.

To form an idea of the contraindications when practicing POWER MIX.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness

classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *Aerobics* is a movement to music that stimulates the cardiovascular and respiratory systems, a great way to cheer up and fight excess weight. *Slide aerobics* is a set of athletic exercises using a special slide board. Slide exercises are a high-intensity type of aerobic training. Most of the exercises resemble the movements of a skater and are aimed at developing the muscles of the lower body, as well as general endurance, sense of balance and coordination. *Step aerobics* is a type of aerobics using a special step platform, which allows you to perform basic movements, coupled with steps and jumps on and through it in various directions. The platform itself is made of a dense frame that can withstand a load of up to 600 kg, which ensures complete safety. Step aerobics is perfect for the prevention and treatment of osteoporosis and arthritis, as well as for strengthening the leg muscles and recovering from knee injuries. *Dance aerobics* is a set of dance movements based on basic steps. It strengthens the muscles of the lower body, stimulates the cardiovascular system, improves coordination of movements and posture. *Aqua aerobics* is an analogue of classic aerobic training in the water using special equipment (belts, vests, dumbbells, planks, paddles, gloves, etc.). *Stretching*. This set of exercises and postures, which got its name from the English language (stretch - "stretch, stretch"), is specially designed to give elasticity to the muscles, and flexibility and mobility to the joints. *Tai Chi*. This system of exercises was created by Taoist monks. It is based on a single whole of opposite cosmic forces "yin" and "yang". The system of tai chi exercises consists of two processes: physical exercises and meditation. *Yoga.* Yoga classes are considered to be one of the most harmonious systems of human development. Yoga classes include various exercises that cleanse the body, the ability to control breathing and postures, in one way or another affecting the vital forces contained in the human body. *Fitness yoga* is an integration of ancient gymnastics and a healthy lifestyle from a modern point of view. It is suitable for those who are not interested in the psychological part of yoga – meditation. *Shaping.* Shaping is a complex system that combines not only physical exercises and nutrition principles, but also art (shaping – choreography), fashion (shaping style), and the concept of a beautiful appearance. Training in shaping is a set of activities that consistently affect various muscles of the body. *Pilates.* The system developed by Joseph Pilates and named after him is a complex of smooth movements aimed at improving the flexibility of the body, strengthening individual muscles and the body as a whole. During the training, not only large superficial muscles work, but also small deep muscles, which require a special approach and specific training.

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Performing a standard complex workout (14 exercises): four for the arms, three for the chest, three for the back, two for the legs, two for the abdominal muscles. Exercises are performed according to the method of interval load in a mode, medium intensity. Flexibility exercise.

To form an idea of foreign methodological systems for developing strength and building body beauty (shaping, stretching, body building, aqua building, etc.).

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.

8. What is the positive effect of strength training on the human body?

9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *The main methodological directions* of strength training are based on the physiological laws of physical education. Strength growth occurs when the process of training creates the maximum power tension, which can be achieved in the following ways: 1) overcoming unsaturated weights (resistances) with a maximum number of repetitions; 2) maximum increase in external resistance (in a dynamic or statistical mode); H) overcoming resistances with maximum speed.

With the first methodical option, the use of maximum weights with a maximum number of repetitions, maximum muscle tension is achieved at the last repetitions, when working to failure against the background of pronounced fatigue. In terms of energy, such work is unprofitable, but has a number of significant advantages if the training is aimed at the development of power endurance or is carried out mainly with a health-improving orientation. Exercises with non-limit weights provide great opportunities to control the technique of movements. This is of particular importance for beginners. Moreover, for people who have not previously engaged in strength exercises, the restriction of weights makes it possible to avoid injuries. It is also important that at first the effectiveness of strength training almost does not depend on the amount of resistance. However, with an increase in the number of sessions, the advantage of maximum weights becomes obvious. In the training of qualified athletes, methods based on repeatedly repeated non-limit weights are used in strength training mainly as additional.

The second methodical variant - the use of limit and near-limit weights - is the main one in the training of qualified athletes. A training session with the maximum weight causes significant emotional fatigue and is associated with insufficient loads. Therefore, training is carried out mainly with near-limit weights, which are overcome without significant emotional excitement (the weight is less than the maximum by 10 - 15 percent). It is desirable to use a weight greater than the maximum training weight once every 7 - 14 days.

Isometric (statistical) exercises can be considered as a peculiar option for the use of maximum power tensions. They are used as an additional means in the process of training strength capabilities. The effectiveness of these exercises is less than that of dynamic exercises, and it is recommended to perform them in the form of maximum repetitions of exercises within 5 - 10 seconds each.

When performing strength exercises, several basic rules should be observed: 1) it is possible to allow the tension of the exhalation muscles with the glottis closed, which increases the strength indicators, only when it is necessary, that is, with short-term maximum tensions. Do not hold your breath when the condition does not require it (for example, when repeating exercises with slight tensions); 2) beginners should not be given a large amount of exercises with limit and near-limit tensions (weights); H) you should not take a maximum inhalation before performing strength

exercises, as this will unnecessarily increase intrathoracic pressure and aggravate the unfavorable shifts that are observed during straining; 4) since exhalation with a narrowed glottis achieves almost the same strength indicators as when straining, you can make maximum effort on exhalation without holding your breath, but through slightly compressed lips; 5) beginners should inhale and exhale in the middle of the exercise, in particular, at the moment when the barbell is on the chest; 6) taking into account that shock states occur only with slow pressing, it is necessary to achieve a quick lifting of even the maximum weight; 7) for each movement, there are such body positions in which the highest and lowest values of force are manifested. During bending in the elbow joint, the maximum force is reached at an angle of 90 degrees, when extending in the elbow and knee joints, the optimal angle is about 120 degrees, and when changing the deadlift - 155 degrees.

In the system of training sessions for the development of strength, it is necessary to use a combination of exercises of general and relatively local action. In the human body, there are more than 500 muscles. The following five groups are the most important, which significantly affect the "overall strength" of a person: 1) extensors of the spinal column; 2) flexors of the spinal column and muscles of the hip joints; H) extensors of the legs; 4) flexors of the legs; 5) pectoralis major muscle.

It is desirable to use strength exercises at the beginning of the main part of the session against the background of a "fresh" optimal state of the body. When using significant weights (50 percent of the maximum and above), the rest intervals between repetitions are mainly 2 - 3 minutes, near-limit - 4 - 6 minutes, limit - 10 - 15 minutes. Before approaching the main training weight, several approaches to small weights are made. Such preliminary work with weights pursues the task of warming up. In cases where exercises with both near-limit weights and non-limit weights are included in the training, until "failure", the first should be performed at the beginning.

There are many methodological approaches to training strength abilities, increasing the volume of load. The main group includes the following:

1) *a complex method,* when different muscle groups are loaded alternately in one series;

2) *local method,* when one muscle group is worked out in several series, and then move on to another muscle group;

H) *the method of impact training,* when in one set or series the antagonist, flexor and extensor muscles are alternately loaded;

4) *wave-like method*, when the load is increased to the maximum (for example, the weight of the projectile), and at the first signs of fatigue it is reduced (by 10 - 15 kg), 1 - 2 sets are made and the main weight is again set;

5) the *"uphill" method*, when the load increases, from one to three sets are made to each new weight and at the peak the work on a certain muscle group ends;

6) *the "uphill and downhill" method*, when the load gradually increases, and then gradually decreases.

And, finally, the third methodical variant of strength education, overcoming resistance at maximum speed, is used mainly for the development of speed and strength qualities.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Performing the complex in the mode of continuous load according to the method of "circuit" training. Exercises are selected for the main muscle groups (8-10 stations) and performed for the maximum number of repetitions for 15-20 seconds, after which the station is changed. The volume of load is within three sets. Rest between sets (5-7 minutes) is filled with breathing and relaxation exercises. Flexibility exercise.

To form a general idea of the methods of strength development.

Final part. Exercises for the restoration of breathing and psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.

3. The influence of gymnastics on the student's body.
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8. What is the positive effect of strength training on the human body?
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10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
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Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: *A person's strength is defined as his ability to overcome external resistance, or to counteract it by means of muscle tension.*

Muscles exert strength in the following modes: without changing their length (static, isometric mode); when the length decreases (overcoming, myometric mode); when it lengthens (yielding, poliometric mode). Overcoming and yielding modes are united by the concept of "dynamic mode".

The following types of strength abilities are distinguished:

1) *power proper* (in statistical modes and slow movements); 2) *speed-force ("* dynamic force" in fast movements); H) an important variety is *explosive force.*

To compare the strength of people of different weights, the concept of relative strength is usually used, which is understood as the amount of force per 1 kg of own weight. The strength that a person manifests in any exercise, estimated regardless of his own weight, is sometimes called absolute strength. It can be characterized, for example, by the maximum weight of a lifted barbell, dynamometer indicators, etc. Thus, relative strength is a manifestation of absolute strength divided by one's own weight.

The maximum strength that a person can exert depends on biochemical and physiological factors manifested in his individual abilities.

The main meaning of the education of strength as a physical quality of a person is to comprehensively develop it and provide the possibility of high manifestations in various types of motor activity. In addition, strength, like other physical qualities, is an indicator of the level of human health. Therefore, in the process of strength training, the health-improving task is also solved. In our country, athletic gymnastics is developing in two directions: health-improving (health-improving, rehabilitation centers) and competitive (posing and power triathlon).

The particular tasks of strength training can be: acquisition and improvement of the ability to carry out the main types of efforts – static and dynamic, power proper, overcoming and yielding, harmonious strengthening of all muscle groups of the motor system in terms of strength; development of the ability to rationally use power in a variety of conditions; building the beauty of the body, etc.

Depending on the specific conditions of a certain activity of motivation, specific tasks of specialized strength education are solved.

The means of strength training are exercises with increased resistance, which are usually divided into two groups:

1) exercises with external resistance (weight of objects, counteraction of a partner, resistance of elastic objects, resistance of the external environment);

2) exercises burdened by the weight of one's own body, as well as supplemented by the weight of various objects.

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Comprehensive development of the strength of the main muscle groups. Circuit training in interval load mode (14 exercises): four for the arms, three for the chest, three for the back, two for the legs, two for the abdominal muscles. Rest interval between stations is 2-3 minutes. The number of repetitions is 8-15 times. Exercises to restore breathing and develop flexibility.

To form an idea of the concept of "strength", strength efforts and varieties of strength abilities, the main conditions for the development of strength, the health-improving and applied value of strength exercises.

Final part. Exercise for psychoregulation (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: Overexertion is a sharp deterioration in health due to a load that exceeds the level of training of an athlete. Usually this is the result of a single impact of excessive work. With repeated overloads, overstrain can become chronic and lead to diseases of various organs and systems. Overtraining is a disease that occurs in connection with overstrain of the central nervous system in a trained athlete.

A self-control diary will help to avoid these phenomena, in which the pulse rate, duration and quality of sleep, and appetite are recorded daily. You should be alerted by a decrease in the growth

of sports results, irritability, poor sleep, weakening of appetite and unplanned weight loss. When these signs of the initial stage of overtraining appear, it is necessary to identify their causes, which can be: prolonged use of monotonous intense exercises with insufficient recovery and insufficient rest, conflict situations during intense training, infectious diseases, violation of the regimen, smoking and alcohol, large weight loss.

A reasonable combination of training with weights with other forms of physical activity, especially those that affect the body in a different way than strength, will help to prevent the further development of pathological conditions:

1. It is necessary to include in your regime work in aerobic types of physical activity associated with increased oxygen consumption, for example, slow running, jumping rope, cycling, swimming, skiing, etc.

a) aerobic work develops the lungs, stimulates the heart and pulmonary circulation, which is important for optimal health and overall endurance;

b) increased oxygen inflow in the body and its participation in energy processes help to burn more quickly in the form of energy underoxidized decay products formed in the muscles and blood flow during strength work and slow down recovery;

c) during aerobic work, the body switches to an accelerated metabolic pace, burning fatty acids as the main source of energy, thus releasing fat deposits and improving muscle relief.

It is important that aerobic work, regardless of its type, lasts at least 25 – 30 minutes with a pulse rate, which is calculated according to the formula: HR = 0.8 • (220 – age). Include such work during the period of gaining strength and muscle mass 1-2 times a week, and during the periods of liberation from fat deposits (for muscle relief) – up to 3-4 times a week.

2. It is impossible to achieve progress in athletic gymnastics without high-quality recovery of the body after classes - these are physiotherapeutic procedures (bath, sauna, bath, massage, electrophototherapy).

Questions and tasks:

Preparatory part. Joint warm-up – 10 minutes.

Main part. POWER MIX: Performing a complex according to the method of local muscle work. Various exercises of the same direction for 1-3 muscle groups. Exercises for the development of lagging physical qualities and the development of flexibility.

To form an idea of the prevention of overstrain and compliance with the basic methodological principles of training.

Final part. Exercises to restore breathing (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
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7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture for the preservation and strengthening of health, psychophysical training and self-preparation for professional activity.

Knowledge and skills acquired by the student as a result of mastering the topic, formed competencies or their parts.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities - mastering the basics of the formation of a healthy lifestyle, the performance of students through the organization of fitness classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part: There is a misconception**,** that fat is 90% water, so if we drink less and remove water from the body more actively, we can lose weight quickly. Cruel ways to lose weight follow from this conclusion**,** Such as: abuse of the sauna, exhausting cross-country runs in the heat in insulated suits, taking diuretics and laxatives, restriction in fluids. In this mistake, an important role is played by observations of professional athletes who use prohibited methods of "losing" weight before competitions. What are the dangers of voluntary dehydration? During exercise, body temperature rises, thermoregulation changes, sweating increases, as a result of which the volume of circulating blood decreases, and blood viscosity increases. This can cause a drop in blood pressure and fainting, thromboembolic complications, especially in people with varicose veins. Loss of fluid leads to the risk of stone formation. Drinking water during exercise is an important component for health during training, ranging from improving complexion to preventing thromboembolism, heart attack, urolithiasis and cholelithiasis.
Temporary water loss as a result of training or taking medications does not get rid of excess fat. Fat cells can lose moisture, decreasing in volume, but not in quantity, and any glass of liquid drunk will restore them to their former size. This is also the short-term effect of most anti-cellulite massages**.** Energy deficiency – leads to a decrease in fat mass, i.e. an increase in energy consumption over its intake, but not a water deficit. Recommended fluid intake during an intense workout: 1.5-2 hours before exercise – 250-300 ml; 10-15 minutes before – 100 ml; during work – 100-150 ml every 15 minutes; after training – 150-200 ml every 15 minutes until the losses are fully compensated. Experts recommend drinking at least 1.5-2 liters of water of low and medium mineralization per day.

Questions and tasks:

Preparatory part. General development exercises – 10 minutes.

Main part. POWER MIX: Performing complex strength training to music using body bars. To select simple and well-learned exercises that are performed at a high pace and with a large number of repetitions of exercises. Exercises for flexibility and balance.

To form an idea of water metabolism in the body.

Final part. Exercises to restore breathing (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of physical exercises on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. What is the positive effect of strength training on the human body?
9. The organism as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

10. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

POINTS	Shuttle run 3x10 m, with	Forward bend from a position standing longitudinally on a gymnastic bench, cm	Lifting the torso from a position lying on the back to an angle of 90°, number of times	Resting on the forearms ("plank"), with
	Girls	Girls	Girls	Girls
25	8,0	12	40	60
20	8,2	10	35	50
15	8,4	8	30	40
10	8,6	6	25	30
5	8,8	3	20	20
1	9,0	0	15	10

Interview Questions
3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.

27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases.
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

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MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING
on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(fitness)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective Disciplines (Modules) in Physical Culture and Sports" is part of the part formed by the participants of educational relations and is studied in 1-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical	Maintains the proper level of physical fitness to ensure full

	fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	social and professional activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

				Hours volume, including

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	CPC	Contact work with the teacher	Total
1 semester						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	13.5		13.5
Total for 1 semester				13.5		13.5
Semester 2						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	12		12
Total for the 2nd semester				12		12
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				169.5		169.5

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

19. Physical culture in the hierarchy of values of general culture and the history of mankind.
20. Physical culture of the student's personality.
21. Scientific organization of labor and physical culture in the self-education of a future specialist.
22. Scientific and theoretical foundations of a healthy lifestyle.
23. Scientific and theoretical foundations of physical education.
24. Fundamentals of sports training.
25. Scientific and theoretical and Methodical The Basics health-improving physical education.
26. The content of various systems of breathing gymnastics.
27. Socio-biological foundations of physical culture.
28. Self-control of those engaged in physical exercises and sports.
29. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
30. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
31. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
32. General physical, special and sports training in the system of physical education.
33. Fundamentals of the methodology of independent physical exercises.
34. Physical Culture in the Professional Activity of Bachelor and Specialist.
35. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
36. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start with a new line and are printed with an indent of 1.25 centimeters. Table of contents (contents) should be placed at the beginning of the work

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.
2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

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INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING
for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(basketball)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Methodical Guidelines for the Organization of Practical Classes for Students in the Discipline "Elective Disciplines (Modules) in Physical Culture and Sports (Basketball)".

The integrative state goal at all levels of education in the discipline "Elective disciplines (modules) in physical culture and sports (basketball)" is the formation of physical culture of the individual. The qualitative state of the student in it is determined, first of all, by the presence of special knowledge and intellectual abilities (education), which creates for him the basic basis of motivational and value orientations, competence, creativity, conscious activity and a stable socio-spiritual position in relation to a healthy lifestyle and its importance in future professional activity. The orientation of physical culture as a subject is determined not only by specific tasks, but also by the requirements for the future specialty. Occupying a certain amount of study time in the training of students, this discipline is designed to perform a variety of educational, educational, personal, developing creative, health-improving and social functions, to make an organic part of the entire educational process, to maintain high intellectual and psychophysical performance of students throughout the entire period of their study at the university, to form motivational and value orientations, spiritual and moral qualities, to ensure physical perfection and the inclusion of young people in various forms of physical culture and sports activities, self-education and physical self-improvement.

Due to the wide variety and availability of exercises, basketball occupies one of the leading places in the physical education of students of different ages and levels of physical fitness.

Basketball exercises are widely represented in physical education programs in all educational institutions, being one of the main means of training in many sports.

Regular basketball classes develop the basic physical qualities of a person: strength, speed, endurance, agility, flexibility, and also have a positive effect on the cardiovascular system, respiratory system, musculoskeletal system, internal organs.

Basketball classes contribute to the formation and development of moral and volitional qualities of the participants: willpower in overcoming difficulties and patience, self-confidence in achieving certain results, the ability to control and manage their body, the desire to achieve new records.

At the same time, basketball is a scientific and pedagogical discipline that considers the issues of technique, tactics, training, training and is associated with a number of related disciplines - physiology, psychology, anatomy, medicine.

The purpose of mastering the discipline of mastering the discipline "Elective disciplines (modules) in physical culture and sports (basketball)" is the formation of universal competence (UK-7) of future specialists of all profiles and directions.

Objectives of mastering the discipline:

– to form technical and tactical skills of basketball and the ability to apply them in the game, as well as to ensure the development of the necessary physical, moral and moral qualities of the student's personality;

– to form a system of theoretical knowledge, professional skills and abilities to use basketball in physical education practice (pedagogical, sports and recreation and refereeing);

- master the terminology of basketball, form the skills of explaining technical and tactical methods of basketball and their purpose;

- to improve, to form the ability to identify errors in the process of mastering technical techniques and skills to correct them;

- to increase the level of mastery of the technique of movements, technical and tactical actions in accordance with the characteristics of basketball;

- to form a system of theoretical knowledge, professional skills and abilities to conduct classes and physical culture and sports activities using the means, methods and techniques of basketball for motor and cognitive training and physical training.

The place of the discipline in the structure of the educational program. The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

SEMESTER 3

Topic 3. General and special physical training in the chosen type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom.

Goal: to familiarize students with safety precautions in basketball classes.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the familiarization of safety in basketball classes. Training allows you to reduce industrial injuries, increase safety during practical basketball classes.

Theoretical part

General Occupational Safety Requirements. Occupational Safety Requirements Before Starting Work. Occupational Safety Requirements During Work. Occupational Safety Requirements in Emergency Situations. Occupational Safety Requirements at the End of Work (Appendix No 1).

Classification of competitions. Calendar and regulations of the competition. Documentation of competitions (applications, protocols, cards of participants of competitions, report on competitions). Features of the rules of competitions in running, jumping, passes and throws.

Questions for control

1. What are the basic safety rules for practical basketball classes?
2. Classification of competitions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2

Diagnostics of physical fitness.

Rules of the game of basketball.

Goal: the formation of theoretical and practical and methodological competence in students in the development of general endurance as the basic basis of physical training, health and performance in all manifestations of human life.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring health, general performance, longevity and life safety of each student; with the study of the main characteristics of the technique of physical exercises performed in order to obligatorily form students' motor skills that turn into a stable motor skill.

Theoretical part

When teaching to dribble the ball, it is necessary to remember that: the ball must be smoothly pushed towards the floor, look only in front of you, control the bounce with your hand at the lowest point.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 15-20 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness. Rules of the game of basketball.

Final part. Exercises for breathing, relaxation and psychoregulation. Analysis of students' educational activity.

Questions for control

1. List the special exercises for teaching the technique of long-distance running.
2. Basic rules of competitions in the technique of long-distance running.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No3

Diagnostics of physical fitness

Basketball. Basketball technique (general provisions).

Objective: to familiarize students with the methods of psychoregulation during the game of basketball, as well as with economical and effective ways of breathing. To reveal the mechanism of physiological processes occurring in the body when playing basketball. To form an idea of determining the intensity of load by heart rate.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Running is one of the ways of locomotion of humans and animals, carried out as a result of complex coordinated activity of skeletal muscles and limbs. It is the most common type of physical exercise, which, being a natural way of movement, is an integral part of many sports (football, basketball, handball, etc.), and one of the main means of comprehensive physical development.

Running, in general, is characterized by the same cycle of movements as when walking, the same acting forces and functional muscle groups. The difference between running and walking is the absence of a phase of double support during running.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of students' physical fitness: shuttle run 3x10 m, s.; long jump from a standing position, cm.; penalty throw, number of times; dribbling the ball 20 m with dribbling around three racks, s.

Final part. Exercises for breathing, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4

Learning sets of exercises for general and special physical training.

Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Basketball. Basketball technique (general provisions).

Objective: to familiarize students with the methods of psychoregulation during the game of basketball, as well as with economical and effective ways of breathing. To reveal the mechanism of physiological processes occurring in the body when playing basketball. To form an idea of determining the intensity of load by heart rate.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Running is one of the ways of locomotion of humans and animals, carried out as a result of complex coordinated activity of skeletal muscles and limbs. It is the most common type of physical exercise, which, being a natural way of movement, is an integral part of many sports (football, basketball, handball, etc.), and one of the main means of comprehensive physical development.

Running, in general, is characterized by the same cycle of movements as when walking, the same acting forces and functional muscle groups. The difference between running and walking is the absence of a phase of double support during running.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness of students. Running 2000 – 3000 m. without time.

Final part. Exercises for breathing, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No5

Learning sets of exercises for general and special physical training.

Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Basketball. General physical training.

Objective: to form an idea of the main components of physical culture of the student's personality; to reveal the essence of general and special physical training; to characterize the content of the main laws of physical culture and health training (continuity, volume, intensity and cyclicity of psychophysical load, means, forms and methods).

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body

to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The development of maximum strength is carried out: by the method of maximum effort (perform 2-5 sets of 1-3 repetitions with a weight of 95-100% of the maximum and more, with a rest of 2-5 minutes between sets.

Strength endurance is also necessary for a basketball player. This is the ability to perform strength work for a long time. The ability of muscles to resist fatigue. It is necessary, for example, at the end of the game or in extra time.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-10 minutes. ORU. Special running training.

Main part. 1. Preparatory part. Jogging for 7-10 minutes. General development and special running exercises. 3. Penalty throw, number of times; dribbling the ball 20 m with a trace of three posts, s.

Final part. Exercises for breathing, psychoregulation and flexibility. Analysis of students' educational activity.3. GPP - speed-strength work for the leg muscles.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No6
Performing sets of exercises

Basketball. Movement technique in Basketball

Goal: on the basis of the psychophysical characteristics of the students (state of health, physical and sports and technical readiness), to assist students in drawing up individual programs for physical self-education.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The basketball player's stance in attack is the most rational initial arrangement of the player's body links, which provides the possibility of a quick and effective start of motor action when attacking the opponents' basket. Maintaining the correct stance allows the attacker to constantly maintain balance and quickly maneuver without the ball and with the ball. Accordingly, in the attacking technique, there are: the readiness stance (main) and the stance of the player in possession of the ball. In the stance, the basketball player is in the position of his foot shoulder-width apart with his right or left leg slightly forward. The front foot is directed with the toe forward, the back foot is turned to the side; the knees are slightly bent (150 – 155 °), the body weight is evenly distributed on both feet; the body is straight, slightly inclined forward (130 – 135 °); the head is raised, the gaze is directed forward – the player takes a stable position, firmly maintaining balance; the arms are half-bent, the hands are at chest level.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. 1. Development of anaerobic abilities. Circuit training: 3 sets (running 50 m + 50 jumps on the spot + acceleration 50 m + 10 push-ups). Pace of medium intensity (heart rate - 140-180 beats / min.). 2. Development of flexibility.

Final part. Exercises for psychoregulation. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general theory in basketball.
2. Endurance and ways of its development.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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Federal University"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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3. http://BiblioFond.ru
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No7

Performing sets of exercises

Basketball.Technique of the game - passing, dribbling.

Objective: to reveal the factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Dribbling is a way of moving a basketball around the court after a pass.

Dribbling the ball is a technique that allows each player to move with the ball around the court for an unlimited distance.

Dribbling the ball in basketball consists of moving the player with the ball around the court and at the same time making alternate bounces of the ball off the floor with one hand. Simply put, you knock the ball on the floor, and it bounces off and comes back. The technique of dribbling the ball in basketball is not difficult, but not every player can dribble the ball well. The fact is that the opponent can take it away from you at any second or simply knock it out.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-7 minutes. General development and special running exercises.

Main part. 1. Improving the technique of passing and dribbling the ball. 2. GPP.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Endurance and ways of its development.
2. The dependence of the pace of the game of basketball and its impact on the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No8

Performing sets of exercises

Basketball. Features of passing technique and dribbling the ball during their tactical implementation (passing options).

Objective: to reveal the factors that determine the effectiveness of a basketball game. Breathing during a basketball game

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Passing the ball is one of the most important and most technically difficult elements of basketball, the most important element in the game of a point guard. The ability to pass the ball correctly and accurately is the basis for clear, purposeful interaction of basketball players in the game. Assist is a pass to a player who subsequently hit the opponent's basket. An assist is taken into account in the final protocol. The passer is responsible for the accuracy, timeliness, speed of the pass, its surprise for opponents and for the convenience of handling the ball. Confidence when passing the

ball is a very important factor. Basic rules: "If you are not sure, do not pass" and "Blame the giver". The player passing the ball is responsible for ensuring that the ball reaches the recipient, in 95% of cases of interceptions and turnovers, the passer is to blame.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-7 minutes. General development and special running exercises.

Main part. 1. Technique of passing and dribbling the ball during their tactical implementation (passing options). 2. GPP.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. The sequence of setting the tasks of teaching the game of basketball.
2. List special exercises for teaching basketball technique.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No9
Performing sets of exercises

Basketball. Features of passing technique and dribbling the ball during their tactical implementation (passing options).

Objective: to reveal the factors that determine the effectiveness of a basketball game. Breathing during a basketball game

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Passing the ball is one of the most important and most technically difficult elements of basketball, the most important element in the game of a point guard. The ability to pass the ball correctly and accurately is the basis for clear, purposeful interaction of basketball players in the game. Assist is a pass to a player who subsequently hit the opponent's basket. An assist is taken into account in the final protocol. The passer is responsible for the accuracy, timeliness, speed of the pass, its surprise for opponents and for the convenience of handling the ball. Confidence when passing the ball is a very important factor. Basic rules: "If you are not sure, do not pass" and "Blame the giver". The player passing the ball is responsible for ensuring that the ball reaches the recipient, in 95% of cases of interceptions and turnovers, the passer is to blame.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-7 minutes. General development and special running exercises.

Main part. 1. Improving the technique of passing and dribbling the ball. 2. GPP.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. The sequence of setting the tasks of teaching the game of basketball.
2. List special exercises for teaching basketball technique.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8

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List of additional literature:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Topic 4. Special physical training in the chosen type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom.

Basketball General physical training. Educational game.

Goal: formation of methodological knowledge of the game of basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

1. Increasing the level of development and expanding the functional capabilities of the body (functional training).

2. Education of physical qualities (strength, speed, endurance, agility, flexibility), as well as the development of related complexes of physical abilities that ensure the effectiveness of game activity (jumping, speed abilities, power of throwing movements, game agility and endurance, athletic training). The solution of these tasks is carried out in the process of general and special physical training.

Modern trends in the game determine the direction of technical training. High results can be achieved only in the process of comprehensive technical training of players. To do this, a basketball player must:

1. To master all the techniques of the game known to modern basketball and to be able to implement them in different conditions.

2. To be able to combine techniques with each other in any sequence in various conditions of movement.

3. To master a set of techniques that have to be used more often in the game, and to perform them with the greatest effect; a sharp combinational game requires the maximum use of individual abilities and characteristics.

4. To constantly improve the techniques, improving the overall consistency of their execution.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5 minutes. General development exercises.

Main part:1. Dosed running 2500 m. 2. Development of speed and strength qualities by means of various jumping exercises. General physical training. Educational game.

Final part. Exercises for breathing, flexibility and psychoregulation. Analysis of students' educational activity and correction of the content of their physical self-improvement.

Questions for control

1. The sequence of setting the tasks of teaching the technique of playing basketball.
2. List special exercises for teaching basketball technique.
3. Endurance and ways of its development.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Basketball The technique of the game is throwing the ball.

Objective: To reveal the list of factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of some types of throws is in many ways similar to passing. The main difference lies in the speed of the ball's flight, its trajectory and the degree of rotation. The main importance in throwing is accuracy, which depends on a number of reasons and, first of all, on the technically correct and constantly identical execution of the throw, on the rotation and trajectory of the ball.

Rotation of the ball. Usually, when flying, the ball rotates in some direction. The direction of rotation and its intensity depend on the movement of the hands and fingers at the moment of separation of the ball from the hands. In some cases, when the throw is made in a push-like motion, rotation is almost impossible. If the players know how the rotation affects the flight of the ball, then this will increase the accuracy of throws. In most cases, when throwing, the ball gets a rotation around the horizontal axis in the direction opposite to its movement, or, as it is commonly called, "reverse" rotation. The rotation of the ball around the horizontal axis gives it a straightness of flight, while the lateral rotation makes the ball deviate to the side, so its use is very limited. A ball thrown with reverse

rotation, falling into the edge of the ring, is "cut off" and falls into the basket; when flying without rotation or with translational rotation, it can bounce. The same happens when hitting the backboard.

The trajectory of the ball. The path of the ball from the point of its departure to the center of the ring is called the trajectory of the ball. There can be an infinite number of types of trajectories. Fig. 14 shows the main types of trajectories.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. The technique of the game is throwing the ball.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the shooting technique in basketball.
2. Selection and application of leading exercises for mastering the technique of throwing in basketball.
3. Identification of mistakes, the causes of their occurrence and ways to correct the shooting technique in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No3
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Basketball. Features of the throwing technique during its tactical implementation.

Objective: to reveal the list of factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of some types of throws is in many ways similar to passing. The main difference lies in the speed of the ball's flight, its trajectory and the degree of rotation. The main importance in throwing is accuracy, which depends on a number of reasons and, first of all, on the technically correct and constantly identical execution of the throw, on the rotation and trajectory of the ball.

Rotation of the ball. Usually, when flying, the ball rotates in some direction. The direction of rotation and its intensity depend on the movement of the hands and fingers at the moment of separation of the ball from the hands. In some cases, when the throw is made in a push-like motion, rotation is almost impossible. If the players know how the rotation affects the flight of the ball, then this will increase the accuracy of throws. In most cases, when throwing, the ball gets a rotation around the horizontal axis in the direction opposite to its movement, or, as it is commonly called, "reverse" rotation. The rotation of the ball around the horizontal axis gives it a straightness of flight, while the lateral rotation makes the ball deviate to the side, so its use is very limited. A ball thrown with reverse rotation, falling into the edge of the ring, is "cut off" and falls into the basket; when flying without rotation or with translational rotation, it can bounce. The same happens when hitting the backboard.

The trajectory of the ball. The path of the ball from the point of its departure to the center of the ring is called the trajectory of the ball. There can be an infinite number of types of trajectories. Fig. 14 shows the main types of trajectories.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Features of the throwing technique during its tactical implementation.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the shooting technique in basketball.
2. Selection and application of leading exercises for mastering the technique of throwing in basketball.
3. Identification of mistakes, the causes of their occurrence and ways to correct the shooting technique in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4
Performing sets of exercises

Basketball. Features of the throwing technique during its tactical implementation.

Objective: to reveal the list of factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of some types of throws is in many ways similar to passing. The main difference lies in the speed of the ball's flight, its trajectory and the degree of rotation. The main importance in throwing is accuracy, which depends on a number of reasons and, first of all, on the technically correct and constantly identical execution of the throw, on the rotation and trajectory of the ball.

Rotation of the ball. Usually, when flying, the ball rotates in some direction. The direction of rotation and its intensity depend on the movement of the hands and fingers at the moment of separation of the ball from the hands. In some cases, when the throw is made in a push-like motion, rotation is almost impossible. If the players know how the rotation affects the flight of the ball, then this will increase the accuracy of throws. In most cases, when throwing, the ball gets a rotation around the horizontal axis in the direction opposite to its movement, or, as it is commonly called, "reverse" rotation. The rotation of the ball around the horizontal axis gives it a straightness of flight, while the lateral rotation makes the ball deviate to the side, so its use is very limited. A ball thrown with reverse rotation, falling into the edge of the ring, is "cut off" and falls into the basket; when flying without rotation or with translational rotation, it can bounce. The same happens when hitting the backboard.

The trajectory of the ball. The path of the ball from the point of its departure to the center of the ring is called the trajectory of the ball. There can be an infinite number of types of trajectories. Fig. 14 shows the main types of trajectories.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Features of the throwing technique during its tactical implementation.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the shooting technique in basketball.
2. Selection and application of leading exercises for mastering the technique of throwing in basketball.
3. Identification of mistakes, the causes of their occurrence and ways to correct the shooting technique in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No5

Performing sets of exercises

Basketball. Tactics of the game - general provisions.

Goal: the formation of theoretical and practical and methodological competence in students in the development of general endurance as the basic basis of physical training, health and performance in all manifestations of human life.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest

and affordable means of physical education in ensuring health, general performance, longevity and life safety of each student; with the study of the main characteristics of the technique of physical exercises performed in order to obligatorily form students' motor skills that turn into a stable motor skill.

Theoretical part

When teaching to dribble the ball, it is necessary to remember that: the ball must be smoothly pushed towards the floor, look only in front of you, control the bounce with your hand at the lowest point.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 15-20 minutes. General development and special running exercises.

Main part. Tactics of the game - general provisions. Rules of the game Basketball.

Final part. Exercises for breathing, relaxation and psychoregulation. Analysis of students' educational activity.

Questions for control

1. List the special exercises for teaching the technique of long-distance running.
2. Basic rules of competitions in the technique of long-distance running.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" e, 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No6
Performing sets of exercises

Basketball. Rules of competitions in Basketball**.** Refereeing.

Objective: to form an idea of various methods of self-control when doing physical exercises.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The importance of the problem of improving the efficiency of refereeing in basketball lies in the fact that highly qualified refereeing creates the necessary conditions for improving the skills of athletes. Technical and tactical improvement of athletes is possible only in conditions of normal sports rivalry, when the quality of refereeing does not contradict the laws of the basketball tournament. The higher the rank of the tournament, the stronger the tendency of purposeful selection of qualified referees in conditions of fairly tough competition.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Joint warm-up – 5-10 min.

Main part. 1. Rules of competitions in Basketball. Refereeing. 2. Relay races with a ball.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. Demonstration of rules and gesture of judging.
2. Knowledge of the rules of baskettuol.
3. Typical mistakes in teaching refereeing technique.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-

on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference systems:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No7

Performing sets of exercises

Basketball. Rules of competitions in Basketball**.** Refereeing.

Objective: to form an idea of various methods of self-control when doing physical exercises.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The importance of the problem of improving the efficiency of refereeing in basketball lies in the fact that highly qualified refereeing creates the necessary conditions for improving the skills of athletes. Technical and tactical improvement of athletes is possible only in conditions of normal sports rivalry, when the quality of refereeing does not contradict the laws of the basketball tournament. The higher the rank of the tournament, the stronger the tendency of purposeful selection of qualified referees in conditions of fairly tough competition.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Joint warm-up – 5-10 min.

Main part. 1. Rules of competitions in Basketball. Refereeing. 2. Relay races with a ball.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. Demonstration of rules and gesture of judging.
2. Knowledge of the rules of baskettuol.
3. Typical mistakes in teaching refereeing technique.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines,

Practical lesson No8

Control lesson, performance of control tests.

Methods of control and self-control during physical exercises. Educational game

Objective: To check the level of training in the chosen sport.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The volume and intensity of the load are the external aspects of the magnitude of the impact of physical exercises on the body of the trainees. The internal side of physical load is determined by the functional changes that occur in the athlete's body due to the influence of external aspects.

Thus, the loads used during physical training play the role of an irritant that excites adaptive changes in the body. In order for the training effect to be due, it is necessary to influence the athlete's body, taking into account his individual adaptive abilities to loads. Thus, throughout the entire educational and training process, it is necessary to monitor the changes occurring at this time in the athlete's body. Thus, the purpose of control is to optimize the process of sports training of an athlete on the basis of an objective assessment of various aspects of his preparedness. Means and methods of control can be pedagogical, psychological, medical and biological. The possibility of using several types of control over athletes at once depends to a greater extent on the material base of sports schools and colleges (the presence of a sports psychologist, a doctor, the availability of appropriate equipment, etc.). The results obtained by several types of control at once give a more complete picture of the adaptive changes in the athlete's body and allow you to make accurate changes in the training process.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Running for 5-7 minutes.

Main part. Performance of control tests

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. Demonstration of the correct performance of exercises.
2. Knowledge of the rules of the game of basketball.
3. Typical mistakes when teaching basketball technique.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

Control tests on physical fitness

1. 100 m run
2. Pull-up on the bar (number of times)
3. Raising and lowering the torso from a lying position, hands behind the head, legs fixed (number of times)
4. Running: 2000 m (women), 3000 m (men)
5. Standing long jump (cm)
6. Squat on one leg, support against the wall (women), without support (men) (number of times on one leg)
7. Lifting lowering the body from a lying position, hands behind the head, legs fixed (number of times)
8. Pull-up on the bar (number of times)
9. Push-ups from the gymnastic bench (women), from gender (men) (number of times)
10. Point-blank power flip on the bar (number of times)

Control tests on sports and technical fitness

1. Pass in pairs technique test
2. Test for the technique of performing a free throw
3. Test for the technique of passing the ball in threes
4. Technique test (medium and long throws from five points)
5. Test for the technique of execution (speed technique – passing three obstacles with a snake, ends with a throw (dribbling forward with the right hand, backward – with the left) – for a time (sec)
6. Test for the technique of execution (passing the ball in threes in motion with running behind the partner's back and making a throw, rebounding, etc. (number of hits)

Interview Questions
2nd year

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.

25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 5

Topic 5. Improving the technique of physical exercises in the selected type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom

Purpose: Briefing on safety in the classroom.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

1. Increasing the level of development and expanding the functional capabilities of the body (functional training).

2. Education of physical qualities (strength, speed, endurance, agility, flexibility), as well as the development of related complexes of physical abilities that ensure the effectiveness of game activity (jumping, speed abilities, power of throwing movements, game agility and endurance, athletic training). The solution of these tasks is carried out in the process of general and special physical training.

Modern trends in the game determine the direction of technical training. High results can be achieved only in the process of comprehensive technical training of players. To do this, a basketball player must:

1. To master all the techniques of the game known to modern basketball and to be able to implement them in different conditions.

2. To be able to combine techniques with each other in any sequence in various conditions of movement.

3. To master a set of techniques that have to be used more often in the game, and to perform them with the greatest effect; a sharp combinational game requires the maximum use of individual abilities and characteristics.

4. To constantly improve the techniques, improving the overall consistency of their execution.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5 minutes. General development exercises.

Main part:1. Dosed running 2500 m. 2. Development of speed and strength qualities by means of various jumping exercises. Running exercises with a task.

Final part. Exercises for breathing, flexibility and psychoregulation. Analysis of students' educational activity and correction of the content of their physical self-improvement.

Questions for control

1. The sequence of setting the tasks of teaching the technique of playing basketball.
2. List special exercises for teaching basketball technique.

3. Endurance and ways of its development.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2

Diagnostics of technical readiness

Goal: to form a scientific understanding of the biomechanical foundations for playing basketball in students.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities. Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

1. Regular dribbling. Before training, when the body is not yet warmed up, you can work on dribbling with running.

2. Dribbling with two balls. This is a very useful exercise, but to get the maximum effect, you should alternate the method of dribbling: now with a simultaneous bounce of two balls, then with a variable one.

3. Dribbling the ball backwards and sideways. Try to dribble the ball and make a shuttle run around the court, or horizontal movements.

4. Constant dribbling. Even outside the basketball hall or court, dribble the ball.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. 1. Development of speed abilities. Running from a high start, 2 sets: 60, 100, 200 m. Rest interval 3-5 minutes. 2. GPP.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the technique of playing basketball.
2. Selection and application of leading exercises to master the technique of introducing the ball in basketball.
3. Identification of mistakes, causes of their occurrence and ways to correct them in basketball.
4. Features of basketball technique with maximum speed, including turning.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No3

Diagnostics of technical readiness

Basketball Features of throwing techniques during their tactical implementation.

Objective: to reveal the list of factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of some types of throws is in many ways similar to passing. The main difference lies in the speed of the ball's flight, its trajectory and the degree of rotation. The main importance in throwing is accuracy, which depends on a number of reasons and, first of all, on the technically correct and constantly identical execution of the throw, on the rotation and trajectory of the ball.

Rotation of the ball. Usually, when flying, the ball rotates in some direction. The direction of rotation and its intensity depend on the movement of the hands and fingers at the moment of separation of the ball from the hands. In some cases, when the throw is made in a push-like motion, rotation is almost impossible. If the players know how the rotation affects the flight of the ball, then this will increase the accuracy of throws. In most cases, when throwing, the ball gets a rotation around the horizontal axis in the direction opposite to its movement, or, as it is commonly called, "reverse" rotation. The rotation of the ball around the horizontal axis gives it a straightness of flight, while the lateral rotation makes the ball deviate to the side, so its use is very limited. A ball thrown with reverse

rotation, falling into the edge of the ring, is "cut off" and falls into the basket; when flying without rotation or with translational rotation, it can bounce. The same happens when hitting the backboard.

The trajectory of the ball. The path of the ball from the point of its departure to the center of the ring is called the trajectory of the ball. There can be an infinite number of types of trajectories. Fig. 14 shows the main types of trajectories.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness of students. Running for 100 m.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the shooting technique in basketball.
2. Selection and application of leading exercises for mastering the technique of throwing in basketball.
3. Identification of mistakes, the causes of their occurrence and ways to correct the shooting technique in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4
Learning sets of exercises of technical training.
Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Basketball. Features of the throwing technique during their tactical implementation.

Objective: to reveal the list of factors that determine performance in basketball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of some types of throws is in many ways similar to passing. The main difference lies in the speed of the ball's flight, its trajectory and the degree of rotation. The main importance in throwing is accuracy, which depends on a number of reasons and, first of all, on the technically correct and constantly identical execution of the throw, on the rotation and trajectory of the ball.

Rotation of the ball. Usually, when flying, the ball rotates in some direction. The direction of rotation and its intensity depend on the movement of the hands and fingers at the moment of separation of the ball from the hands. In some cases, when the throw is made in a push-like motion, rotation is almost impossible. If the players know how the rotation affects the flight of the ball, then this will increase the accuracy of throws. In most cases, when throwing, the ball gets a rotation around the horizontal axis in the direction opposite to its movement, or, as it is commonly called, "reverse" rotation. The rotation of the ball around the horizontal axis gives it a straightness of flight, while the lateral rotation makes the ball deviate to the side, so its use is very limited. A ball thrown with reverse rotation, falling into the edge of the ring, is "cut off" and falls into the basket; when flying without rotation or with translational rotation, it can bounce. The same happens when hitting the backboard.

The trajectory of the ball. The path of the ball from the point of its departure to the center of the ring is called the trajectory of the ball. There can be an infinite number of types of trajectories. Fig. 14 shows the main types of trajectories.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness of students. Running for 100 m.

Final part. Breathing exercise, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. The sequence of mastering the shooting technique in basketball.
2. Selection and application of leading exercises for mastering the technique of throwing in basketball.
3. Identification of mistakes, the causes of their occurrence and ways to correct the shooting technique in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No5
Learning sets of exercises of technical training.

Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Basketball General physical training. Educational game.

Goal: formation of a general idea of the main components of physical culture of the student's personality; teaching the technique of play.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The technique of playing basketball includes serves (passing the ball, receiving the pass), dribbling, throwing into the basket, body control technique and deceptive movements. The correct use of technique in basketball largely depends on compliance with the rules of the game. A small court for the game, the rule of foul, the rules of movement on the court - all this determines a constant and rapid change of direction, movement and expenditure of energy, a high pace of the game.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. ORU. Special running training.

Main part. 1. Exercises with a ball (volleyball, basketball): hitting the ball with the hand from above, from below, from the side; dribbling the ball with one or two hands, from hand to hand on the spot, in motion; catching and passing with two hands on the spot and in motion; throwing the ball with one hand from behind the head over the shoulder at vertical and horizontal targets from a standing position and from a running start. 2. Active games: "Ball to the catcher"; "Ball race" in a circle, in a column, in a line, in motion; "Dodgeball".

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. The structure of the technique of playing basketball.
2. Factors affecting basketball.
3. The sequence of mastering basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Practical lesson No6

Performing sets of exercises

Basketball. Principles and patterns of sports training. Theoretical training of a basketball player. Educational game.

Goal: formation of an idea of competitions as a specific component of sports, content and functions; improvement of basketball technique.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Sports training is the process of preparing for competitions. In competitions, everyone wants to win, and the necessary conditions are created during training. Mastering the technique, improving it and achieving high physical performance are perhaps the main tasks of training. Basketball players include exercises of different nature in their training. According to the main focus, they can be divided into three groups: exercises for the development of the necessary physical qualities; exercises for studying and improving individual skills of playing in attack and defense; exercises for studying and improving the interactions of players in attack and defense. When performing a training load, the athlete's body gradually gets used to it, or, as physiologists say, adapts to it. If you perform the same exercises all the time in the same mode, the body will quickly get used to this load, and the growth of sports results will stop. To prevent this from happening, the load must be increased gradually. This

can be done in two ways: by increasing the duration of the exercises and by increasing the speed of the exercises.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Joint warm-up – 5-10 minutes.

Preparatory part. Jogging for 7-10 minutes. ORU.

Main part. 1. Exercises with a ball (volleyball, basketball): throwing the ball at a distance and a given distance. 2. Active games "Hunters and ducks"; "Ball to the average"; "The most accurate". 3. Diagnostics of physical fitness of students.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. The structure of the technique of playing basketball.
2. Factors affecting basketball.
3. The sequence of mastering basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No7

Performing sets of exercises

Basketball Technique of the game is passing the ball from the chest.

Objective: to form an idea of various methods of self-control when doing physical exercises.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Passing the ball is one of the most important and most technically difficult elements of basketball, the most important element in the game of a point guard. The ability to pass the ball correctly and accurately is the basis of clear, purposeful interaction of basketball players in the game. Assist is a pass to a player who subsequently hit the opponent's basket. An assist is taken into account in the final protocol. The passer is responsible for the accuracy, timeliness, speed of the pass, its surprise for opponents and for the convenience of handling the ball. Confidence when passing the ball is a very important factor. Basic rules: "If you are not sure, do not pass" and "Fault the giver". The player passing the ball is responsible for ensuring that the ball reaches the recipient, in 95% of cases of interceptions and turnovers, the passer is to blame.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Running for 5-7 minutes. Joint gymnastics.

Main part. Relay races with the ball.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. The structure of passing technique in basketball.
2. Factors that affect a good pass.
3. The sequence of mastering the technique of passing (far, close).

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No8
Performing sets of exercises

Basketball. Features of the technique of passing the ball during their tactical implementation.

Objective: to form an idea of various methods of self-control when doing physical exercises.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Passing the ball is one of the most important and most technically difficult elements of basketball, the most important element in the game of a point guard. The ability to pass the ball correctly and accurately is the basis of clear, purposeful interaction of basketball players in the game. Assist is a pass to a player who subsequently hit the opponent's basket. An assist is taken into account in the final protocol. The passer is responsible for the accuracy, timeliness, speed of the pass, its surprise for opponents and for the convenience of handling the ball. Confidence when passing the ball is a very important factor. Basic rules: "If you are not sure, do not pass" and "Fault the giver". The player passing the ball is responsible for ensuring that the ball reaches the recipient, in 95% of cases of interceptions and turnovers, the passer is to blame.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Running for 5-7 minutes. Joint gymnastics.

Main part. Relay races with the ball.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. The structure of passing technique in basketball.
2. Factors that affect a good pass.
3. The sequence of mastering the technique of passing (far, close).

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No9
Performing sets of exercises

Basketball. Features of the technique of passing the ball during their tactical implementation.

Objective: to form an idea of various methods of self-control when doing physical exercises.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Passing the ball is one of the most important and most technically difficult elements of basketball, the most important element in the game of a point guard. The ability to pass the ball correctly and accurately is the basis of clear, purposeful interaction of basketball players in the game. Assist is a pass to a player who subsequently hit the opponent's basket. An assist is taken into account in the final protocol. The passer is responsible for the accuracy, timeliness, speed of the pass, its surprise for opponents and for the convenience of handling the ball. Confidence when passing the ball is a very important factor. Basic rules: "If you are not sure, do not pass" and "Fault the giver". The player passing the ball is responsible for ensuring that the ball reaches the recipient, in 95% of cases of interceptions and turnovers, the passer is to blame.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Running for 5-7 minutes. Joint gymnastics.

Main part. Relay races with the ball.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. The structure of passing technique in basketball.
2. Factors that affect a good pass.
3. The sequence of mastering the technique of passing (far, close).

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Topic 6. Expanding the functional capabilities of the body by means of the selected type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom

Goal: to familiarize students with safety precautions in basketball classes.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part

General Occupational Safety Requirements. Occupational Safety Requirements Before Starting Work. Occupational Safety Requirements During Work. Occupational Safety Requirements in Emergency Situations. Occupational Safety Requirements at the End of Work (Appendix No 1).

Classification of competitions. Calendar and regulations of the competition. Documentation of competitions (applications, protocols, cards of participants of competitions, report on competitions). Features of the rules of competitions in running, jumping, passes and throws.

Questions for control

1. What are the basic safety rules for practical basketball classes?
2. Classification of competitions.
3. List the features of the rules of competitions in running, jumping, passing and throwing.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Rules of the game of basketball.

Goal: the formation of theoretical and practical and methodological competence in students in the development of general endurance as the basic basis of physical training, health and performance in all manifestations of human life.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring health, general performance, longevity and life safety of each student; with the study of the main characteristics of the technique of physical exercises performed in order to obligatorily form students' motor skills that turn into a stable motor skill.

Theoretical part

When teaching to dribble the ball, it is necessary to remember that: the ball must be smoothly pushed towards the floor, look only in front of you, control the bounce with your hand at the lowest point.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 15-20 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness. Rules of the game Basketball.

Final part. Exercises for breathing, relaxation and psychoregulation. Analysis of students' educational activity.

Questions for control

1. List the special exercises for teaching the technique of long-distance running.
2. Basic rules of competitions in the technique of long-distance running.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No3

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Basketball. Basketball technique (general provisions).

Objective: to familiarize students with the methods of psychoregulation during the game of basketball, as well as with economical and effective ways of breathing. To reveal the mechanism of physiological processes occurring in the body when playing basketball. To form an idea of determining the intensity of load by heart rate.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Running is one of the ways of locomotion of humans and animals, carried out as a result of complex coordinated activity of skeletal muscles and limbs. It is the most common type of physical exercise, which, being a natural way of movement, is an integral part of many sports (football, basketball, handball, etc.), and one of the main means of comprehensive physical development.

Running, in general, is characterized by the same cycle of movements as when walking, the same acting forces and functional muscle groups. The difference between running and walking is the absence of a phase of double support during running.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness of students. Running 2000 – 3000 m. without time.

Final part. Exercises for breathing, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4
Performing sets of exercises

Basketball. Basketball technique (general provisions).

Objective: to familiarize students with the methods of psychoregulation during the game of basketball, as well as with economical and effective ways of breathing. To reveal the mechanism of physiological processes occurring in the body when playing basketball. To form an idea of determining the intensity of load by heart rate.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Running is one of the ways of locomotion of humans and animals, carried out as a result of complex coordinated activity of skeletal muscles and limbs. It is the most common type of physical exercise, which, being a natural way of movement, is an integral part of many sports (football, basketball, handball, etc.), and one of the main means of comprehensive physical development.

Running, in general, is characterized by the same cycle of movements as when walking, the same acting forces and functional muscle groups. The difference between running and walking is the absence of a phase of double support during running.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. Diagnostics of physical fitness of students. Running 2000 – 3000 m. without time.

Final part. Exercises for breathing, psychoregulation and flexibility. Analysis of students' educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No5
Performing sets of exercises

Basketball. General physical training.

Objective: to form an idea of the main components of physical culture of the student's personality; to reveal the essence of general and special physical training; to characterize the content of the main laws of physical culture and health training (continuity, volume, intensity and cyclicity of psychophysical load, means, forms and methods).

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The development of maximum strength is carried out: by the method of maximum effort (perform 2-5 sets of 1-3 repetitions with a weight of 95-100% of the maximum and more, with a rest of 2-5 minutes between sets.

Strength endurance is also necessary for a basketball player. This is the ability to perform strength work for a long time. The ability of muscles to resist fatigue. It is necessary, for example, at the end of the game or in extra time.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-10 minutes. ORU. Special running training.

Main part. 1. Study of a high start. 2. Development of general endurance. Running 2000 m (girls), 3000 m (boys) at an average pace (heart rate - 140-180 beats per minute). 3. GPP - speed and strength work for the leg muscles.

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. List special exercises for teaching basketball technique.
2. Basic rules of competitions in basketball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No6
Performing sets of exercises

Basketball.Movement Technique in Basketball

Goal: on the basis of the psychophysical characteristics of the students (state of health, physical and sports and technical readiness), to assist students in drawing up individual programs for physical self-education.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The basketball player's stance in attack is the most rational initial arrangement of the player's body links, which provides the possibility of a quick and effective start of motor action when attacking the opponent's basket. Maintaining the correct stance allows the attacker to constantly maintain balance and quickly maneuver without the ball and with the ball. Accordingly, in the attacking technique, the following are distinguished: the ready stance (main) and the stance of the player in possession of the ball. In the ready stance (Fig. 2, a), the basketball player is on his legs shoulder-width apart with his right or left leg slightly forward. The front foot is directed with the toe forward, the back foot is turned to the side; the knees are slightly bent (150-155), the body weight is evenly distributed on both feet; the body is straight, slightly inclined forward (130-135°); the head is raised, the gaze is directed forward – the player takes a stable position, firmly holding the balance; the arms are half-bent, the hands are at chest level.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises.

Main part. 1. Development of anaerobic abilities. Circuit training: 3 sets (running 50 m + 50 jumps on the spot + acceleration 50 m + 10 push-ups). Pace of medium intensity (heart rate - 140-180 beats / min.). 2. Development of flexibility.

Final part. Exercises for psychoregulation. Analysis of students' educational activity.

Questions for control

1. The essence of the concept of general theory in basketball.
2. Endurance and ways of its development.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No7

Performing sets of exercises

Basketball.Technique of the game - passing, dribbling.

Objective: to reveal the factors that determine performance in basketball for middle and long distances. The quality of the starting run (length and technique of the first and subsequent steps, bending of the body, movement of the arms), passing and introducing the ball.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

Dribbling is a way of moving a basketball around the court after a pass.

Dribbling the ball is a technique that allows each player to move with the ball around the court for an unlimited distance.

Dribbling the ball in basketball consists of moving the player with the ball around the court and at the same time making alternate bounces of the ball off the floor with one hand. Simply put, you knock the ball on the floor, and it bounces off and comes back. The technique of dribbling the ball in basketball is not difficult, but not every player can dribble the ball well. The fact is that the opponent can take it away from you at any second or simply knock it out.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 5-7 minutes. General development and special running exercises.

Main part. 1. Improvement of running technique and development of special endurance in middle-distance running. Dosed running 1500 m. "Fartlek" 300 m x 300 m. 2. GPP.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Endurance and ways of its development.
2. The dependence of the pace of the game of basketball and its impact on the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No8

Control lesson, performance of control tests.

Methods of control and self-control during physical exercises. Educational game

Objective: To check the level of training in the chosen sport.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the technique of the studied physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance, longevity and safety of life of each student; with the study of the main characteristics of the technique of physical exercises performed in order to form students' motor skills that turn into a stable motor skill.

Theoretical part

The volume and intensity of the load are the external aspects of the magnitude of the impact of physical exercises on the body of the trainees. The internal side of physical load is determined by the functional changes that occur in the athlete's body due to the influence of external aspects.

Thus, the loads used during physical training play the role of an irritant that excites adaptive changes in the body. In order for the training effect to be due, it is necessary to influence the athlete's body, taking into account his individual adaptive abilities to loads. Thus, throughout the entire educational and training process, it is necessary to monitor the changes occurring at this time in the athlete's body. Thus, the purpose of control is to optimize the process of sports training of an athlete on the basis of an objective assessment of various aspects of his preparedness. Means and methods of control can be pedagogical, psychological, medical and biological. The possibility of using several types of control over athletes at once depends to a greater extent on the material base of sports schools and colleges (the presence of a sports psychologist, a doctor, the availability of appropriate equipment, etc.). The results obtained by several types of control at once give a more complete picture of the adaptive changes in the athlete's body and allow you to make accurate changes in the training process.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Running for 5-7 minutes.

Main part. Performance of control tests

Final part. 1. Exercises for breathing, relaxation and flexibility. 2. Summing up the results of educational activity.

Questions for control

1. Demonstration of the correct performance of exercises.
2. Knowledge of the rules of the game of basketball.
3. Typical mistakes when teaching basketball technique.

Practical control standards for the discipline
"Elective disciplines (modules) in physical culture and sports"

Control tests on physical fitness

1. 100 m run
2. Pull-up on the bar (number of times)
3. Raising and lowering the torso from a lying position, hands behind the head, legs fixed (number of times)
4. Running: 2000 m (women), 3000 m (men)
5. Standing long jump (cm)
6. Squat on one leg, support against the wall (women), without support (men) (number of times on one leg)
7. Lifting lowering the body from a lying position, hands behind the head, legs fixed (number of times)
8. Pull-up on the bar (number of times)
9. Push-ups from the gymnastic bench (women), from gender (men) (number of times)
10. Point-blank power flip on the bar (number of times)

Control tests on sports and technical fitness

1. Pass in pairs technique test
2. Test for the technique of performing a free throw
3. Test for the technique of passing the ball in threes
4. Technique test (medium and long throws from five points)
5. Test for the technique of execution (speed technique – passing three obstacles with a snake, ends with a throw (dribbling forward with the right hand, backward – with the left) – for a time (sec)
6. Test for the technique of execution (passing the ball in threes in motion with running behind the partner's back and making a throw, rebounding, etc. (number of hits)

Interview Questions
3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.

14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases**.**
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
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INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(basketball)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective disciplines (modules) in physical education and sports" is part of the part formed by the participants of educational relations and is studied in 3-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the	Maintains the proper level of physical fitness to ensure full social and professional activities

	norms of a healthy lifestyle	

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	Hours volume, including		
				CPC	Contact work with the	Total

					teache r	
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				144		144

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE

WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a student's healthy lifestyle. The role of physical culture in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of Bachelor and Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

SUGGESTIONS FOR TEACHING
for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(volleyball)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Methodological recommendations for the discipline "Elective disciplines (modules) in physical culture and sports (volleyball)" **are** developed in accordance with the work program of the discipline for all areas of training.

The methodological recommendations contain program material that contributes to the systematization of knowledge, activation of cognitive and practical activities of students in the discipline "Elective disciplines (modules) in physical culture and sports (volleyball)", the formation of readiness to apply modern methods and technologies of volleyball training, the ability to organize and conduct competitions and judge volleyball competitions, the ability to form motivation for volleyball classes, to educate students in the moral principles of fair sports competition.

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for the professional activity of the future bachelor and specialist for all areas of training.

Objectives of mastering the discipline:

- formation of the social significance of physical culture and sports among students and their role in the development of personality, preservation and strengthening of health;

- introducing students to various types of physical culture and sports activities, acquiring competencies and experience in the creative use of physical culture and sports to achieve life and professionally significant success;

– creation of an idea of various types of health systems;

– training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical and functional state of the body;

- training in practical skills of using means of health-improving physical education to strengthen and restore the health of students;

- physical improvement, as a condition of psychophysical viability of the student, determining the state of his general working capacity, activity in educational and extracurricular activities and providing him with professionally applied physical fitness;

– formation of the basis for the independent and methodologically justified use of physical culture and health activities to achieve life and professional goals;

- formation of technical and tactical skills of volleyball and the ability to apply them in the game.

The content of the discipline is aimed at forming students' ability to carry out sports selection and sports orientation in the process of classes (UK-7); the ability to conduct physical culture and sports events using the means, methods and techniques of basic types of physical culture and sports activities for motor and cognitive learning and physical training (UK-7); the ability to organize and judge competitions in the chosen sport (UK-7)

The guidelines contain program material for practical classes, questions for discussion, requirements for monitoring the level of competence formation, and a list of recommended literature.

The place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

List of planned learning outcomes in the discipline correlated with the planned results of the development of the educational program

Name of competencies

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical	ID-1UK-7 chooses health-saving technologies to ensure	Demonstrates knowledge of health-saving technologies

fitness to ensure full-fledged social and professional activities	full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	Maintains the proper level of physical fitness to ensure full social and professional activities

Semester 3

Topic 3. General and special physical training in the chosen type of physical culture and sports activity

Practical lesson No1.

Introductory lesson. Safety briefing in the classroom

Purpose: to familiarize students with the general requirements for labor protection during practical training, volleyball competitions.

Briefing on labor protection during training practical classes, volleyball competitions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2-3.
Diagnostics of physical fitness of students

Objective: to assess the level of physical fitness of students.

As a result of mastering the topic of the practical lesson, the student forms:

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4-5
Learning sets of exercises for general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Goal: to develop skills and abilities to perform various methods of movement technique, basic stances and upper ball passing.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. When teaching stances, it is necessary to remember that: with all types of stances, the legs are bent at the knees, the feet are at the same level or one foot in front, which practically does not affect the starting speed, the center of mass of the body is brought forward due to the bend of the shoulders forward.

Before starting to study the passing of the ball, it is necessary to create a correct idea of the passing of the ball and the method of its execution. Students should know that: when performing the technique, it is necessary to move so that at the time of passing the ball it is in the starting position, the feet are at a distance of no more than shoulder width, before performing the technique itself, the body must be turned in the direction of the pass, when passing forward, the body is tilted forward (in all phases), when passing behind the back - vertically, before the pass, the arms, bent at the elbows, are carried up in the shortest way, hands are slightly above the head, in all phases of the pass, palms are turned inward, hands and fingers, forming a sphere slightly larger than the size of the ball, hands, straightening at the elbow joints, push the ball, hands and fingers accompany it, giving the necessary direction, at the time of the pass, you need to touch the ball with the phalanges of the fingers, at the time of the pass, the extension of the arms, body, legs is performed simultaneously, the ball is accompanied by the hands until they are fully straightened, when performing the first and second passes, passing the ball above you and behind the head, the position of the hands is different, after the pass, you must immediately take the position of readiness.

Questions and Tasks

Task 1. Give terminologically correct definitions of techniques.
Task 2. To analyze the technique of performing methods of movement.
Task 3. To analyze the technique of performing starting stances.

Task 4. To analyze the technique of passing the ball from above with two hands.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No6-8
Performing sets of exercises

Teaching the technique of the game: movement technique, basic stances, upper ball transfer and lower ball transfer

Goal: to form the skills of performing various methods of movement technique, basic stances, upper ball transfer and lower ball passing.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. The sequence of learning to pass the ball is as follows: over yourself, forward from a place, forward after moving, back behind the head from a place, back and forward after moving. The main thing in learning to pass is a timely and accurate exit to the ball.

The study of this technique should be moved on to after mastering the technique of passing with two hands from above.

Before starting to master this technique, students should know the following: it is necessary to move so that by the time the ball is received in a volleyball stance, the feet are located at a distance of at least shoulder width, the body is tilted forward (in all phases), when passing behind the back - vertically, the legs are bent at the knees, they begin to straighten before the hands, when receiving the ball, the arms are straightened at the elbows, are tightly connected, the hands are folded into a "lock" (one is clenched, the other is grasped), the arms are brought forward perpendicular to the trajectory of the ball, the ball is received on the forearms, just above the wrist joints (if the forearms do not form a flat area or are in a position of different heights, then the quality of reception and accuracy of the pass deteriorate), when receiving a ball flying at a low speed, the legs and body are actively extended and the arms smoothly accompany the ball up and forward, After the reception, the player must take a ready position, the counter speed of the hands to the ball is the higher, the lower the speed of the ball, with a significant speed of the ball, shock absorption is provided by slightly lowering straight arms down, when receiving the ball flying away from the player, the shoulder closest to the ball rises

Questions and Tasks

Task 1. Give terminologically correct definitions of techniques.

Task 2. To analyze the technique of passing the ball from below with two hands.

Task 3. List the typical mistakes when teaching the technique of moving methods, the main stances of volleyball players, and the top pass of the ball.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No9
Performing sets of exercises

Teaching the technique of the game: the technique of performing the lower straight and upper straight serve of the ball

Objective: to develop skills and abilities to perform various methods of movement technique, basic stances, upper and lower ball passing, teaching the technique of performing the lower straight and upper straight ball serve.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: the formation of competencies (UK-7) in the framework of teaching volleyball techniques and the development of physical qualities.

Theoretical part. Only after mastering the structure of the movement when throwing the ball, it is possible to begin to study the kick of the ball and the coordinated work of individual parts of the body in the striking movement. When learning to serve the ball, the student must learn the following: the correct starting position determines the result of the serve, before serving, the feet are directed towards the expected flight of the ball, before serving, the foot, opposite to the kicking hand, stands in front of the other hand by 0.5-1.5 feet, the hand with the ball before the toss is at waist level and slightly bent, the toss is performed vertically upwards. The hand in the swing is located in the frontal plane, the blow begins with the movement of the shoulder forward, the ball is hit with a straight hand, the ball is hit with the base of the tense palm, the direction of its flight depends on the place of contact of the hand with the ball, and the speed of the flight itself depends on the force of contact, after the serve, the weight of the body is transferred to the leg in front, after the serve, the hand shows the direction of the ball's departure, serves must be paid attention to at each lesson.

Questions and Tasks

Task 1. Give terminologically correct definitions of techniques.

Task 2. To analyze the technique of performing the lower straight serve.

Task 3. To analyze the technique of performing the upper straight serve.

Task 4. List the typical mistakes when teaching the technique of passing the ball from below with two hands.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Topic 4. Special physical training in the chosen type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom

Purpose: to familiarize students with the general requirements for labor protection during practical training, volleyball competitions.

Briefing on labor protection during training practical classes, volleyball competitions.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2-3

Learning sets of exercises for special physical training.

Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Improvement of technical techniques in the game. Refereeing of competitions.

Goal: formation of skills for the use of technical techniques in game activities and acquisition

of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Competitions of any rank include the following interrelated components: rules, regulations, calendars, etc.

The rules of the competition are a document that clearly defines the conditions of the competitive struggle of volleyball players under the control of sports judges.

Regulations on competitions determine the main characteristics of competitions. This is the main document that regulates the conditions and procedure for their conduct. Each section of the regulations must be carefully and clearly stated, should not cause doubts or different interpretations. Regulations are drawn up on the basis of the calendar plan and APPROVED BY the organization conducting a particular competition (sports committee, department, VSS council).

The regulations on the competitions include the following main points;

1. Goals and objectives (raising the class of teams, popularizing volleyball, summing up, identifying the strongest teams and players to complete national teams, etc.).

2. Place and dates of the competition (date, time and place of the competition are indicated***).***

3. Management and refereeing of the competition (who conducts the competition and the composition of the panel of judges are indicated).

4. Participants of the competition (the number and teams allowed to participate in the competition, the number of players, coaches, representatives of the medical staff; age requirements for the participants and their qualifications are indicated).

5. Conditions of the competition (methods of drawing, evaluation of results, determination of the winner, requirements for the places of competition, sports uniform are indicated).

6. Awarding teams and participants (types of incentives for team winners are indicated).

7. Conditions for acceptance and payment of expenses (expenses of the organization conducting the competition, sending organizations, procedure for payment of refereeing).

8. Procedure for filing a protest (deadlines for filing and consideration and the body to which the protest is submitted).

9. Procedure, deadlines for submitting applications for participation in competitions and terms of meetings of team representatives.

Questions and Tasks

Task 1. Learn the rules of the competition.

Task 2. Analyze the scheme of the regulations on competitions.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;

- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4-6
Performing sets of exercises

Methods of teaching game tactics: teaching individual tactical actions in attack

Goal: formation of skills to perform individual tactical actions of attack, formation of skills for the use of technical and tactical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Serve. The general tactical task when performing the serve is to win a point or complicate the opponent's actions in the transition from defense to attack. Particular tactical tasks are:

- precise serves, aimed at directing the ball to a certain (free) place of the court; to a player who has a weak command of the ball; between two players; to a player coming from the back line to the front line to make a second pass; to a player who came on as a substitute;
- high-speed serves, aimed at reducing the time of the ball's flight and thereby the time for preparing and performing the opponent's reception of the ball;
- Gliding serves, distorting the usual perception of the trajectory of the ball.

In competitions, only those types of serves are used that the player possesses. Changing the serve can increase its effectiveness. The reliability of serves should be ensured at the beginning of the game, after breaks, after substitutions, after mistakes of your team, unsuccessful serves.

Serves with increased risk are justified when the serving team is hopelessly lagging behind, when there is an approximate balance in the score shortly before the end of the game or game, when the opponent is mentally tired.

The second pass for the attacking kick. The tactical training of the setter includes tactical actions related to the transfer of the ball for the offensive kick after receiving the serve and during the overtime; the first pass after the blockers touch the ball or the second pass in a jump after imitating the attacking shot. It is necessary to teach the setter to hide the direction and nature of the ball pass until the last moment, to teach distracting actions.

The general tactical task when performing the second pass is to provide optimal conditions for the effective execution of an offensive shot. Particular tactical tasks are:

- Accurate passes, aimed at directing the ball to a certain (for example, the strongest or against a weak block) player;
- high-speed passes, aimed at reducing the time of the ball's flight and thereby the time for preparing and organizing a block, receiving by the opponent;
- passes along the entire length of the net, aimed at stretching the opponent's blockers;
- passes of low height, aimed at bringing surprise to the attack and making it difficult to block on the opponent's side.

When performing the second pass, it is necessary to take into account where the opponent has the weakest block, to try to lead the attackers to the shot against an unorganized group, single block or without a block at all. The main requirement for the player passing the ball is not just to make a pass to the zone, but to strive to play it in a combination each time. In addition, the passing player must take into account:

1. The effectiveness of the forwards in the meeting.
2. The location of the blockers of the enemy, especially the weakest.
3. Which of the forwards is in the most advantageous position and which pass is more convenient for him.
4. Distance between the passing player and the attacker.
5. In difficult and disadvantageous situations, the player must pass the ball to the nearest attacker.
6. When passing from the depth of the court (4-5 m), the ball should simply be passed to a convenient area.
7. You cannot reduce the game to one striker.

Offensive strokes. An attacking player must be able to confidently and effectively use a wide arsenal of offensive strokes, their methods, and distracting actions.

The general tactical task when performing an offensive shot is to win a point.

Particular tactical tasks are:

- offensive shots are accurate, aimed at directing the ball to a certain (free) place of the opponent's court; to a player who has a weak command of receiving the ball; between two players to introduce disagreements into their actions;
- high-speed offensive kicks, aimed at reducing the time of the ball flight and thereby the time for preparing and performing the opponent's reception of the ball;
- offensive blows against the opponent's block, aimed at fighting with the first echelon of the opponent's defense: past the block (blows with a transfer), above the block, "block-out", behind the block (deceptions).

Mastering the tactics of offensive shots usually takes place in three stages:

1. Teaching tactics; improving the tactics of attacking blows without resistance.
2. Improving the tactics of blows with passive resistance of blockers.
3. Improving the tactics of blows with active resistance of blockers.

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of individual tactical actions in attack.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

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"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No7

Performing sets of exercises

Methods of teaching game tactics: teaching individual tactical actions in attack

Goal: formation of skills to perform individual tactical actions of attack, formation of skills for the use of technical and tactical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Serve. The general tactical task when performing the serve is to win a point or complicate the opponent's actions in the transition from defense to attack. Particular tactical tasks are:

- precise serves, aimed at directing the ball to a certain (free) place of the court; to a player who has a weak command of the ball; between two players; to a player coming from the back line to the front line to make a second pass; to a player who came on as a substitute;
- high-speed serves, aimed at reducing the time of the ball's flight and thereby the time for preparing and performing the opponent's reception of the ball;
- Gliding serves, distorting the usual perception of the trajectory of the ball.

In competitions, only those types of serves are used that the player possesses. Changing the serve can increase its effectiveness. The reliability of serves should be ensured at the beginning of the game, after breaks, after substitutions, after mistakes of your team, unsuccessful serves.

Serves with increased risk are justified when the serving team is hopelessly lagging behind, when there is an approximate balance in the score shortly before the end of the game or game, when the opponent is mentally tired.

The second pass for the attacking kick. The tactical training of the setter includes tactical actions related to the transfer of the ball for the offensive kick after receiving the serve and during the overtime; the first pass after the blockers touch the ball or the second pass in a jump after imitating the attacking shot. It is necessary to teach the setter to hide the direction and nature of the ball pass until the last moment, to teach distracting actions.

The general tactical task when performing the second pass is to provide optimal conditions for the effective execution of an offensive shot. Particular tactical tasks are:

- Accurate passes, aimed at directing the ball to a certain (for example, the strongest or against a weak block) player;
- high-speed passes, aimed at reducing the time of the ball's flight and thereby the time for preparing and organizing a block, receiving by the opponent;
- passes along the entire length of the net, aimed at stretching the opponent's blockers;
- passes of low height, aimed at bringing surprise to the attack and making it difficult to block on the opponent's side.

When performing the second pass, it is necessary to take into account where the opponent has the weakest block, to try to lead the attackers to the shot against an unorganized group, single block or without a block at all. The main requirement for the player passing the ball is not just to make a pass to the zone, but to strive to play it in a combination each time. In addition, the passing player must take into account:

1. The effectiveness of the forwards in the meeting.
2. The location of the blockers of the enemy, especially the weakest.
3. Which of the forwards is in the most advantageous position and which pass is more convenient for him.
4. Distance between the passing player and the attacker.
5. In difficult and disadvantageous situations, the player must pass the ball to the nearest attacker.
6. When passing from the depth of the court (4-5 m), the ball should simply be passed to a convenient area.
7. You cannot reduce the game to one striker.

Offensive strokes. An attacking player must be able to confidently and effectively use a wide arsenal of offensive strokes, their methods, and distracting actions.

The general tactical task when performing an offensive shot is to win a point.

Particular tactical tasks are:

- offensive shots are accurate, aimed at directing the ball to a certain (free) place of the opponent's court; to a player who has a weak command of receiving the ball; between two players to introduce disagreements into their actions;

- high-speed offensive kicks, aimed at reducing the time of the ball flight and thereby the time for preparing and performing the opponent's reception of the ball;

- offensive blows against the opponent's block, aimed at fighting with the first echelon of the opponent's defense: past the block (blows with a transfer), above the block, "block-out", behind the block (deceptions).

Mastering the tactics of offensive shots usually takes place in three stages:

1. Teaching tactics; improving the tactics of attacking blows without resistance.
2. Improving the tactics of blows with passive resistance of blockers.
3. Improving the tactics of blows with active resistance of blockers.

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of individual tactical actions in attack.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No8
Performing sets of exercises
Control lesson, performance of control tests

Quests	Score									
	Women					Men				
	5	4	3	2	1	5	4	3	2	1
100 m run	15,7	16.0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
2. Pull-up on the bar (number of times)						15	12	9	7	5
3. Raising and lowering the body from a lying position, hands behind the head, legs fixed (number of times)	60	50	40	30	20					
4. Running: 2000m (women), 3000m (men)	10,10	10,50	11,15	11,50	12,15	12,00	12,35	13,10	13,45	14,20
1. Long jump from a standing position (see)	190	180	168	160	150	250	240	230	223	215
2. Squat on one leg, the support is about wall (women), without supports (male) (number of once on one)	12	10	8	6	4	15	12	9	7	5
3. Lifting lowering the torso from a lying position, arms behind the head, legs fixed, number of times	60	50	40	30	20					
4. Pull-up on the bar (number of times)						15	12	9	7	5
5. Push-ups from the gymnastic	15	10	8	6	4	30	25	20	15	10

bench (women), from gender (men) (number of times)										
6. Point-blank power overturn on the bar (number of times)						8	5	3	2	1

Requirements for the level of sports and technical training in accordance with the chosen sport

Score	**Type of dough**					
	Test for the technique of performing a low ball pass	Top Ball Passing Technique Test	Test for the technique of passing the ball in pairs	Test for the technique of passing the ball in threes	Test for the technique of performing the upper and lower serve of the ball	
					Upper (number of hits on the court out of 5 attempts)	Lower (number of hits on the court out of 5 attempts)
20	15	15	30	45	5/5	5/5
18	14	14	28	42	4/5	4/5
16	13	13	26	39	3/5	3/5
14	10	10	24	36	2/5	2/5
12	9	9	22	33	1/5	1/5
10	6	6	20	30		
8	5	5	16	27		
6	4	4	14	21		
4	3	3	10	18		
2	2	2	8	12		
1	1	1	6	9		

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.

15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

Semester 5

Topic 5. Improving the technique of physical exercises in the selected type of physical culture and sports activity

Practical lesson No1.

Introductory lesson. Safety briefing in the classroom

Purpose: to familiarize students with the general requirements for labor protection during practical training, volleyball competitions.

Briefing on labor protection during training practical classes, volleyball competitions.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2-3.

Diagnostics of physical fitness of students

Objective: to assess the level of physical fitness of students.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lessonNo4-5
Learning sets of exercises for general and special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Goal: to develop skills and abilities to perform various methods of movement technique, basic stances and upper ball passing.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. When teaching stances, it is necessary to remember that: with all types of stances, the legs are bent at the knees, the feet are at the same level or one foot in front, which practically does not affect the starting speed, the center of mass of the body is brought forward due to the bend of the shoulders forward.

Before starting to study the passing of the ball, it is necessary to create a correct idea of the passing of the ball and the method of its execution. Students should know that: when performing the technique, it is necessary to move so that at the time of passing the ball it is in the starting position, the feet are at a distance of no more than shoulder width, before performing the technique itself, the body must be turned in the direction of the pass, when passing forward, the body is tilted forward (in

all phases), when passing behind the back - vertically, before the pass, the arms, bent at the elbows, are carried up in the shortest way, hands are slightly above the head, in all phases of the pass, palms are turned inward, hands and fingers, forming a sphere slightly larger than the size of the ball, hands, straightening at the elbow joints, push the ball, hands and fingers accompany it, giving the necessary direction, at the time of the pass, you need to touch the ball with the phalanges of the fingers, at the time of the pass, the extension of the arms, body, legs is performed simultaneously, the ball is accompanied by the hands until they are fully straightened, when performing the first and second passes, passing the ball above you and behind the head, the position of the hands is different, after the pass, you must immediately take the position of readiness.

Questions and Tasks

Task 1. Give terminologically correct definitions of techniques.

Task 2. To analyze the technique of performing methods of movement.

Task 3. To analyze the technique of performing starting stances.

Task 4. To analyze the technique of passing the ball from above with two hands.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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No special software is required.

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- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lessonNo6-8

Performing sets of exercises

Methods of teaching game tactics: teaching team tactical actions in attack and defense

Goal: formation of skills to perform team tactical actions, formation of skills for the use of technical and tactical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Team tactical actions. The effectiveness of the attack depends on the individual technical and tactical training of the players, the clear interaction of the links, the coherence of the actions of the whole team.

Team attack in volleyball is divided into two types according to tactical orientation:

- when hitting from the second gear;
- when hitting from the first pass.

Each type of attack consists of certain systems of command actions.

The tactical system of the game is the organization of team actions, in which the functions of each player and their placement on the court are determined.

There are the following systems of playing in attack:

- the system of playing in attack through the front line setter;
- the system of playing in attack through a setter coming from the back line;
- the system of playing in attack from the first passes and throwbacks.

The system of playing in attack through the front line setter is the simplest and most reliable. The attacking power is reduced due to the presence of only two attackers in the attacking line, which limits the number of combinations. To strengthen the attack, the players of the back line are used, attacking from behind the 3-meter line. This system of play requires a high degree of mastery of the attacking technique from the attacking players, which allows them to fight the block, because usually the attack is opposed by a group block.

The system of playing in attack through a setter coming from the back line is widely used in the games of teams of different qualifications, especially in the games of teams of the highest ranks. This is the most advanced system that allows you to have three forwards in the offensive line, which increases the attacking potential of the team due to a variety of combined play.

Most often, the position of the setter is located between zones 2 and 3, 1-2 m from the net. When leaving the back line, the setter must not interfere with the nearby teammates when receiving the ball. The most successful route of movement when leaving zone 1 is along the sideline. From zone 6 - at the net (players of zones 3 and 6 are located next to each other) From zone 5 - in the zone player's area of action 4 (the players are located next to each other).

The choice of combination options depends on the composition of the team. In practice, **two options for completing the starting six are common*:***

- four forwards and two setters (4:2). In this variant, the setters are located diagonally and can play according to the system:

- playing in attack from the second pass of the player (setter) of the first line. It is used at the initial stage of training;
- playing in attack from the second pass of the player (setter) coming from the second line. This makes it possible to have three forwards in the front line all the time**.**

- ***five forwards and one setter (5:1).***

In the 5-1 recruitment option , the setter can be located in any zone of the initial formation. In this case, it is desirable that in the opposite zone from him there is an attacking player who owns the second pass.

The system of playing in attack from the first passes and throwbacks is the most effective. For the full use of this system, you need players who are able to attack from the first pass, have a good command of the kickback and perform the first pass accurately.

Usually, a pass immediately to a shot is used in counterattacks (when finishing the game), much less often - when receiving serves, if the serves are not difficult.

Kickbacks can be short (in the zone), medium (from zone to zone) and long (through the zone), and should be made with a low trajectory of the ball. When improving this system, attention is paid to attacks from the head kick from zones 4 and 2. If the kick is made from zones 4 and 2 in front of the player, then the first pass is made 1-2 m from the side line, and if behind the head - 2 - 3 м from the side line. The pass to the shot is given low and 0.5 - 1 м from the net.

A pass to zone 2 is given if there is a left-hander there (the same is true for a player in zone 3 when a pass is made from zone 4 or 5).

There should be complete mutual understanding and teamwork between partners. These combinations are performed with the interaction of two or three players.

Sequence of training team actions in attack.

For all offensive systems, the construction of team training can be as follows:

1) name tactical interaction;
2) show this interaction on diagrams, posters, videos, etc.;
3) to show the place and path of the players when performing tactical interaction;
4) imitation of this interaction;
5) in the formation, receiving the ball thrown over the net from the other side of the court, and playing the ball for simple interactions;
6) the same, but performing more complex combinations;
7) the same, but with a block;
8) the same, but after receiving the serves;
9) the same, but the attack is followed by a counterattack (several balls are alternately thrown to the side of the attacking team).

For each constellation, it is necessary to perform the above exercises.

Team tactical actions in defense (defense). Team actions in defense are determined by the location and interaction of players when receiving serves, blocking, belaying and attacking shots.

Team actions when performing the opponent's offensive kicks. The formation of defensive actions is echeloned and organized in two lines: the first line is blocking, the second line is either blocking insurance or receiving the ball in the field. At the same time, each of the players of the front line who has the right to block is located opposite "his" attacking player of the opponent: the player of zone 2 - opposite the attacking player in zone 4, the player of zone 4 - opposite the opponent's player in zone 2, etc.; such an initial location is typical for all variants of team actions of defense;

There are three defensive systems , the name of each system is determined by the insurance player**:**

a) the "angle forward" defense system - when the block is insured by the central player of the back line - is widely used in the practice of competitive activities of teams of different qualifications.

For example, when attacking an opponent from zone 4, the players of zones 2 and 3 organize a group block in zone 2; a player of zone 4 who does not participate in the block shifts from the net to the offensive line and provides protection of the block, and in the case of an attack past the block, the ball is received from the attacking shot. The player of zone 6 shifts to the offensive line and positions himself behind the block, ensuring the reception of the ball during deceptive shots (block insurance). Players of zones 1 and 5 come out "from behind the block" in order to see the actions of the attacking player of the opposing team, and ensure the reception of the ball into the field if it is sent past the block.

In this case, the players of zones 4 and 3 organize a group block in zone 4; the player of zone 2, without participating in the block, moves to the offensive line and ensures the reception of the ball from the attacking shot (block insurance is also possible). The player of zone 5 moves to the offensive line and ensures the reception of the ball from fake shots (block insurance); the player of zone 6 moves back in his zone and ensures the reception of the ball that bounces off the hands of the blockers when hitting "above the block".

c) the defense system when the player of the front line, who is free from the block, **does** not differ in principle from the options described above. Here, one of the players of the front line, who is not currently taking part in the blocking, moves to the zone of closing the ball with a block to receive the ball from fake shots "behind the block". In our example, this is a player of zone 4, who takes the usual place of the belayer. A free place of the court after the player of zone 4 leaves for insurance is occupied by a player of the back line (player of zone 5), who ensures the reception of the ball from an offensive shot sent past the block.

The simplest team tactical actions in defense, when the opponent's attack is carried out with a pass from the front line setter (two attackers almost always fight with a double block).

Double blocking is used when it is clear that the attacking player cannot perform a kickback; when the first pass is directed to the strongest attacking player on the line; when the first pass is directed close to the net and it is impossible to perform a kickback.

Thus, there are the following systems of playing in the field, which are determined by the location of the players securing the block:

1. Insurance by a player who does not participate in the blocking.
2. Insurance by the player of the back row (player of zone 1 or 6, or 5),
3. Insurance by the players of the front and back lines.

Each defense system has its own positioning options depending on which zone the opponent is attacking from.

Sequence of training team actions in defense:

- tell and show the initial starting position and zone of action of each player;
- tell what is included in the analysis of the actions of attacking players and the actions of partners;
- imitation of the studied tactical action;
- performing a tactical action with a ball thrown from the offensive zone from the other side of the court;
- the same, but after an offensive blow from one's own throw;
- the same, but an offensive kick from the pass of the setter (the first pass from the attacking player);
- the same, but the first pass from a player in zone 6;
- the same, but an offensive kick after receiving the serve;
- Performing a tactical action with two known attack options;
- the same, but with two unknown attack options;
- the same, but with the participation of two attacking players;
- the same, but with the participation of three forward players.

Scheme of mastering and improving tactical actions

1) exercises without resistance;
2) exercises with passive resistance of the opponent;
3) exercises with an active "controlled" opponent;
4) exercises with variable resistance of the opponent;
5) Two-way game.

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of individual tactical actions in defense.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No9

Performing sets of exercises

Methods of teaching game tactics: teaching group tactical actions in defense

Goal: formation of skills to perform group tactical actions of defense, formation of skills for the use of technical and tactical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities. Maintains the proper level of physical fitness to ensure full social and professional activities.

as part of training in volleyball techniques and the development of physical qualities.

Theoretical part. - interaction of frontline players (blockers and non-blockers),

- interaction of the players of the back line (when receiving serves, offensive shots and insurance - insurance and defenders),

- interaction of players between the lines (blockers with guards, defenders).

When working out interactions between players, an important role is given to blocking players, from whose game the guards and defenders build their actions.

Group blocking is double blocking. Triple blocking is used very rarely. As well as attackers and defenders, blockers are usually called central (middle) and wing. The concept of the main and auxiliary blocker, as well as the attacker, is conditional.

The strongest blocker (**central blocker**) often plays in the middle, but there are moments in the game when it is more advantageous to leave the strongest blocker on the edge of the net (for example: the attacking player has a high level of execution of a shot with a transfer to the left from zone 4).

When attacking from high passes, the task of the blockers is to cover the strongest direction of the attacking shot, and the hands of the blockers are in contact with each other.

When blocking shots with a transfer to the left, the outermost player must turn his right palm towards the ball, and put his left palm in front of the ball, the middle blocker brings his hands close to the outermost one (when attacking from zone 4). The same actions when blocking shots with a transfer to the right (attack from zone 2), only turn the left palm towards the ball. In triple blocking, the hands of the outermost players are stretched to the middle one.

Group actions when receiving serves are mainly reduced to solving the following tasks:

- insurance of the player receiving the serve;
- insurance of the player who is weak in receiving the serve;
- interaction with the complete elimination of a certain player from the reception;
- interaction with the connecting player.

Group actions when receiving offensive shots. Defenders act depending on the actions of the blocking players, on the chosen insurance system, on the coach's attitude, on the location in the zones in a particular situation.

Group actions when receiving offensive blows are expressed in the interaction of:

- defenders among themselves;
- defenders with insurers;
- defenders with blockers;
- belaying with blockers;
- insurers with each other in case of double (mixed) insurance.

The interaction of defenders with each other is predetermined by the main directions of shots.

One of the rules for defenders is not to "hide" behind the block, but to look for a weak spot in their zone. Maybe an agreement with the blockers (to open one or another direction of the shot), if the defender is confident in his abilities.

Depending on the level of skill, the defenders' zones of action can be distributed in different ways: some are larger, some are smaller. Some defenders play successfully in a certain zone, for which it is necessary to change zones after a cross.

The interaction of defenders with safety players must be clear. The safety player must take the starting position in a timely manner so as not to interfere with the defenders moving to vulnerable places on the field. An agreement on the zone of action between the defenders and the insurance player is possible.

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of group tactical actions in defense.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. **List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)**

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
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Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Topic 6. Expanding the functional capabilities of the body by means of the selected type of physical culture and sports activity

Practical lesson No1

Introductory lesson. Safety briefing in the classroom

Purpose: to familiarize students with the general requirements for labor protection during practical training, volleyball competitions.

Briefing on labor protection during training practical classes, volleyball competitions.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No2-3
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Improvement of technical techniques in the game. Refereeing of competitions.

Goal: formation of skills for the use of technical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Competitions of any rank include the following interrelated components: rules, regulations, calendars, etc.

The rules of the competition are a document that clearly defines the conditions of the competitive struggle of volleyball players under the control of sports judges.

Regulations on competitions determine the main characteristics of competitions. This is the main document that regulates the conditions and procedure for their conduct. Each section of the regulations must be carefully and clearly stated, should not cause doubts or different interpretations. Regulations are drawn up on the basis of the calendar plan and APPROVED BY the organization conducting a particular competition (sports committee, department, VSS council).

The regulations on the competitions include the following main points;

1. Goals and objectives (raising the class of teams, popularizing volleyball, summing up, identifying the strongest teams and players to complete national teams, etc.).

2. Place and dates of the competition (date, time and place of the competition are indicated***).***

3. Management and refereeing of the competition (who conducts the competition and the composition of the panel of judges are indicated).

4. Participants of the competition (the number and teams allowed to participate in the competition, the number of players, coaches, representatives of the medical staff; age requirements for the participants and their qualifications are indicated).

5. Conditions of the competition (methods of drawing, evaluation of results, determination of the winner, requirements for the places of competition, sports uniform are indicated).

6. Awarding teams and participants (types of incentives for team winners are indicated).

7. Conditions for acceptance and payment of expenses (expenses of the organization conducting the competition, sending organizations, procedure for payment of refereeing).

8. Procedure for filing a protest (deadlines for filing and consideration and the body to which the protest is submitted).

9. Procedure, deadlines for submitting applications for participation in competitions and terms of meetings of team representatives.

Questions and Tasks

Task 1. Learn the rules of the competition.

Task 2. Analyze the scheme of the regulations on competitions.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No4-7
Performing sets of exercises

Methods of teaching game tactics: teaching individual tactical actions in attack

Goal: formation of skills to perform individual tactical actions of attack, formation of skills for the use of technical and tactical techniques in game activities and acquisition of skills for refereeing games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Theoretical part. Serve. The general tactical task when performing the serve is to win a point or complicate the opponent's actions in the transition from defense to attack. Particular tactical tasks are:

- precise serves, aimed at directing the ball to a certain (free) place of the court; to a player who has a weak command of the ball; between two players; to a player coming from the back line to the front line to make a second pass; to a player who came on as a substitute;
- high-speed serves, aimed at reducing the time of the ball's flight and thereby the time for preparing and performing the opponent's reception of the ball;
- Gliding serves, distorting the usual perception of the trajectory of the ball.

In competitions, only those types of serves are used that the player possesses. Changing the serve can increase its effectiveness. The reliability of serves should be ensured at the beginning of the game, after breaks, after substitutions, after mistakes of your team, unsuccessful serves.

Serves with increased risk are justified when the serving team is hopelessly lagging behind, when there is an approximate balance in the score shortly before the end of the game or game, when the opponent is mentally tired.

The second pass for the attacking kick. The tactical training of the setter includes tactical actions related to the transfer of the ball for the offensive kick after receiving the serve and during the overtime; the first pass after the blockers touch the ball or the second pass in a jump after imitating the attacking shot. It is necessary to teach the setter to hide the direction and nature of the ball pass until the last moment, to teach distracting actions.

The general tactical task when performing the second pass is to provide optimal conditions for the effective execution of an offensive shot. Particular tactical tasks are:

- Accurate passes, aimed at directing the ball to a certain (for example, the strongest or against a weak block) player;
- high-speed passes, aimed at reducing the time of the ball's flight and thereby the time for preparing and organizing a block, receiving by the opponent;
- passes along the entire length of the net, aimed at stretching the opponent's blockers;
- passes of low height, aimed at bringing surprise to the attack and making it difficult to block on the opponent's side.

When performing the second pass, it is necessary to take into account where the opponent has the weakest block, to try to lead the attackers to the shot against an unorganized group, single block or without a block at all. The main requirement for the player passing the ball is not just to make a

pass to the zone, but to strive to play it in a combination each time. In addition, the passing player must take into account:

1. The effectiveness of the forwards in the meeting.

2. The location of the blockers of the enemy, especially the weakest.

3. Which of the forwards is in the most advantageous position and which pass is more convenient for him.

4. Distance between the passing player and the attacker.

5. In difficult and disadvantageous situations, the player must pass the ball to the nearest attacker.

6. When passing from the depth of the court (4-5 m), the ball should simply be passed to a convenient area.

7. You cannot reduce the game to one striker.

Offensive strokes. An attacking player must be able to confidently and effectively use a wide arsenal of offensive strokes, their methods, and distracting actions.

The general tactical task when performing an offensive shot is to win a point.

Particular tactical tasks are:

- offensive shots are accurate, aimed at directing the ball to a certain (free) place of the opponent's court; to a player who has a weak command of receiving the ball; between two players to introduce disagreements into their actions;

- high-speed offensive kicks, aimed at reducing the time of the ball flight and thereby the time for preparing and performing the opponent's reception of the ball;

- offensive blows against the opponent's block, aimed at fighting with the first echelon of the opponent's defense: past the block (blows with a transfer), above the block, "block-out", behind the block (deceptions).

Mastering the tactics of offensive shots usually takes place in three stages:

1. Teaching tactics; improving the tactics of attacking blows without resistance.

2. Improving the tactics of blows with passive resistance of blockers.

3. Improving the tactics of blows with active resistance of blockers.

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of individual tactical actions in attack.

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No8
Control lesson, performance of control tests

Quests	Score									
	Women					Men				
	5	4	3	2	1	5	4	3	2	1
100 m run	15,7	16.0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
2. Pull-up on the bar (number of times)						15	12	9	7	5
3. Raising and lowering the body from a lying position, hands behind the head, legs fixed (number of times)	60	50	40	30	20					
4. Running: 2000m (women), 3000m (men)	10,10	10,50	11,15	11,50	12,15	12,00	12,35	13,10	13,45	14,20
1. Long jump from a standing position (see)	190	180	168	160	150	250	240	230	223	215
2. Squat on one leg, the support is about wall (women), without	12	10	8	6	4	15	12	9	7	5

supports (male) (number of once on one)										
3. Lifting lowering the torso from a lying position, arms behind the head, legs fixed, number of times	60	50	40	30	20					
4. Pull-up on the bar (number of times)						15	12	9	7	5
5. Push-ups from the gymnastic bench (women), from gender (men) (number of times)	15	10	8	6	4	30	25	20	15	10
6. Point-blank power overturn on the bar (number of times)						8	5	3	2	1

Requirements for the level of sports and technical training in accordance with the chosen sport

Score	**Type of dough**					
	Test for the technique of performing a low ball pass	Top Ball Passing Technique Test	Test for the technique of passing the ball in pairs	Test for the technique of passing the ball in threes	Test for the technique of performing the upper and lower serve of the ball	
					Upper (number of hits on the court out of 5 attempts)	Lower (number of hits on the court out of 5 attempts)
20	15	15	30	45	5/5	5/5
18	14	14	28	42	4/5	4/5
16	13	13	26	39	3/5	3/5
14	10	10	24	36	2/5	2/5
12	9	9	22	33	1/5	1/5
10	6	6	20	30		
8	5	5	16	27		
6	4	4	14	21		
4	3	3	10	18		
2	2	2	8	12		
1	1	1	6	9		

Questions and Tasks

Task 1. Know the content of the main sections of the rules of the competition.

Task 2. To give an analysis of group tactical actions in attack.

Task 3. Explain the sequence of cross, wave, echelon combinations

For a deeper assimilation of the topic, it is necessary to familiarize yourself with the main and additional literature.

Interview Questions

3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases**.**
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(volleyball)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective disciplines (modules) in physical culture and sports (volleyball)", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports (volleyball)" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective disciplines (modules) in physical culture and sports (volleyball)" is part of the part formed by the participants of educational relations and is studied in 3-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the	Maintains the proper level of physical fitness to ensure full social and professional activities

	norms of a healthy lifestyle	

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

				Hours volume, including

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	CPC	Contact work with the teacher	Total
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				144		144

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Courses in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of

training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of a Bachelor and a Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

SUGGESTIONS FOR TEACHING
for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(football, futsal)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Methodological recommendations for the organization of practical classes for students in the discipline "Elective disciplines (modules) in physical education and sports (football, mini-football)" are developed in accordance with the work program of the discipline for all areas of training.

Successful solution of general and special tasks in the field of physical education, such as health promotion, increasing the level of general performance, development of basic physical qualities, that is, such indicators that are most directly related to the level of dynamic health in higher educational institutions, is extremely important. Since only at the university there is a mandatory state program in physical education for all students and it is at the university that the fundamental base of health for many years to come is created, since after graduation there are no compulsory classes in physical education.

Insufficient, limited motor activity contributes to the occurrence and acute course of diseases such as hypertension, atherosclerosis, myocardial infarction, vegetative-vascular dystonia, obesity and a number of other diseases.

The integrative state goal at all levels of education in the discipline "Elective disciplines (modules) in physical culture and sports (football, futsal)" is the formation of physical culture of the individual. The qualitative state of the student in it is determined, first of all, by the presence of special knowledge and intellectual abilities (education), which creates for him the basic basis of motivational and value orientations, competence, creativity, conscious activity and a stable socio-spiritual position in relation to a healthy lifestyle and its importance in future professional activity. The orientation of physical culture as a subject is determined not only by specific tasks, but also by the requirements for the future specialty. Occupying a fairly large amount of training time in the training of specialists, this discipline is designed to perform a variety of educational, educational, personal, developing creative, health-improving and social functions, to make an organic part of the entire educational process, to maintain high intellectual and psychophysical performance of students throughout the entire period of their study at the university, to form motivational and value orientations, spiritual and moral qualities, to ensure physical perfection and inclusion of young people in various forms of physical culture and sports activities, self-education and physical self-improvement.

The process of forming the physical culture of the student's personality is built on its own, strictly specific, features, due to a number of objective factors, which are determined by the fact that its effectiveness largely depends on the state of the educational and sports base, as well as the quality of the program, educational, methodological and personnel support of special departments, regional and national features of the educational space, etc.

That is, each specific university is characterized by its own optimal content and organizational structure of the educational process. Its tasks are implemented through the development and implementation of innovative technologies, which can have a variety of bases and approaches.

Goal:

the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, psychophysical training and self-preparation for the professional activity of the future bachelor and specialist for all areas of training.

Objectives of the discipline:

- formation of the social significance of physical culture and sports among students and their role in the development of personality, preservation and strengthening of health;
- introducing students to various types of physical culture and sports activities, acquiring competencies and experience in the creative use of physical culture and sports to achieve life and professionally significant success;
– creation of an idea of various types of health systems;
– training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical and functional state of the body;

- training in practical skills of using means of health-improving physical education to strengthen and restore the health of students;
– physical improvement, as a condition of psychophysical vitality of the student, which determines the state of his general working capacity, activity in educational and extracurricular activities and provides him with professionally applied physical fitness.
– formation of the basis for the independent and methodologically justified use of physical culture and health activities to achieve life and professional goals.
- improving the sports skills of student athletes.

The place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

Semester 3

Topic 3. General and special physical training in the chosen type of physical culture and sports activity

Practical lesson No 1.

Introductory lesson. Safety briefing in the classroom.

Briefing on labor protection during competitions and training in football (mini-football).

Purpose: to familiarize students with the general requirements for labor protection during competitions and training in football (mini-football).

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 2.
Diagnostics of physical fitness of students.

Determining the level of physical fitness of students.

Objective: to assess the level of physical fitness of students.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 3.
Diagnostics of physical fitness.

Choosing a position. Correct opening. Educational game.
Goal: to form the skills of distracting the opponent and creating a numerical advantage in a separate area of the field.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: purposeful actions of a football player, consisting of his ability to choose and implement the most appropriate decision in a game situation.
Theoretical part:
Opening is the movement of a player in order to create favorable conditions for receiving the ball from a partner.
Success depends on the ability to see the field, partners, the ball, and the speed of the person who is opening. In all cases, when choosing a position, the player should be guided by the following: The opening is performed unexpectedly for the opponent and at high speed. This will create a certain margin of space for receiving the ball. The opening should not impede the actions of other partners without the ball. It is not recommended to get too close to the player in possession of the ball - this slows down the development of the attack. It is necessary to carefully monitor that you do not find yourself in the offside position.
Distraction is the complex movement into a certain area in order to take the guardian with him and thereby provide freedom of action to a teammate in possession of the ball or in a better position to directly threaten the goal.
When distracting actions, it is necessary to remember that: movements must be convincing; movements must not be too fast so that the defender reacts and begins to follow him (otherwise it is an opening); it is necessary to have several options for distracting actions in order to complicate the actions of the defense.
Creating a numerical advantage in a separate area of the field is the expedient movement of one or more players to the area where the partner with the ball is. To create a numerical advantage to beat the opponent in a single battle or with the help of combinations. Most often, this tactical action is used in a gradual attack with the involvement of a significant number of players in the attack.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Questions for control
1. Classification of individual tactical actions in attack.
2. Basic actions without the ball.
3. Mistakes when performing individual tactical actions in attack without the ball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
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7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 4.

Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Means and methods of special physical training in the selected type of physical culture and sports activity

Choosing a position. Correct opening. Support of partners. Educational game.

Goal: to form the skills of distracting the opponent and creating a numerical advantage in a separate area of the field.

As a result of mastering the topic of the practical lesson, the student forms:

Knowledge:

- theoretical foundations of sports training in football, taking into account the requirements of sports training standards,
- documentation of competitions, competition rules and methods of refereeing in football and futsal.

Skills:

- to use technical means and equipment to increase the effectiveness of physical education and sports activities; to determine the causes of errors in the technique of movements;
- organize and conduct physical culture and mass events and sports competitions; draw up regulations on competitions, determine the time and place of events, draw up a schedule according to the systems of competitions.

Skills:

- technical elements of football, as well as methods of explanation and demonstration of the main and auxiliary elements;
- independently organize and conduct football competitions of different levels according to the competition calendar, draw up a scenario plan for the opening and closing of events, prepare reporting documentation, referee competitions as an assistant referee and chief referee.

Relevance of the topic: purposeful actions of a football player, consisting of his ability to choose and implement the most appropriate decision in a game situation.

Theoretical part:

Opening is the movement of a player in order to create favorable conditions for receiving the ball from a partner.

Success depends on the ability to see the field, partners, the ball, and the speed of the person who is opening. In all cases, when choosing a position, the player should be guided by the following: The opening is performed unexpectedly for the opponent and at high speed. This will create a certain margin of space for receiving the ball. The opening should not impede the actions of other partners without the ball. It is not recommended to get too close to the player in possession of the ball - this slows down the development of the attack. It is necessary to carefully monitor that you do not find yourself in the offside position.

Distraction is the complex movement into a certain area in order to take the guardian with him and thereby provide freedom of action to a teammate in possession of the ball or in a better position to directly threaten the goal.

When distracting actions, it is necessary to remember that: movements must be convincing; movements must not be too fast so that the defender reacts and begins to follow him (otherwise it is an opening); it is necessary to have several options for distracting actions in order to complicate the actions of the defense.

Creating a numerical advantage in a separate area of the field is the expedient movement of one or more players to the area where the partner with the ball is. To create a numerical advantage to beat the opponent in a single battle or with the help of combinations. Most often, this tactical action is used in a gradual attack with the involvement of a significant number of players in the attack.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of individual tactical actions in attack.
2. Basic actions without the ball.
3. Mistakes when performing individual tactical actions in attack without the ball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 5.

Learning sets of exercises of general and special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Learning the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the inside of the foot; receiving rolling balls with the inside of the foot with a transfer behind the back; receiving balls falling on the player with the inner side of the foot; receiving balls flying at hip height with the inside of the foot). Training game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**
Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Questions for control
1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic
Reference citations:
1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 6.
Performing sets of exercises

Learning the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the inside of the foot; receiving rolling balls with the inside of the foot with a transfer behind the back; receiving balls falling on the player with the inner side of the foot; receiving balls flying at hip height with the inside of the foot). Training game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

As a result of mastering the topic of the practical lesson, the student forms:

Knowledge:

- theoretical foundations of sports training in football, taking into account the requirements of sports training standards,
- documentation of competitions, competition rules and methods of refereeing in football and futsal.

Skills:

- to use technical means and equipment to increase the effectiveness of physical education and sports activities; to determine the causes of errors in the technique of movements;
- organize and conduct physical culture and mass events and sports competitions; draw up regulations on competitions, determine the time and place of events, draw up a schedule according to the systems of competitions.

Skills:

- technical elements of football, as well as methods of explanation and demonstration of the main and auxiliary elements;
- independently organize and conduct football competitions of different levels according to the competition calendar, draw up a scenario plan for the opening and closing of events, prepare reporting documentation, referee competitions as an assistant referee and chief referee.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 7.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the sole; receiving a falling ball with the sole; receiving falling balls in the middle of the instep; receiving the ball falling away from the player with the outside of the foot). Educational game.

Goal: to improve the technique of performing ball techniques (stops) in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 8.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the sole; receiving a falling ball with the sole; receiving falling balls in the middle of the instep; receiving the ball falling away from the player with the outside of the foot). Educational game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

As a result of mastering the topic of the practical lesson, the student forms:

Knowledge:

- theoretical foundations of sports training in football, taking into account the requirements of sports training standards,
- documentation of competitions, competition rules and methods of refereeing in football and futsal.

Skills:

- to use technical means and equipment to increase the effectiveness of physical education and sports activities; to determine the causes of errors in the technique of movements;
- organize and conduct physical culture and mass events and sports competitions; draw up regulations on competitions, determine the time and place of events, draw up a schedule according to the systems of competitions.

Skills:

- technical elements of football, as well as methods of explanation and demonstration of the main and auxiliary elements;
- independently organize and conduct football competitions of different levels according to the competition calendar, draw up a scenario plan for the opening and closing of events, prepare reporting documentation, referee competitions as an assistant referee and chief referee.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball.

Theoretical part:

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 9.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving balls flying with the chest; receiving the ball flying at the player with the chest; receiving the ball falling with the chest). Educational game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-

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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Topic 4. Special physical training in the chosen type of physical culture and sports activity
Practical lesson No 1
Introductory lesson. Safety briefing in the classroom

Goal:

- safety briefing in the classroom
- to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is

the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.

Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.

1. Preliminary phase **– the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 2
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

- Learning the technique of playing with the ball. Learning feints. Feint with "escape", "departure with the removal of the ball with the inner part of the instep", "departure with a false swing for a shot", "departure with a false swing and a 180-degree turn". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: deceptive movements (feints) are a means of playing the game.

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The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal,

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3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
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Questions and Tasks

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2. Basic deceptive movements (feints).
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5. Endurance and ways of its development.
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7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" e, 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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Information and reference and information and legal systems used in the study of the discipline:
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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 3
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

Learning the technique of playing with the ball. Learning feints. Feint "leaving", "leaving with the ball removing the inner part of the instep", "leaving with a false swing for a shot", "leaving with a false swing and turning 180 degrees". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact

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Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.
1. Preliminary phase **– the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV,

2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 4
Performing sets of exercises

Teaching the technique of playing with the ball. Learning feints. Feint "stopping the ball with the sole", "removing the ball with the sole", "passing the ball past the opponent". Educational game.
Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.
Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.

1. Preliminary phase – **the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
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7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 5.
Performing sets of exercises

Teaching the technique of playing with the ball. Learning feints. Feint "stopping the ball with the sole", "removing the ball with the sole", "passing the ball past the opponent". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.

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is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
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Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
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8. Dependence of running pace and its impact on the body.
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List of references recommended for use on this topic

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 6.
Performing sets of exercises

Teaching the technique of playing with the ball. Teaching the basic techniques of tackling the ball (laying the foot, knocking out, interception). Training game. Instructor and referee practice.

Objective: to teach how to tackle the ball.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: The success of the selection is largely due to the ability of the player to accurately assess the distance to the opponent and to the ball, the speed of their movement, the moment of attack, etc.

Theoretical part:

In parallel with learning feints, young football players are also introduced to tackling the ball. Therefore, when studying the methods of tackling, martial arts and game exercises are the most effective. First, they master the tackling of the ball by "kick" and "stop", then the tackle in a lunge and tackle.

Tackling the ball by interception is used in cases when the opponent, moving with the ball towards him, has let the ball go too far away from him. Catching this moment, it is necessary to take possession of the ball with a sharp movement or try to hit it, putting your foot in its way. Depending on the situation, it is possible to use a number of variants of this method. The main technique is performed in this way. Approaching the opponent in possession of the ball, take an advantageous position on his way. At the same time, the kicking leg must repeat the same movements as when hitting with the inside of the foot: first, it is pulled back, its joints are strongly strained, after which it is carried forward as an obstacle, meeting the ball. At the same moment, you should try to push the opponent away by pushing your shoulder into the shoulder. Bumping into you, the opponent, as if by inertia, will continue to move forward, leaving the ball at your feet.

Tackling the ball with a push is a simple, but very effective technique. As a rule, it is used against an opponent running with the ball nearby. A push tackle is made at the moment when the opponent's body weight falls on the leg far from the defender. The push should be performed in the shoulder (a technique allowed by the rules). In this case, it is necessary to press the arm to the body. The opponent, as a rule, loses balance after the push, and then for a moment and control of the ball. It is also important to remember: if the push is performed at the moment when the weight of the body of the player in possession of the ball falls on the leg closest to the defender, he may lose his balance after the push, and the opponent will move dangerously close to the goal.

Tackling the ball with a tackle is one of the most difficult techniques of the game. Tackle is used in cases where it is no longer possible to take the ball away from the opponent by any other technique. Tackle tackle can be performed in different situations - in front and to the side of the opponent in possession of the ball. This is done as follows. Having determined that there is still an opportunity to knock the ball out from under the player's foot, it is necessary to take a step with the leg far from the opponent, bending it at the knee. After that, with a sliding movement, the leg is stretched in front of the opponent, pushing the ball out with the sole or the inside of the foot. Remember that when performing a tackle, the outer part of the outstretched leg sequentially touches the surface of the field, then the thigh and, finally, the body. Try to soften the fall with your hand, resting it on the ground from the side of the kicking leg. The supporting leg left behind bends at the knee.

Serious attention should be paid to the development of this technique. After all, the improper use of a tackle leads, as a rule, to a violation of the rules of the game. Moreover, this is fraught with serious injury to the player himself and causing it to the opponent.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

The main types of tackling.

Performing a tackle of the ball in simplified and complicated ones.

Mistakes when performing the technique of tackling the ball.

List of references recommended for use on this topic

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software
No special software is required.
Material and technical support of the discipline
- lecture halls;

- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 7.
Performing sets of exercises

Teaching the technique of playing with the ball. Teaching the basic techniques of tackling the ball (laying the foot, knocking out, interception). Training game. Instructor and referee practice.
Objective: to teach how to tackle the ball.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: The success of the selection is largely due to the ability of the player to accurately assess the distance to the opponent and to the ball, the speed of their movement, the moment of attack, etc.
Theoretical part:
In parallel with learning feints, young football players are also introduced to tackling the ball. Therefore, when studying the methods of tackling, martial arts and game exercises are the most effective. First, they master the tackling of the ball by "kick" and "stop", then the tackle in a lunge and tackle.
Tackling the ball by interception is used in cases when the opponent, moving with the ball towards him, has let the ball go too far away from him. Catching this moment, it is necessary to take possession of the ball with a sharp movement or try to hit it, putting your foot in its way. Depending on the situation, it is possible to use a number of variants of this method. The main technique is performed in this way. Approaching the opponent in possession of the ball, take an advantageous position on his way. At the same time, the kicking leg must repeat the same movements as when hitting with the inside of the foot: first, it is pulled back, its joints are strongly strained, after which it is carried forward as an obstacle, meeting the ball. At the same moment, you should try to push the opponent away by

pushing your shoulder into the shoulder. Bumping into you, the opponent, as if by inertia, will continue to move forward, leaving the ball at your feet.
Tackling the ball with a push is a simple, but very effective technique. As a rule, it is used against an opponent running with the ball nearby. A push tackle is made at the moment when the opponent's body weight falls on the leg far from the defender. The push should be performed in the shoulder (a technique allowed by the rules). In this case, it is necessary to press the arm to the body. The opponent, as a rule, loses balance after the push, and then for a moment and control of the ball. It is also important to remember: if the push is performed at the moment when the weight of the body of the player in possession of the ball falls on the leg closest to the defender, he may lose his balance after the push, and the opponent will move dangerously close to the goal.
Tackling the ball with a tackle is one of the most difficult techniques of the game. Tackle is used in cases where it is no longer possible to take the ball away from the opponent by any other technique. Tackle tackle can be performed in different situations - in front and to the side of the opponent in possession of the ball. This is done as follows. Having determined that there is still an opportunity to knock the ball out from under the player's foot, it is necessary to take a step with the leg far from the opponent, bending it at the knee. After that, with a sliding movement, the leg is stretched in front of the opponent, pushing the ball out with the sole or the inside of the foot. Remember that when performing a tackle, the outer part of the outstretched leg sequentially touches the surface of the field, then the thigh and, finally, the body. Try to soften the fall with your hand, resting it on the ground from the side of the kicking leg. The supporting leg left behind bends at the knee.
Serious attention should be paid to the development of this technique. After all, the improper use of a tackle leads, as a rule, to a violation of the rules of the game. Moreover, this is fraught with serious injury to the player himself and causing it to the opponent.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

The main types of tackling.
Performing a tackle of the ball in simplified and complicated ones.
Mistakes when performing the technique of tackling the ball.
List of references recommended for use on this topic

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Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 8

Control lesson, performance of control tests

POINTS	Shuttle running 3x10 m, s		Long jump from a standing position, cm		"Eight" with a soccer ball, number of times		Juggling with a ball, number of shots	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
25	7,7	8,0	250	195	14,0	15,0	20	15
20	7,9	8,2	240	185	14,2	15,2	17	12
15	8,1	8,4	230	175	14,4	15,4	14	9
10	8,3	8,6	220	165	14,6	15,6	11	6
5	8,5	8,8	210	155	14,8	15,8	8	4
1	8,7	9,0	200	145	15,0	16,0	4	2

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.

12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" e, 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 5

Topic 5. Improving the technique of physical exercises in the selected type of physical culture and sports activity

Practical lesson No 1

Introductory lesson. Safety precautions.

Briefing on labor protection during competitions and training in football (mini-football).

Purpose: to familiarize students with the general requirements for labor protection during competitions and training in football (mini-football).

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 2.
Diagnostics of technical readiness

Objective: to assess the level of physical fitness of students.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 3.
Diagnostics of technical readiness

Choosing a position. Correct opening. Educational game.

Goal: to form the skills of distracting the opponent and creating a numerical advantage in a separate area of the field.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: purposeful actions of a football player, consisting of his ability to choose and implement the most appropriate decision in a game situation.

Theoretical part:

Opening is the movement of a player in order to create favorable conditions for receiving the ball from a partner.

Success depends on the ability to see the field, partners, the ball, and the speed of the person who is opening. In all cases, when choosing a position, the player should be guided by the following: The opening is performed unexpectedly for the opponent and at high speed. This will create a certain margin of space for receiving the ball. The opening should not impede the actions of other partners without the ball. It is not recommended to get too close to the player in possession of the ball - this slows down the development of the attack. It is necessary to carefully monitor that you do not find yourself in the offside position.

Distraction is the complex movement into a certain area in order to take the guardian with him and thereby provide freedom of action to a teammate in possession of the ball or in a better position to directly threaten the goal.

When distracting actions, it is necessary to remember that: movements must be convincing; movements must not be too fast so that the defender reacts and begins to follow him (otherwise it is an opening); it is necessary to have several options for distracting actions in order to complicate the actions of the defense.

Creating a numerical advantage in a separate area of the field is the expedient movement of one or more players to the area where the partner with the ball is. To create a numerical advantage to beat

the opponent in a single battle or with the help of combinations. Most often, this tactical action is used in a gradual attack with the involvement of a significant number of players in the attack.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of individual tactical actions in attack.
2. Basic actions without the ball.
3. Mistakes when performing individual tactical actions in attack without the ball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" e, 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 4.
Learning sets of exercises of technical training.
Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Choosing a position. Correct opening. Support of partners. Educational game.
Goal: to form the skills of distracting the opponent and creating a numerical advantage in a separate area of the field.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: purposeful actions of a football player, consisting of his ability to choose and implement the most appropriate decision in a game situation.
Theoretical part:
Opening is the movement of a player in order to create favorable conditions for receiving the ball from a partner.
Success depends on the ability to see the field, partners, the ball, and the speed of the person who is opening. In all cases, when choosing a position, the player should be guided by the following: The opening is performed unexpectedly for the opponent and at high speed. This will create a certain margin of space for receiving the ball. The opening should not impede the actions of other partners without the ball. It is not recommended to get too close to the player in possession of the ball - this slows down the development of the attack. It is necessary to carefully monitor that you do not find yourself in the offside position.
Distraction is the complex movement into a certain area in order to take the guardian with him and thereby provide freedom of action to a teammate in possession of the ball or in a better position to directly threaten the goal.
When distracting actions, it is necessary to remember that: movements must be convincing; movements must not be too fast so that the defender reacts and begins to follow him (otherwise it is an opening); it is necessary to have several options for distracting actions in order to complicate the actions of the defense.
Creating a numerical advantage in a separate area of the field is the expedient movement of one or more players to the area where the partner with the ball is. To create a numerical advantage to beat the opponent in a single battle or with the help of combinations. Most often, this tactical action is used in a gradual attack with the involvement of a significant number of players in the attack.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control
1. Classification of individual tactical actions in attack.
2. Basic actions without the ball.
3. Mistakes when performing individual tactical actions in attack without the ball.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Metodicheskie rekomendatsii po organizatsii samostoyatel'noy raboty po disciplinu "Elektivnye discipliny (moduli) po fizicheskoy kul'ture i sportu" dlya studentov, 2023 [Electronic version]

2. Metodicheskie ukazaniya po ispolnenii prakticheskie raboty po distsidu disciplinu "Electivnye discipliny (moduli) po fizicheskoy kul'ture i sportu" dlya studentov, 2023 [Elektronnyi versiya]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 5.
Learning sets of exercises of technical training.
Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Learning the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the inside of the foot; receiving rolling balls with the inside of the foot with a transfer behind the back; receiving balls falling on the player with the inner side of the foot; receiving balls flying at hip height with the inside of the foot). Training game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 6.
Performing sets of exercises

Learning the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the inside of the foot; receiving rolling balls with the inside of the foot with a transfer behind the back; receiving balls falling on the player with the inner side of the foot; receiving balls flying at hip height with the inside of the foot). Training game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 7.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the sole; receiving a falling ball with the sole; receiving falling balls in the middle of the instep; receiving the ball falling away from the player with the outside of the foot). Educational game.

Goal: to improve the technique of performing ball techniques (stops) in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**
Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Questions for control
1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic
Reference citations:
1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p.

- Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 8.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving rolling balls with the sole; receiving a falling ball with the sole; receiving falling balls in the middle of the instep; receiving the ball falling away from the player with the outside of the foot). Educational game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball.

Theoretical part:

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 9.
Performing sets of exercises

Teaching the technique of playing with a ball. Learning to dribble the ball in various ways. Learning to receive (stop) the ball (receiving balls flying with the chest; receiving the ball flying at the player with the chest; receiving the ball falling with the chest). Educational game.

Goal: to teach the technique of performing techniques (stops) of the ball in various ways.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: Stopping the ball is a means of receiving and mastering the ball, used to extinguish the speed of a rolling and flying ball. **Theoretical part:**

Stopping the ball with the foot is the most commonly used technique. The preparatory phase is the assumption of the starting position - (single-support) body weight on the supporting, slightly bent leg. The

stopping leg is directed to the ball and turned to it with a stopping surface. The working phase is yielding - shock-absorbing movements of the stopping leg, it is slightly relaxed, at the moment of contact with the ball, there is a backward movement of the leg, which gradually slows down and the speed of the ball is dampened. The final phase is the assumption of the initial position for further actions and the weight of the body is transferred towards the stopping leg.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Questions for control

1. Classification of game technique.
2. Classification of ball stops.
3. Structure of technical reception.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Topic 6. Expanding the functional capabilities of the body by means of the selected type of physical culture and sports activity

Practical lesson No 1

Introductory lesson. Safety briefing in the classroom.

Learning the technique of playing with the ball. Learning feints. Feint "leaving", "leaving with the ball removing the inner part of the instep", "leaving with a false swing for a shot", "leaving with a false swing and turning 180 degrees". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.

Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.

1. Preliminary phase **– the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 2
Learning sets of exercises of technical training.
Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Learning the technique of playing with the ball. Learning feints. Feint "leaving", "leaving with the ball removing the inner part of the instep", "leaving with a false swing for a shot", "leaving with a false swing and turning 180 degrees". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.

Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.

1. Preliminary phase – **the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 3
Learning sets of exercises of technical training.
Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Learning the technique of playing with the ball. Learning feints. Feint "leaving", "leaving with the ball removing the inner part of the instep", "leaving with a false swing for a shot", "leaving with a false swing and turning 180 degrees". Educational game.

Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.

Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.

1. Preliminary phase – **the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.

1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 4
Performing sets of exercises

Teaching the technique of playing with the ball. Learning feints. Feint "stopping the ball with the sole", "removing the ball with the sole", "passing the ball past the opponent". Educational game.
Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.
Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.
1. Preliminary phase **– the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.
7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 5.
Performing sets of exercises

Teaching the technique of playing with the ball. Learning feints. Feint "stopping the ball with the sole", "removing the ball with the sole", "passing the ball past the opponent". Educational game.
Goal: to teach students the basic deceptive movements-feints.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: deceptive movements (feints) are a means of playing the game.

Theoretical part

The technique of ball possession includes the following group of techniques: kicks, stops, dribbling, feints, tackling the ball and throwing the ball from behind the sideline. Kicking the ball is the main means of playing the game, performed with the foot and head in various ways. All of them have a certain target orientation, which is characterized by the trajectory of the ball and its optimal, and often maximum speed. Kicking the ball. In football technique, there are 7 points of contact between the foot and the ball, depending on the method of kicking. Kicks are performed on a stationary ball, rolling, flying, from a standstill, in motion, in a jump, with a turn, in a fall.
Despite the variety of kicks, the technique of execution distinguishes the basic, general phases of the movement.
1. Preliminary phase **– the** run-up contributes to the preliminary increase in the speed of the striking links. Its size and speed are individual, however, when performing it, you should expect that the ball is hit with a predetermined foot, this can be achieved by increasing or decreasing the penultimate step.
2. Preparatory phase – swing of the kick and setting of the supporting leg. To correctly perform the swing, you need to slightly lengthen the last step of the run up to 2.5 m, the usual step is 1.30m-1.50m. This allows you to increase the path of the foot and pre-stretch the muscles of the front surface of the thigh and all the adductor muscles. All this allows you to develop high speed by the end of the movement.
3. The working (main) phase **is** the striking movement and retrieval. The striking movement begins at the moment of setting the supporting leg, with active bending of the hip, maintaining the angle between the thigh and the lower leg. This gives a lag of the lower leg and the foot and allows you to increase the angular velocity of the center of gravity of the whole leg. Before the blow, the hip is braked, which allows you to increase the speed of the smaller links of movement - the lower leg and foot, and a sharp overlapping movement of the lower leg and foot is hit on the ball.
4. The final phase **is** the adoption of the i.p. for the next movement. The leg moves forward-up and moves forward, creating the best conditions for further actions. This is the general structure of punching. However, each of the methods of punching has some specific features and details.

Questions and Tasks

During this practical lesson, students are invited to complete the following tasks.
1. Characteristics of the playing activity of football players.
2. Basic deceptive movements (feints).
3. Classification of ball possession technique.

Questions for control

1. Football as a sport.
2. Strength. Strength abilities.
3. Flexibility as a physical quality.
4. Agility. Coordination abilities.
5. Endurance and ways of its development.
6. Speed. Speed and strength abilities.

7. Running and walking, the essence and correlation of concepts.
8. Dependence of running pace and its impact on the body.
9. Jumping as a way of moving a person and a type of sports motor actions.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 6
Performing sets of exercises

Teaching the technique of playing with the ball. Teaching the basic techniques of tackling the ball (laying the foot, knocking out, interception). Training game. Instructor and referee practice.

Objective: to teach how to tackle the ball.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: The success of the selection is largely due to the ability of the player to accurately assess the distance to the opponent and to the ball, the speed of their movement, the moment of attack, etc.
Theoretical part:
In parallel with learning feints, young football players are also introduced to tackling the ball. Therefore, when studying the methods of tackling, martial arts and game exercises are the most effective. First, they master the tackling of the ball by "kick" and "stop", then the tackle in a lunge and tackle.
Tackling the ball by interception is used in cases when the opponent, moving with the ball towards him, has let the ball go too far away from him. Catching this moment, it is necessary to take possession of the ball with a sharp movement or try to hit it, putting your foot in its way. Depending on the situation, it is possible to use a number of variants of this method. The main technique is performed in this way. Approaching the opponent in possession of the ball, take an advantageous position on his way. At the same time, the kicking leg must repeat the same movements as when hitting with the inside of the foot: first, it is pulled back, its joints are strongly strained, after which it is carried forward as an obstacle, meeting the ball. At the same moment, you should try to push the opponent away by pushing your shoulder into the shoulder. Bumping into you, the opponent, as if by inertia, will continue to move forward, leaving the ball at your feet.
Tackling the ball with a push is a simple, but very effective technique. As a rule, it is used against an opponent running with the ball nearby. A push tackle is made at the moment when the opponent's body weight falls on the leg far from the defender. The push should be performed in the shoulder (a technique allowed by the rules). In this case, it is necessary to press the arm to the body. The opponent, as a rule, loses balance after the push, and then for a moment and control of the ball. It is also important to remember: if the push is performed at the moment when the weight of the body of the player in possession of the ball falls on the leg closest to the defender, he may lose his balance after the push, and the opponent will move dangerously close to the goal.
Tackling the ball with a tackle is one of the most difficult techniques of the game. Tackle is used in cases where it is no longer possible to take the ball away from the opponent by any other technique. Tackle tackle can be performed in different situations - in front and to the side of the opponent in possession of the ball. This is done as follows. Having determined that there is still an opportunity to knock the ball out from under the player's foot, it is necessary to take a step with the leg far from the opponent, bending it at the knee. After that, with a sliding movement, the leg is stretched in front of the opponent, pushing the ball out with the sole or the inside of the foot. Remember that when performing a tackle, the outer part of the outstretched leg sequentially touches the surface of the field, then the thigh and, finally, the body. Try to soften the fall with your hand, resting it on the ground from the side of the kicking leg. The supporting leg left behind bends at the knee.
Serious attention should be paid to the development of this technique. After all, the improper use of a tackle leads, as a rule, to a violation of the rules of the game. Moreover, this is fraught with serious injury to the player himself and causing it to the opponent.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Questions for control
The main types of tackling.

Performing a tackle of the ball in simplified and complicated ones.
Mistakes when performing the technique of tackling the ball.
List of references recommended for use on this topic

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Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 7
Performing sets of exercises

Teaching the technique of playing with the ball. Teaching the basic techniques of tackling the ball (laying the foot, knocking out, interception). Educational game.

Objective: to teach how to tackle the ball.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: The success of the selection is largely due to the ability of the player to accurately assess the distance to the opponent and to the ball, the speed of their movement, the moment of attack, etc.
Theoretical part:
In parallel with learning feints, young football players are also introduced to tackling the ball. Therefore, when studying the methods of tackling, martial arts and game exercises are the most effective. First, they master the tackling of the ball by "kick" and "stop", then the tackle in a lunge and tackle.
Tackling the ball by interception is used in cases when the opponent, moving with the ball towards him, has let the ball go too far away from him. Catching this moment, it is necessary to take possession of the ball with a sharp movement or try to hit it, putting your foot in its way. Depending on the situation, it is possible to use a number of variants of this method. The main technique is performed in this way. Approaching the opponent in possession of the ball, take an advantageous position on his way. At the same time, the kicking leg must repeat the same movements as when hitting with the inside of the foot: first, it is pulled back, its joints are strongly strained, after which it is carried forward as an obstacle, meeting the ball. At the same moment, you should try to push the opponent away by pushing your shoulder into the shoulder. Bumping into you, the opponent, as if by inertia, will continue to move forward, leaving the ball at your feet.
Tackling the ball with a push is a simple, but very effective technique. As a rule, it is used against an opponent running with the ball nearby. A push tackle is made at the moment when the opponent's body weight falls on the leg far from the defender. The push should be performed in the shoulder (a technique allowed by the rules). In this case, it is necessary to press the arm to the body. The opponent, as a rule, loses balance after the push, and then for a moment and control of the ball. It is also important to remember: if the push is performed at the moment when the weight of the body of the player in possession of the ball falls on the leg closest to the defender, he may lose his balance after the push, and the opponent will move dangerously close to the goal.
Tackling the ball with a tackle is one of the most difficult techniques of the game. Tackle is used in cases where it is no longer possible to take the ball away from the opponent by any other technique. Tackle tackle can be performed in different situations - in front and to the side of the opponent in possession of the ball. This is done as follows. Having determined that there is still an opportunity to knock the ball out from under the player's foot, it is necessary to take a step with the leg far from the opponent, bending it at the knee. After that, with a sliding movement, the leg is stretched in front of the opponent, pushing the ball out with the sole or the inside of the foot. Remember that when performing a tackle, the outer part of the outstretched leg sequentially touches the surface of the field, then the thigh and, finally, the body. Try to soften the fall with your hand, resting it on the ground from the side of the kicking leg. The supporting leg left behind bends at the knee.
Serious attention should be paid to the development of this technique. After all, the improper use of a tackle leads, as a rule, to a violation of the rules of the game. Moreover, this is fraught with serious injury to the player himself and causing it to the opponent.
Questions and tasks:
During this practical lesson, students are invited to complete the following tasks.
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.
Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Questions for control
The main types of tackling.

Performing a tackle of the ball in simplified and complicated ones.
Mistakes when performing the technique of tackling the ball.
List of references recommended for use on this topic

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education

"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical lesson No 8
Control lesson, performance of control tests.

Learning tactical actions in defense (actions of the defender against the opponent without the ball, actions of the defender against the opponent with the ball, group actions in defense, safety). Training game.

Goal: to form the skills of organizing defensive team actions.

Planned learning outcomes in the discipline (module), characterizing the stages of the

formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic: The basis of the team game in defense is the organized tactical actions of players against attacking opponents. Such actions allow you to successfully repel attacks and get out of the defensive state with a subsequent transition to the attack.
Theoretical part:
When the attack develops, the defensive players concentrate in the direction of the attack or disperse along the front and actively participate in the struggle for space and the ball with the obligatory organization of insurance and mutual insurance. As the opponent approaches the goal, not only the speed of the players with the ball and without the ball increases, but also the number of players in the attack. Defensive players must create a tight barrier in the dangerous area in order to make it difficult for the opponents to get into a shooting position.
The main requirements for the organization of defense against a gradual attack: To carry out the withdrawal of players back in order to neutralize sharp extensions in the development of the attack, which forces the opponents to switch to lateral passes. To actively participate in the direct struggle for the ball and space. As a rule, this struggle begins when the opponents have moved to the half of the field of the defending team.
Ways of organizing defensive team actions. Despite the fact that there are general tactical patterns of playing in defense against a fast and gradual attack, it is possible to distinguish various ways of organizing team actions in defense, which determine the main tasks and responsibilities of individual players or a group of players. Depending on the predominant focus on solving a particular task, these methods are divided into personal, zone and combined defense.
Personal defense is the organization of defense with the strict responsibility of each defending player for the opponent entrusted to him.
The main purpose of personal "holding" of a player is to constrain his actions and complicate the relationship with partners. To do this, it is necessary to be at such a distance from the player under his ward that allows you to intercept the balls addressed to him, or attack him at the moment of receiving the ball for tackling.
The disadvantages of this method include the fact that the attackers have the opportunity to "lead away" the guardians with the help of maneuvers and free up certain areas for the sharp development and completion of the attack. With strict personal defense, the interaction between the lines is disrupted and the possibility of insurance is difficult.
Individual marking requires players to have an accurate tactical understanding of the game, speed of action and the ability to perform related functions. In modern football, the method of individual play in defense is not used in its pure form. For example: a striker who has a good command of a strong shot is personally guarded near the goal.
Zone defense is a tactical way of playing defense, in which each of the players controls a certain area of the field and fights for the ball with any opponent who appears within it.
A necessary element in zone defense is the mutual assistance of a partner in the form of clear insurance and timely "passing2 of the players under their charge to each other. This "pass" should be carried out before the start of the attack or at its very beginning. It is not recommended to "pass" players in the game directly at your goal, in the final stage of the attack. The zone system of play in defense has an advantage over personal marking in that none of the areas of the field is left without control of the defenders. However, this system is not without drawbacks. Attackers are given relative freedom of movement, which allows them to receive the ball without much hindrance, create a numerical advantage, etc. Combined defense is the most common and rational defensive tactic in modern football. It harmoniously combines the principles of individual and zone play. At the same time, some players can guard exclusively their opponents, while others can mainly play in the zone. A combination of these two methods is also possible in the game of one player.

Questions and tasks:

During this practical lesson, students are invited to complete the following tasks.

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Dribbling. 2. Exercises in pairs, threes 3. Phase composition of kicking the ball.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.

Practical control standards

POINTS	Shuttle running 3x10 m, s		Long jump from a standing position, cm		"Eight" with a soccer ball, number of times		Juggling with a ball, number of shots	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
25	7,7	8,0	250	195	14,0	15,0	20	15
20	7,9	8,2	240	185	14,2	15,2	17	12
15	8,1	8,4	230	175	14,4	15,4	14	9
10	8,3	8,6	220	165	14,6	15,6	11	6
5	8,5	8,8	210	155	14,8	15,8	8	4
1	8,7	9,0	200	145	15,0	16,0	4	2

Interview Questions

3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.

28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases.
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING
on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(football, futsal)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective disciplines (modules) in physical culture and sports (football, futsal)", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports (football, futsal)" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the	Maintains the proper level of

	proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	physical fitness to ensure full social and professional activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of educational issues that students should study on their own.
2. Selection of the necessary educational literature that is mandatory for study and study.
3. Search for additional scientific literature, which students can refer to at will, if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

The main types of independent work of a student in the discipline are: study of literature on the topics of the discipline, preparation for practical classes, preparation for the performance of creative tasks.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	Hours volume, including		
				CPC	Contact work with the teacher	Total
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				144		144

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective disciplines (modules) in physical culture and sports (football, mini-football)", it is necessary to independently study in detail the presented topics according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a student's healthy lifestyle. The role of physical culture in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of a Bachelor and a Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the

main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING
for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(general physical training)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Goals and objectives of mastering the discipline

Goal: formation of physical culture of the individual and the ability to use a variety of means of physical culture in order to preserve and strengthen health, psychophysical training and self-preparation for the professional activity of a future specialist.

Objectives:
- formation of the social significance of physical education among students and its role in the development of personality, preservation and strengthening of health;
- Introduction of students to various types of physical culture and sports activities, acquisition of competencies and experience in the creative use of physical culture tools to achieve life and professionally significant success;
- creating an idea of various types of health systems;
- training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical, functional and energy state of the body;
- training in practical skills of using means of health-improving physical education to strengthen and restore the health of students;
- physical improvement, as a condition of psychophysical viability of the student, determining the state of his general working capacity, activity in educational and extracurricular activities and providing him with professionally applied physical fitness
- formation of the basis for the independent and methodologically justified use of physical culture and health activities to achieve life and professional goals.

The place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

Planned results of mastering the topic, within the framework of the formed competencies:

- using the knowledge of the basics of physical education, chooses health-saving technologies to maintain the proper level of physical fitness, taking into account the physiological characteristics of the body and the conditions for the implementation of social and professional activities

- planning his working and free time for the optimal combination of physical and mental load, ensures efficiency in professional activities

- observing and promoting the norms of a healthy lifestyle in various life situations and in professional activities, maintains the proper level of physical fitness

Semester 3

Topic 3. General and special physical training in the chosen type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Objective: to familiarize students with safety in the classroom, to form a general idea of the main types, forms and means of general physical training and outdoor games as complex means of psychophysical development of a student.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Passing a safety briefing in the classes on the discipline "Elective disciplines (modules) in physical culture and sports".

General physical training means the development of basic physical qualities, the improvement of the functional activity of the body, the development of a large number of various motor skills. General physical training creates the basis for special training. It provides the versatile development of strength, speed, endurance, dexterity, flexibility, without which it is impossible to improve in the chosen sport. Outdoor games and the game method, due to their inherent features, are a very effective means of complex improvement of motor activity. To the greatest extent, they allow you to improve such qualities as dexterity, speed of motor reaction, endurance, strength. By means of outdoor games, it is possible to influence not only the quality of exercises, but also such quantitative indicators as speed and endurance in running, distance and height in jumps, etc. (B. N. Pivovarov, 1959). Despite the fact that some outdoor games often include actions mainly aimed at improving one of the motor qualities, they should still be considered as exercises of general physical impact. Games with elements of power struggle, as a rule, are characterized by the manifestation of endurance and dexterity. Active games are an effective means among other means of increasing the general physical fitness of students. The load in the game is regulated by reducing or increasing the general mobility of the participants. There are various methodological techniques for changing the load in the game.

Questions and tasks:

Preparatory part. Drill exercises: a) marching techniques ("Stand!", "Attention!", "Align!", "To the left – Align!", "To the middle – Align!", "Stand aside!", "At ease!", "Right (left) – at ease!"; b) formation and reformation (formation in a line, in a column, in a circle; reformation from one line to two, three; reformation from a line to a ledge; reformation from a column one by one to a column of two, three, etc. by turning in motion; reformation of a column one by one into columns of two, four, eight by splitting and convergence), slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.

Main part. Games - relay races with and without apparatus - 10-15 minutes, development of the strength of the muscles of the shoulder girdle (bending and extending the arms in a stop, pull-ups, strength exercises with weights, in pairs) - 15-20 minutes. Development of the strength of the muscles of the back and abdomen (exercises lying on mats, using a gymnastic bench, wall, weights, etc.) - 10-15 minutes.

Final part. Slow running of moderate intensity for 5 minutes, relaxation and breathing exercises (according to the system of A.N. Strelnikova). Analysis of students' educational activity.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2
Diagnostics of physical fitness

GPP and outdoor games.

Goal: to form an idea of the importance and purpose of outdoor games as one of the means of general physical and special physical training.

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

As a result of mastering the topic of the practical lesson, the student forms:

Knowledge:

- theoretical and methodological-practical foundations of physical education;
- basic methods and means of physical education for health promotion and successful professional activity;
- scientific and practical foundations for the formation of a healthy lifestyle.
Skills:
- to use the means and methods of physical education for health promotion, professional and personal development and physical self-improvement;
- demonstrate a motivational and value-based attitude (commitment) to a healthy lifestyle.
Skills:
- possession of means and methods of preserving and strengthening health, physical

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part
The use of outdoor games in sports training allows you to create a motor basis for the long-term improvement of coordination abilities necessary for the formation of sports technique.
Systematic conduct of various games allows athletes (especially beginners) to create a certain reserve of movements. On this basis, it is easier to form a new skill. It should be emphasized that the skill formed in sports is implemented, as a rule, without play, without the participation of emotions. Moreover, emotions can only disrupt actions and make it difficult to achieve the goal. The game comes to the aid of the coach only when the movement is automated and attention is focused not so much on the motor act as on the result of the action, the condition and the situation in which it is performed (first, a somersault, a game technique, passing the baton, jumping from a standstill, etc., then these elements are included in the game). Here the game acts as a means of improving a skill performed in a heightened emotional state, in changing situations, under external oppositions, etc. This can lead to the emergence of a new, more perfect skill. The athlete acquires the ability to apply the mastered skill in holistic activity, to choose the best options for performing the action for each case. That is why the leader should first give tasks in the game: who will perform the task more correctly, more accurately, and only after that - who is faster, more, etc.
Questions and tasks:
Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.
Main part. Development of the strength of the muscles of the shoulder girdle. Exercises with medicine balls. Development of the strength of the leg muscles by means of jumping exercises. Jumping on two legs from a standstill, triple jumping from a standstill, over benches, barriers, balls, etc.
Final part. Active game "Crucian carp and pike".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.

3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [Specialty 10.05.01 Computer Security, 10.05.03 Information

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3
Diagnostics of physical fitness

Topic: GPP and outdoor games.
Objective: to form an idea of the basics of self-control when doing physical exercises.
Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part
Self-control is a regular monitoring of the state of one's health and physical development and their changes under the influence of physical education and sports. Self-control cannot replace medical control, it is only an addition to it. Self-control allows the student to assess the effectiveness of sports (physical education), observe the rules of personal hygiene, training regimen, hardening, etc. Objectives of self-control: 1) to expand knowledge about physical development; 2) to acquire skills in assessing psychophysical training; 3) to get acquainted with the simplest available methods of self-control; 4) to determine the level of physical development, fitness and health in order to adjust the load when doing physical education and sports. Self-control allows you to timely identify the adverse effects of physical exercise on the body. With regular physical exercises and sports, it is very important to systematically monitor your well-being and general health. The most convenient form of self-control is keeping a special diary. Self-control indicators can be divided into two groups - subjective and objective. Subjective indicators include well-being, sleep, appetite, mental and physical performance, positive and negative emotions. The state of health after physical exercises should be cheerful, the mood should be good, the student should not feel a headache, fatigue and a feeling of fatigue. In the presence of severe discomfort, you should stop exercising and seek advice from specialists.
Questions and tasks:
Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.
Main part. Development of strength of the muscles of the shoulder girdle - 15-20 minutes. Development of strength of the muscles of the abdomen and back - 10-15 minutes.
Final part. Active game "Tag".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.

5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
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11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
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List of references recommended for use on this topic

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises for general and special physical training.

Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

GPP and outdoor games.
Objective: to form an idea of rehabilitation means of body recovery (the basics of massage).
Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part
A powerful restorative tool is manual and apparatus massage. It helps to relieve the feeling of fatigue and nervous tension, pain, relaxation and improvement of blood supply to the muscles and thereby restore and increase sports performance. Massage can be general and local (with an emphasis on the muscle groups that bear the main load during this work). In the recovery mass, unlike the training one, shock techniques are excluded; it is dominated by the techniques of kneading, rubbing and shaking. It should be deep, gentle and painless. Particular attention should be paid to the places of muscle attachment and the muscles involved in the act of breathing. It is desirable to carry out the massage in a warm room; before the massage, a warm shower is recommended, and after it a hot shower, bath or bath. The method of manual restorative massage consists, like a regular lesson, of three parts: the introductory part (or preparatory), the main and the final. General restorative massage is carried out in the following sequence: back, back of the legs, chest, upper extremities, abdomen and front surface of the legs. Particular attention should be paid to the massage of the back and paravertebral areas, since the back area is a huge reflexogenic zone, which can be affected by a response from the internal organs like a viscerosensory reflex. Chest massage is carried out taking into account the segmental structure of the lungs and bronchial tree, the peculiarities of lymphatic and blood circulation in this area and the ventilation of its individual segments. Massage of the lower and upper extremities begins with the proximal parts. Restorative massage is performed 30 minutes to 4 hours (depending on the degree of fatigue) after a competition or training. The duration of the procedure depends on the type of sport, the degree of fatigue, the functional state of the athlete and lasts 15-25-35 minutes. If the athlete is very tired, then a short-term gentle massage is carried out - mainly the back, head and neck are massaged. The next day, a deeper massage is performed. For young athletes and women, the duration of the massage is shorter.
Questions and tasks:
Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.
Main part. Development of strength of the muscles of the shoulder girdle - 15-20 minutes. Development of strength of the muscles of the abdomen and back - 10-15 minutes.
Final part. Active game "Cones, acorns, nuts".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.

3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5
Learning sets of exercises for general and special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

GPP and outdoor games.
Goal: to form an idea of rehabilitation means of body recovery (basic techniques of massage and self-massage).
Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part
Massage is a method of prevention and treatment, which is a set of techniques of dosed mechanical impact on various parts of the human body, performed by the hands of a massage therapist or special devices. When doing physical exercises, sports or the occurrence of a particular disease, it is not always possible to use the services of a qualified massage therapist. Therefore, a massage performed independently can be of great help. Self-massage is a massage performed with your own hands, on your body. The mechanism of influence on the body, all types and forms, as well as massage and self-massage techniques are similar. The only difference is that the possibilities of self-massage are limited to the areas of the body available for its implementation. Various types of massage (cosmetic, sports, medical, hygienic) are an effective means of restoring and increasing performance. Massage techniques, acting on the nerve endings embedded in the skin, muscles and ligaments, affect the central nervous system, and through it - on the functional state of all organs and systems; improve blood circulation, increase muscle performance. They are better supplied with oxygen and nutrients, they are quickly freed from decay products; the strength of muscle tendons and joint mobility improve; the flow of lymph and blood is accelerated. That is why after a massage, a person feels more cheerful, his strength recovers faster. Forms of massage and self-massage: general, when the whole body is massaged, and private (local), when a separate part of the body (arms, legs, back, etc.) is massaged. The main techniques of massage and self-massage: stroking, rubbing, kneading, squeezing, percussion techniques (beating, chopping, patting), vibrations (shaking). To perform self-massage, you can limit yourself to stroking, rubbing, kneading, squeezing. Massage techniques are performed in a certain sequence. Massage and self-massage begin with stroking, then rubbing and squeezing, after which percussion techniques and vibration are performed, then move on to kneading. Stroking is done between techniques and at the end of the massage.
Questions and tasks:
Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.

Main part. Development of the strength of the muscles of the shoulder girdle. Exercises with medicine balls. Development of the strength of the leg muscles by means of jumping exercises. Jumping on two legs from a standstill, triple jumping from a standstill, over benches, barriers, balls, etc.
Final part. Active game "Class, attention!".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6
Performing sets of exercises

GPP and outdoor games.

Goal: to form a scientific understanding of the means and methods of hardening (air procedures).

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Hardening is, first of all, the skillful use of perfect physiological mechanisms of protection and adaptation of the body, created by thousands of years of evolution. It allows you to use the hidden capabilities of the body, mobilize the protective forces at the right time and thereby eliminate the dangerous influence of adverse environmental factors on it. Air baths prepare the body for subsequent hardening procedures, for example, for water hardening. Dosage of air baths is carried out in two ways: by gradually decreasing the air temperature and increasing the duration of the procedure at the same temperature. It is necessary to start taking air baths in a room, regardless of the season, at a temperature not lower than +15-16 C, and only after a while you can switch to the open air. They are taken in a well-ventilated room. Having exposed the body, you should remain in this state at the beginning of the course of hardening for no more than 3-5 minutes (further increasing the time). When taking cool and especially cold baths, it is recommended to make active movements: gymnastic exercises, walking, running on the spot. After appropriate preliminary preparation, you can proceed to taking air baths in the open air. They should be taken in places protected from direct sunlight and strong wind. It is necessary to start taking air baths in the open air with an indifferent air temperature, i.e. +20-22 C. The first air bath should last no more than 15 minutes, each subsequent one should be longer by 10-15 minutes. Cold baths can be taken only by hardened people. Their duration is no more than 1-2 minutes, with a gradual increase to 8-10 minutes. Taking air baths in the open air should be started no earlier than 1.5 - 2 hours after meals and end hardening 30 minutes before meals. An important condition for the effectiveness of outdoor hardening is the wearing of clothes that correspond to weather conditions. Clothing should allow free air circulation.

Questions and tasks:

Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.
Main part. Development of strength of the muscles of the shoulder girdle. Exercises with medicine balls. Development of strength of the abdominal and back muscles - 10-15 minutes.
Final part. Active game "Calling numbers".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p.

- Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7
Performing sets of exercises

GPP and outdoor games.

Goal: to form a scientific understanding of the means and methods of hardening (water hardening).

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Water hardening is a powerful tool with a pronounced cooling effect, since its heat capacity and thermal conductivity are many times greater than that of air. At the same temperature, water seems colder than air to us. An indicator of the effect of water hardening procedures is the reaction of the skin. If at the beginning of the procedure it turns pale for a short time, and then turns red, then this indicates a positive effect, therefore, the physiological mechanisms of thermoregulation cope with cooling. If the skin reaction is weakly expressed, there is no blanching and redness, this means insufficient exposure. It is necessary to slightly lower the temperature of the water or increase the duration of the procedure. A sharp blanching of the skin, a feeling of extreme cold, chills and shivering indicate hypothermia. In this case, it is necessary to reduce the cold load, increase the temperature of the water or shorten the time of the procedure. Rubbing is the initial stage of water hardening. It is carried out with a towel, sponge or just a hand moistened with water. Rubbing is carried out sequentially: neck, chest, back, then wipe them dry and rub with a towel until red. After that, wipe the feet and also rub them. The whole procedure is carried out within five minutes. Dousing is the next stage of hardening. For the first dousing it is advisable to use water with a temperature of about + 30 ° C, then reducing it to + 15 ° C and below. After dousing the body is vigorously rubbed with a towel. Shower is an even more effective water procedure. At the beginning of hardening, the water temperature should be about +30-32 ° C and last no more than a minute. In the future, you can gradually reduce the temperature and increase the duration to 2 minutes, including rubbing the body. With a good degree of hardening, you can take a contrast shower, alternating 2-3 times water of 35-40°C with water of 13-20°C for 3 minutes. During bathing, a complex effect on the body of air, water

and sunlight is carried out. Bathing can be started at a water temperature of 18-20°C and 14-15 °C of air. For hardening, it is recommended to use local water procedures along with general ones. The most common of them are washing the feet and gargling with cold water, since this hardens the most vulnerable parts of the body for cooling. Washing the feet is carried out throughout the year before going to bed with water with a temperature of 26-28°C at first, and then reducing it to 12-15°C. After washing, the feet are thoroughly rubbed until red. Gargling is carried out every day in the morning and evening. At first, water with a temperature of 23-25°C is used, gradually every week it decreases by 1-2C and is brought to 5-10°C.

Questions and tasks:

Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.

Main part. Development of the strength of the muscles of the shoulder girdle. Exercises with medicine balls.

Development of leg muscle strength by means of jumping exercises. Jumping on two legs from a standstill, triple jumping from a standstill, over benches, barriers, balls, etc.

Final part. Active game "The Odd Man Out".

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8
Performing sets of exercises

GPP and outdoor games.
Goal: to continue the formation of a scientific understanding of the methods of hardening (the mode of hardening by air and water procedures).
Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part
Depending on the body's resistance to cold (hardening), one or another hardening mode is prescribed. There are 3 hardening modes - initial, optimal, special. The initial mode involves the use of weak cold or thermal procedures: air baths, wiping, pouring. The optimal hardening mode involves the use of a wide range of hardening means. A special hardening mode is intended for certain professions - divers, climbers, as well as those engaged in winter swimming. Admission to its use is allowed only by a medical commission. To decide on the possibility of using the means of initial or optimal hardening modes, a hardening test is used. Conducting a test. When cooling the feet with water, the temperature of which is 14-16 degrees, the heart rate is calculated for 3 minutes before cooling and 2

minutes (on the 3rd minute) after cooling. If the pulse does not recover by the third minute, and cooling causes sharp unpleasant sensations, such persons are prescribed hardening according to the initial regimen; when the pulse is restored to the initial value, the optimal health-improving mode of hardening is recommended. The test is repeated after 3 weeks of hardening.
Questions and tasks:
Preparatory part. Drill exercises (formations and reformations, a variety of stances, starting positions for performing general development exercises - 15-20 minutes).
Main part. Acrobatic exercises (somersaults, stands, etc. - 15-20 minutes). Flexibility exercises - 15-20 minutes.
Final part. Active game "Kite, hen and chickens".
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9
Performing sets of exercises

GPP and outdoor games.

Goal: formation of a scientific understanding of methods of restoration and hardening of the body (bath, steam room, sauna).

Knowledge and skills acquired by a student as a result of mastering the topic, formed competencies or their parts

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Baths are of great hygienic and health-improving importance. They help to maintain the cleanliness of the body, harden the body, prevent colds, skin and other diseases. After the bath, there is a feeling of vivacity, freshness, calmness, upliftment, sleep and well-being. Baths are an excellent means of combating fatigue, provide quick recovery of strength after hard muscle work, increase mental and physical performance of a person. Baths also contribute to faster healing of injuries and restoration of health after illnesses. The conditions of baths have a suppressive effect on pathogenic microbes due to high temperatures. Warming the body contributes to the increased production of interferon in the tissues, a substance that overcomes the harmful effect of the influenza virus. In conditions of high body temperature, the dissociation of carboxyhemoglobin and the release of the body from carbon monoxide occur faster. Each person visiting the bath should take into account psychological factors, it depends on them whether the bath will become a vital need of the body. Both in its appearance and in its mode of operation, the bath should help to raise the mood of a person. This requirement should

not be interpreted as a call for luxury in the design of the bath and its utility rooms, although this is an important factor. A simple bathhouse, reminiscent of a provincial or rural one, often stimulates a person more than a pompous modern structure. We are talking about the cleanliness of the premises, about good relations between people, about a pleasant conversation, about the culture of human behavior in the bathhouse. Well-being, improvement of mood also depend on the bath procedure replenished with auxiliary means: massage, jacuzzi, etc., as well as on the staff. All this largely affects the overall result of a person's stay in the bathhouse. A bath is a powerful therapeutic tool, but it must be used wisely. Lovers of the heat of the bath often recall the Finnish saying: "Anyone who is able to reach the sauna can take a bath." However, dry steam is tolerated by the body more easily than wet (raw), although a dry-air bath may have contraindications. General hygienic rules are mandatory for everyone: do not visit the steam room after drinking alcoholic beverages, on an empty stomach or immediately after eating a large amount of food, in case of severe fatigue, immediately before bedtime. People over 70 years old should visit the steam room with caution. Older people should not "keep up" with young people, as a bath from a pleasant, useful and healing procedure can become harmful.

Questions and tasks:

Preparatory part. Relay games - 15-20 minutes

Main part. Exercises for the development of the main muscle groups - 20-30 minutes.

Final part. Active game "Cosmonauts".

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
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10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference systems:

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

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 4

Topic 4. Special physical training in the chosen type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom

GPP and outdoor games.

Goal: to form knowledge about the goals and objectives of physical education and sports.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

The main goals of physical culture and sports are: preservation and strengthening of health; formation of physical culture of the individual; preparation for social and labor activities. To achieve these goals, it is planned to solve the following educational, educational, developmental and health-improving tasks: understanding the role of physical culture in the development of the personality and its preparation for professional activity; knowledge of the scientific and practical foundations of

physical culture and a healthy lifestyle; the formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercises and sports; mastering a system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, development and improvement of mental abilities, qualities, and personal qualities; gaining experience in the creative use of physical culture and sports activities to achieve life and professional goals.

Questions and tasks:

Preparatory part. Drill exercises: a) marching techniques ("Stand!", "Attention!", "Align!", "To the right!", "To the left!", "Around!", "To the middle – Align!", "Stand aside!", "Free!", "Right (left) – free!"); b) formation and reformation (formation in a line, in a column, in a circle; reformation from one line to two, three; reformation from a line to a ledge; reformation from a column one by one to a column of two, three, etc. by turning in motion; reformation from a column one by one to columns of two, four, eight by splitting and convergence); c) slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.

Main part. Relay games with and without apparatus – 10-15 min., Exercises for the development of the strength of the shoulder girdle muscles (bending and extending the arms in a stop, pull-ups, strength exercises with weights, in pairs) – 10-15 min. Development of the strength of the back and abdominal muscles (exercises lying on mats, using a gymnastic bench, wall bar, other weights and apparatus) – 10-15 min.

Final part. Slow running of moderate intensity – 5 minutes, relaxation and breathing exercises (according to the system of A.N. Strelnikova). Analysis of students' educational activity.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV,

2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2
Learning sets of exercises for special physical training.
Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

GPP and outdoor games.
Objective: to reveal the content of the general and methodological principles of physical education.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part

The modern principles on which the system of formation of physical culture of the individual is based include: the principle of the unity of the worldview, intellectual and bodily (physical) components in the formation of physical culture of the individual (the psychophysical development

of the personality of students is carried out not only through the acquisition of social and practical experience, but also through the formation of his worldview and the assimilation of the system of knowledge); the principle of the activity approach to the development of physical culture and sports practice (characterized by the implementation of the values of physical culture, the inclusion of students in the process of self-education, physical self-improvement, provides for the solution of the problems of active learning, the manifestation of the initiative of students, their creative thinking and the appropriate level of intellectual abilities in the organization of their own physical activity); the principle of variability and diversity of the formation of physical culture is based on individualization and differentiation (the implementation of this principle is possible on the condition of refusal to change the unification and standardization of the educational process, the creation of the largest possible number of alternative programs); the principle of optimization of the formation of physical culture (determines the need for a reasonable sufficiency of physical activity in the organization of pedagogical influences, provides the choice of optimal options for activity in specific conditions, the best possible for a particular situation).

The general principles of the previous strategy of physical education have not lost their significance either. Their content can be formulated on associative points common to two structures – strategies.

- the principle of comprehensive harmonious development of the personality assumes to ensure in the process of physical education with the use of interdisciplinary links the formation of cultural, moral, intellectual and spiritual values, consciousness and behavior of a socialized person, as well as the unity of general and special physical training;

- the principle of connection between physical education and labor and defense practice emphasizes the main applied function of the formation of physical culture associated with labor and patriotic education;

- the principle of the health-improving orientation of physical education, actualizes the health-improving value of physical education, the regulation of functional loads in accordance with the laws of strengthening, maintaining health and ensuring the regularity of medical and pedagogical control.

The methodological principles of physical education (consciousness and activity, visibility, accessibility and individualization, systematicity, repetition, variability, consistency, gradual increase in requirements) as the principles of the methodological and technological chain significantly complement the information component of the technology. All these principles are based on objective laws that do not depend on the desire of a person, which means that a specialist – a teacher, a teacher, a coach – cannot be guided in his practice by arbitrary provisions.

The modern strategy of the system of physical culture and sports orients the entire pedagogical system in higher professional education to the formation of physical culture of the individual. The main conceptual provisions of the formation of physical culture are determined by: democratization of the educational process (the transition of the relationship between the object and the subject into subject-subject relations, to the pedagogy of cooperation, providing each person with the opportunity to master the basics of physical culture through the free realization of physical abilities); humanization of the educational process (taking into account the individual characteristics of each student, the development of independence, familiarization with a healthy lifestyle, high aesthetic ideals and ethical norms of behavior in society); the continuity of the development of physical culture, which is a dynamic movement of a multivariate pedagogical process built on the use of innovative educational technologies (determines the creative search and innovation of teachers, the independence and initiative of students); the harmonization of the content of the formation of physical culture, which ensures the unity of the spiritual and physical development of the individual.

Questions and tasks:

Preparatory part. Drill exercises: a) movement (marching, regular step; movement on the spot, transition from movement on the spot to movement; running; movement bypassing, diagonal, countermove, snake, in a circle, in a spiral); b) opening and closing (according to the Drill Regulations, with attached steps); c) slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking; development of shoulder girdle muscles (exercises with medicine balls) – 10-15 min. Development of leg muscle strength by means of jumping exercises (jumping on two legs from a standstill, triple, quintuple jump from a standstill, over benches and balls, etc.) – 15-20 min.
Final part. Slow running of moderate intensity – 5 minutes, exercises for psychoregulation, summing up the results of the exercises.
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p.

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3
Learning sets of exercises for special physical training. Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

GPP and outdoor games.

Objective: to form an idea of self-assessment of working capacity, fatigue and the use of means of its correction and recovery.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Mental and physical performance, health are largely determined by the level of development of physical qualities of a person: strength, speed, dexterity, flexibility, endurance. And yet, physical education and sports do not automatically guarantee health improvement and are not a panacea. It has been established that out of a large number of factors influencing the formation of human health, sleep mode accounts for up to 30%, nutrition - up to 16%, physical education and sports - up to 30% of the time.

Physical performance and adaptability to loads. Many different tests have been developed to determine physical performance, which is a broader physical concept than endurance. However, most of them require special devices, laboratory conditions or are associated with the need for preliminary preparation. In our opinion, the Harvard step test can be considered the simplest and most accessible for self-control. It is based on the fact that the increase in heart rate after standard load, recorded in the recovery period, will be greater, the lower the physical fitness.

With prolonged and sufficiently intense work, fatigue occurs, in which the activity of the sense organs either increases abnormally or is weakened to the extreme, the power of memory decreases, there is a breakdown of thoughts and a rapid disappearance from memory of what was recently learned. Fatigue is an objective state of the body, and fatigue is a subjective feeling of an individual. Fatigue can increase with unsatisfactory work, failures in it. On the contrary, the successful

completion of work or some of its stages reduces fatigue. The feeling of fatigue is relieved by positive emotions, concentration of attention, and increased interest in work.

In science, many systems of principles, rules and requirements of the scientific organization of labor of various social groups are known. Common features that unite them provide for the rational distribution of physical and mental forces by types of activity; scientific substantiation of the ratio of work activity and rest; expedient construction of the daily regimen; reasonable use of the budget of time, especially free time; observance of hygienic norms and rules; organization of self-control over activity and self-education, fulfillment of the requirements of scientific organization of everyday life, home conditions, mastering the basics of the culture of communication, etc. At the same time, it is necessary to take into account the alternation of work and rest, which is an important condition for maintaining high efficiency. The task of rest – daily, weekly, annual – is to restore physical strength, the optimal ratio of the main nervous processes. Rest can be not only the exclusion of any physical or mental activity for the time being, but also the switch from intellectual labor to physical labor and vice versa. The transition from reading special scientific books to fiction, from computational operations to drawing work, from hard physical labor to lighter labor is also a rest.

Questions and tasks:

Preparatory part. Drill exercises: a) movement (marching, regular step; movement on the spot, transition from movement on the spot to movement; running; movement bypassing, diagonal, countermove, snake, in a circle, in a spiral); b) opening and closing (according to the Drill Regulations, with attached steps); c) slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking; development of shoulder girdle muscles (exercises with medicine balls) – 10-15 min. Development of leg muscle strength by means of jumping exercises (jumping on two legs from a standstill, triple, quintuple jump from a standstill, over benches and balls, etc.) – 15-20 min.

Final part. Slow running of moderate intensity – 5 minutes, exercises for psychoregulation, summing up the results of the exercises.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
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9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4
Performing sets of exercises

GPP and outdoor games.
Objective: to consider the applied and health-improving value of jumping exercises.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part

Human health is largely determined by his physical development, which is traditionally understood as a natural change in the morphofunctional properties of the human body throughout life. Meanwhile, changes in the morphological and functional features of the human body occur not only under the influence of time, age, but also in the process of socially and personally purposeful activity.

The qualitative characteristics of physical development and health of a person are usually referred to the indicators of the functional state of the body. They include: BMD (maximum oxygen consumption per minute of oxygen per minute); VC (vital capacity of the lungs); minute volume of blood circulation; heart rate per minute; the level of basic physical qualities (endurance, strength, speed, flexibility, dexterity, etc.).

The quantitative characteristics of physical development and health of a person include morphological indicators: body length, body weight, ratio of various parts of the body, chest volume, etc.

In particular, under the influence of jumping exercises and jumping sports, there are significant changes in the indicators of such physical qualities as strength (speed and strength abilities), flexibility and agility.

The growth of strength, the increase in muscle mass significantly improve the blood circulation of the human body. Muscle tone and speed-strength indicators significantly affect the nervous and mental state of a person, his mood, performance, and reaction speed.

The mechanism of influence, even the most elementary jumps on the spot, on the human body in terms of health is as follows:

1. When shaking the body, blood circulation improves in general and, in particular, in the peripheral, small vessels of the muscles and the entire human body. This happens due to mechanical self-massage and "uncorking" of a large number of valves located in our vessels. Improvement of blood circulation, as a rule, affects metabolic processes, which is also important for human health.

2. Mechanical effects during jumping exercises on the joints affect the thickness of intervertebral cartilage. In childhood and adolescence, this increases body length, activates growth, and in adolescence and old age maintains and normalizes the condition of the joints.

3. Systematic performance of a variety of jumps leads to an increase in the diameter of the bones, as well as when performing exercises for the development of strength.

4. Jumping exercises improve intestinal peristalsis, massage internal organs and stimulate their activity and metabolic processes. They are especially useful in this sense in the complex of morning hygienic exercises.

The necessary physical qualities to ensure a sports result in the high jump or long jump with a run are flexibility and agility.

The development of flexibility provides mobility in the joints, elasticity of muscles and metabolic processes in them, and dexterity - thinking, speed of reaction, accuracy of movements, psychomotor sensations.

All these properties also characterize the health-improving orientation of jumping exercises. Their applied meaning is determined by the fact that various jumps in everyday life can be used in a variety of situations, both ordinary (jumping over a puddle, an obstacle, a stream, a barrier, a pit, etc.) and in extreme situations (in an aggressive-combative situation, fire, pursuit and escape, rescue, etc.).

Jumping exercises and jumping sports also have a professional and applied value. Especially for some military and civilian specialties (infantry troops, scouts, rescuers, geologists, etc.).

Questions and tasks:

Preparatory part. Drill exercises: a) movement (marching, regular step; movement on the spot, transition from movement on the spot to movement; running; movement bypassing, diagonal, countermove, snake, in a circle, in a spiral); b) opening and closing (according to the Drill Regulations, with attached steps); c) slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking; development of shoulder girdle muscles (exercises with medicine balls) – 10-

15 min. Development of leg muscle strength by means of jumping exercises (jumping on two legs from a standstill, triple, quintuple jump from a standstill, over benches and balls, etc.) – 15-20 min.
Final part. Slow running of moderate intensity – 5 minutes, exercises for psychoregulation, summing up the results of the exercises.
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5
Performing sets of exercises

Topic: GPP and outdoor games.

Objective: to get acquainted with the main tests that determine the functional state of a person

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Control over the cardiovascular and respiratory systems in the process of physical exercises, in fact, is control over the state of endurance of the human body.

Heart rate (HR) is the most important indicator of the functional activity of the cardiovascular system. It is recommended to count the pulse regularly at the same time of the day at rest. It is best in the morning, lying down after waking up. Pulse monitoring is carried out before training (3-5 minutes), during training and after training

It can be a consequence of fatigue or illness. It is also recommended to monitor the correctness of the rhythm and the degree of pulse filling.

Normally, in an adult untrained person, the heart rate ranges from 60-89 beats per minute. In the lying position, the pulse is on average 10 beats less than in standing. In women, the pulse is 7-10 beats per minute more often than in men of the same age. In children, the pulse rate is much higher than in adults. So, in newborns - on average 140 beats per minute. in children under one year - 120, at the age of 2 years - 110, and 5 years - 100 beats per minute.

To control the intensity of the load during physical education classes, immediately after stopping the exercises, the pulse is counted for 10 sec. And the resulting number is multiplied by 6. A load that causes the number of heart beats from 120 up to 140 beats/min., refers to moderate, from 140 up to 160 bpm – to the middle, 160-180 bpm – to the large, 180-200 ut/min – to the limit or maximum. By these heart rate values, you can assess the physical load up to 50 years. For example, if the pulse of young people is recorded in the classroom 200 beats/min., and in the classroom for 50-year-olds –170 c./min., then the intensity of the load for both is estimated as the maximum. This is explained by the fact that with age, the ability of the heart to generate a high frequency of excitation impulses decreases, so after 25 years of age, there is usually a decrease in heart rate when performing work at maximum power.

A one-stage functional test with a squat. The subject rests, standing in the main stance for 3 minutes. At the fourth minute, the pulse is counted, for 15 seconds. With a recalculation for 1 minute. (initial frequency) Then he performs 20 deep squats in 40 Immediately after the squat, the pulse rate is again calculated during the first 15 seconds.

Rating (for men and women). Excellent - 20 and less, good - 21 -40. Satisfactory - 41-65, poor - 66-75, very poor - 76 and more.

Orthostatic test. The subject rests lying on his back for 5 minutes, then the heart rate in the lying position is calculated for 1 minute (initial heart rate), after which the subject stands up, rests standing for 1 minute and counts the pulse again for 1 minute. The difference between the standing and lying pulse rate is used to judge the reaction of the cardiovascular system to the load when changing the position of the body. Difference from 0 to 12 beats means a good state of physical fitness, from 13 to 18 beats - satisfactory, 19-25 beats - unsatisfactory, a difference of more than 25 beats indicates fatigue or disease, in this case you should consult a doctor.

Orthostatic and single-stage tests are best performed in the morning immediately after waking up or at another time of the day before meals. The basic rule is to perform the test periodically at the same hours of the day.

To assess the state of the respiratory and cardiovascular systems, the ability of the internal environment of the body to be saturated with oxygen, the Stange, Genchi and Serkin tests are used.

After 5 minutes of rest while sitting, two or three deep breaths are taken, then, having taken a full breath (80-90% of the maximum), hold the breath. The time from the moment of breath retention to its cessation is noted. The average indicator is the ability to hold the breath on inhalation, for 65 seconds. With an increase in training, the breath-holding time increases and vice versa. In case of illness or fatigue, this time decreases by a significant amount (up to 30-35 seconds).

Questions and tasks:

Preparatory part. Continue training in marching exercises in slow running (changing from a column one by one to columns by two, four, eight by splitting and consolidating). OSG on the spot and in motion. Special running exercises.

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking. Acrobatic exercises (rolls, somersaults, balance exercises) – 15-20 min. Jumping over gymnastic benches, medicine balls, ropes – 15-20 min. Flexibility exercises (stretching) – 10 min.

Final part. Slow running of moderate intensity – 5 minutes, relaxation and breathing exercises, summing up the results of the exercises.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
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9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6
Performing sets of exercises

GPP and outdoor games.

Objective: to get acquainted with the systems of psychoregulation.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the

individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part

The human body, as well as any animal, is constantly under the influence of stimuli of the external and internal environment. To a certain extent, they change the usual course of psychophysical processes, but normally any living organism easily adapts to these influences, remaining healthy. Self-regulation of the human body can be carried out not only by means of genetic mechanisms and conditioned reflexes laid down by nature, but also by means of unconditioned ones formed by the person himself. To understand the basics of mental self-regulation, it is necessary to have some ideas about what belongs to the external and internal stimuli of the nervous system.

Of the factors of a physical nature, light should be put in the first place. The second powerful stimulus of the external environment is sound. The third stimulus of the external environment includes smells. The factors of a social nature that cause emotional reactions of a person include economic, political and domestic conditions of life, words, deeds and actions of people in relation to each other, and many others.

External stimuli of the nervous system include words and speech of a person. Powerful actions are based on the word: suggestion and hypnosis.

Suggestion is one of the verbal ways of transmitting and consolidating peremptory informative or motivated information, given in such a form that it is perceived by a person without resistance and is realized by him immediately.

Internal stimuli of the nervous system include the state of health and muscle tone. Muscle tone is the tension of skeletal muscles, with the help of which a certain position of the body in space and its readiness to engage in active motor activity are ensured. Thus, the main components of the conditions of psychoregulation are light, sound, smells, tactile (skin) sensations, words, relaxed muscles.

Autogenic Training (AT) Method

There are few contraindications for the use of autogenic training methods: age under 12-14 years, all diseases in the acute stage, vascular hypotension with blood pressure below 80/40 mm Hg. Indications for the use of autosuggestion are very wide. Autogenic training helps to develop and increase the protective layers of the body in the fight against diseases, strengthen the will, nervous system, and emotional stability. A person becomes less susceptible to stress, significantly changing the significance of the factor that traumatizes the psyche.

Those who want to master the AT technique need to develop self-regulation mechanisms.

1. To control the tone of skeletal muscles (to relax at will, and when necessary, to concentrate their strength).
2. To create the necessary emotional state (using muscle relaxation with the help of words mentally addressed to oneself, to induce a state of mental and physical peace).
3. Indirectly influence the function of the nervous autonomic system (through the reproduction in memory of figurative representations associated with previously experienced emotionally colored sensations).
4. To control such a property of the psyche as attention (to concentrate it on what you want, to distract and narrow its circle when you need to relax or fall asleep).

The main key words of autosuggestion.

1. "I am completely calm. Nothing disturbs me. I am not in a hurry. All my muscles are pleasantly relaxed. My whole body is completely relaxed."
2. "I feel a pleasant heaviness in my right hand. The hand is pleasantly heavy. Both arms and both legs are pleasantly heavy."

3. "I feel a pleasant warmth in my right hand. Hot blood warms my hand. The hand, down to the tips of the fingers, has become hot. A pleasant warmth has spread over both hands, a warmth has enveloped my whole body."

4. "I feel pleasant and good. Painful tension has disappeared. A pleasant coolness overwhelms the skin of my forehead. In my head and in my whole body I feel complete peace and health."

Meditation Method

For thousands of years, representatives of almost all human cultures have used one or another form of meditation to find peace of mind and harmony. The term "meditation" appeared on the pages of domestic publications only recently, because they believed that any meditation is necessarily associated with a particular mystical teaching or religion as a way of unity with God, merging with the entire Universe, and comprehension through illumination. Indeed, although meditation is an integral part of yoga and Zen Buddhism, its beneficial effect is largely due not to the focus on philosophical and religious beliefs, but to the properties of the human nervous system. Practice testifies to meditation as an effective autopsychotechnique, that is, a way of influencing a person's psyche and controlling it. Through meditation, the tasks of developing and improving the personality, increasing energy resources, gaining self-confidence, preventing stress states and mental breakdowns are solved. In the course of meditation, the activity of the cerebral hemispheres is balanced. It is used to accelerate education, treatment, smoking, and drug addiction. Some of its elements are inherent in religious rites.

The process of meditation includes three stages: relaxation, concentration and the meditative state itself. When practicing meditation, it is necessary to observe certain conditions. It is important to minimize external interference that distracts attention. Therefore, it is desirable (especially for beginners) to meditate in a relatively isolated place from noise and other stimuli. A person who is unexpectedly taken out of the state of meditation experiences an unpleasant sensation, a kind of shock. Meditation can be practiced at any time, but not earlier than 2 hours after eating. It is best to stick to the same time day after day. It is recommended to link meditation with the daily "operations" that are repeated in our schedule and do it in the morning after waking up or in the evening before dinner. You can also do it before going to bed, if dinner was not particularly dense and late.

Questions and tasks:

Preparatory part. Continue training in marching exercises in slow running (changing from a column one by one to columns by two, four, eight by splitting and consolidating). OSG on the spot and in motion. Special running exercises.

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking. Acrobatic exercises (rolls, somersaults, balance exercises) – 15-20 min. Jumping over gymnastic benches, medicine balls, ropes – 15-20 min. Flexibility exercises (stretching) – 10 min.

Final part. Slow running of moderate intensity – 5 minutes, relaxation and breathing exercises, summing up the results of the exercises.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?

11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education

"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Learning sets of exercises for special physical training.

Conversation. Means and methods of special physical training in the selected type of physical culture and sports activity

GPP and outdoor games.

Objective: to form an idea of self-assessment of working capacity, fatigue and the use of means of its correction and recovery.

Planned learning outcomes in the discipline (module), characterizing the stages of the

formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities
- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Theoretical part

Mental and physical performance, health are largely determined by the level of development of physical qualities of a person: strength, speed, dexterity, flexibility, endurance. And yet, physical education and sports do not automatically guarantee health improvement and are not a panacea. It has been established that out of a large number of factors influencing the formation of human health, sleep mode accounts for up to 30%, nutrition - up to 16%, physical education and sports - up to 30% of the time.

Physical performance and adaptability to loads. Many different tests have been developed to determine physical performance, which is a broader physical concept than endurance. However, most of them require special devices, laboratory conditions or are associated with the need for preliminary preparation. In our opinion, the Harvard step test can be considered the simplest and most accessible for self-control. It is based on the fact that the increase in heart rate after standard load, recorded in the recovery period, will be greater, the lower the physical fitness.

With prolonged and sufficiently intense work, fatigue occurs, in which the activity of the sense organs either increases abnormally or is weakened to the extreme, the power of memory decreases, there is a breakdown of thoughts and a rapid disappearance from memory of what was recently learned. Fatigue is an objective state of the body, and fatigue is a subjective feeling of an individual. Fatigue can increase with unsatisfactory work, failures in it. On the contrary, the successful completion of work or some of its stages reduces fatigue. The feeling of fatigue is relieved by positive emotions, concentration of attention, and increased interest in work.

In science, many systems of principles, rules and requirements of the scientific organization of labor of various social groups are known. Common features that unite them provide for the rational distribution of physical and mental forces by types of activity; scientific substantiation of the ratio of work activity and rest; expedient construction of the daily regimen; reasonable use of the budget of time, especially free time; observance of hygienic norms and rules; organization of self-control over activity and self-education, fulfillment of the requirements of scientific organization of everyday life, home conditions, mastering the basics of the culture of communication, etc. At the same time, it is necessary to take into account the alternation of work and rest, which is an important condition for maintaining high efficiency. The task of rest – daily, weekly, annual – is to restore physical strength, the optimal ratio of the main nervous processes. Rest can be not only the exclusion of any physical or mental activity for the time being, but also the switch from intellectual labor to physical labor and vice versa. The transition from reading special scientific books to fiction, from computational operations to drawing work, from hard physical labor to lighter labor is also a rest.
Questions and tasks:
Preparatory part. Drill exercises: a) movement (marching, regular step; movement on the spot, transition from movement on the spot to movement; running; movement bypassing, diagonal, countermove, snake, in a circle, in a spiral); b) opening and closing (according to the Drill

Regulations, with attached steps); c) slow running, warm-up (ORU, exercises for flexibility, bending, lunges), special running exercises.
Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking; development of shoulder girdle muscles (exercises with medicine balls) – 10-15 min. Development of leg muscle strength by means of jumping exercises (jumping on two legs from a standstill, triple, quintuple jump from a standstill, over benches and balls, etc.) – 15-20 min.
Final part. Slow running of moderate intensity – 5 minutes, exercises for psychoregulation, summing up the results of the exercises.
Tasks. Development of lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
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6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: to consider the issues of professionally applied physical training.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

Relevance of the topic practical lesson is associated with the use of systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the processual-activity component of the physical culture of the individual. The study of the means and methods of physical culture are aimed at strengthening health and increasing the self-improvement, the values of physical culture of the individual for successful socio-cultural and professional activities

- possession of the basics of the formation of a healthy lifestyle, the working capacity of students through the organization of general physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

The implementation of the special applied orientation of university physical education is carried out in the form of its humanitarian component - professionally applied physical training, the most important tasks of which are reduced to the formation of applied knowledge, physical, mental, special qualities, skills, abilities that contribute to the achievement of objective readiness of a person for activities in the field of production, science, pedagogical work, in the process of education, and in particular, study at the university.

Questions and tasks:

Preparatory part. Slow running, warm-up (ORU, flexibility exercises, bends, lunges).

Main part. Active games for the development of speed and strength qualities, attention, agility and operational thinking. Acrobatic exercises (rolls, somersaults, balance exercises) – 15-20 min. Jumping over gymnastic benches, medicine balls, ropes – 15-20 min. Flexibility exercises (stretching) – 10 min.

Final part. Slow running of moderate intensity – 5 minutes, exercises to restore breathing, psychoregulation, summing up the results of the exercises.

Tasks. Development of lagging physical qualities.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.

3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

Practical control standards

Quests	**Score**									
	Women					**Men**				
	5	4	3	2	1	5	4	3	2	1
100 m run	15,7	16.0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
2. Pull-up on the bar (number of times)						15	12	9	7	5
3. Raising and lowering the body from a lying position, hands behind the head, legs fixed (number of times)	60	50	40	30	20					
4. Running: 2000m (women), 3000m (men)	10,10	10,50	11,15	11,50	12,15	12,00	12,35	13,10	13,45	14,20
1. Long jump from a standing position (see)	190	180	168	160	150	250	240	230	223	215
2. Squat on one leg, the support is about wall (women), without supports (male) (number of once on one)	12	10	8	6	4	15	12	9	7	5
3. Lifting lowering the torso from a lying position, arms behind the head, legs fixed, number of times	60	50	40	30	20					

4. Pull-up on the bar (number of times)						15	12	9	7	5
5. Push-ups from the gymnastic bench (women), from gender (men) (number of times)	15	10	8	6	4	30	25	20	15	10
6. Point-blank power overturn on the bar (number of times)						8	5	3	2	1

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.
20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.

36. To form an idea of the morphological and basic physiological functions of the body.

List of references recommended for use on this topic

Reference citations:

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 5

Topic 5. Improving the technique of physical exercises in the selected type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Instruction on technique
safety in the classroom.
GPP and outdoor games.
Objective: basic requirements for passing control standards.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body

to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.
Questions and Tasks
Preparatory part. Jogging 7-10 minutes. General development and special running exercises 20 minutes.
Main part. Control tests (determination of the degree of mastery of the program material by special tests and tasks).
Final part. Analysis of students' educational activities for the development of theoretical, methodological and practical competencies within the framework of the module content. Recommendations and consultations on physical self-improvement.
Tasks. Development of flexibility and strength of the muscles of the upper shoulder girdle.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2
Diagnostics of technical readiness

GPP and outdoor games.

Objective: basic requirements for passing control standards.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and Tasks

Preparatory part. Jogging 7-10 minutes. General development and special running exercises 20 minutes.

Main part. Control tests (determination of the degree of mastery of the program material by special tests and tasks).

Final part. Analysis of students' educational activities for the development of theoretical, methodological and practical competencies within the framework of the module content. Recommendations and consultations on physical self-improvement.

Tasks. Development of flexibility and strength of the muscles of the upper shoulder girdle.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3
Diagnostics of technical readiness

Purpose: to familiarize students with safety in the classroom, to form an idea of the state of physical fitness of students.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Familiarization of students with the tests of the GTO complex. Passing safety briefings in the discipline "Elective courses in physical education and sports". To reveal the health-improving and applied importance of walking and running as the simplest and most affordable means of physical education in ensuring health, general performance, longevity and life safety. The main differences in the technique of running for short and long distances (movement of the legs, placing the foot on the track, stride length, movement of the arms, inclination of the body).

Questions and tasks:

Preparatory part. Jogging 7 minutes. OSG 10-15 minutes. Special running exercises (running with a high hip lift, jumping, "seeding", with shin sweeping) 3x20m; Acceleration 3x30m

Main part. 1. To continue learning the technique of long-distance running. 2. Development of special endurance and speed-strength qualities of the leg muscles in the mode of standard, variable and repeated load. Running 1x100 m, 1x200 m, 1x300 m. Pace of medium intensity (heart rate - 140-160), rest interval between repetitions 3-5 minutes. Jumping exercises - 15 min. (Jumping on one leg, multi-jumps, jumps, "frog").

Final part. Exercises for relaxation, flexibility and psychoregulation. Summing up the results of students' educational activities.

Tasks. Development of the strength of the muscles of the upper shoulder girdle.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.

12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Objective: to create an idea of the technique of high start, low start and with support on one hand, diagnostics of physical fitness

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Short-distance running stands out among other athletics disciplines for its features - increased intensity of loads, the ability to coordinate your movements in time and the ability to gain high speeds in the shortest possible time intervals. The most common way to overcome sprint distances is running from a low start, which allows you to develop maximum speed in a short segment. Features and types of a low start. When competing in short-distance running, up to 400 meters, the athlete uses the low start technique. The position at the start will depend on the individual characteristics of the sprinter's physique. To provide strong support for the legs and comfort, special starting blocks are used. There are several varieties of the low start technique - regular, narrow and stretched. A regular start involves such an arrangement of legs in which the distance from the first block to the starting line is one and a half to two feet of the athlete, the same distance will be from the second to the first last. Beginner runners are recommended to use the arrangement in accordance with the length of the lower leg. With a narrow start from the first block to the starting line, there will be the same distance as with a regular start, and between the pads - 2 times less (up to half a foot). With a stretched start, there will be 2-3 feet from 1 pad to the start line, and 1.5-2 feet between the pads. The swing leg at a low start rests on the front part of the starting block, the other second leg - on the back part. At the same time, the foot should touch the ground with the toe only a little, and lean on the starting block very firmly. How successfully the athlete will perform this or that type of start directly depends on his muscle strength of the lower extremities and the ability to respond to the signal. A distance of 15-25 cm is set between the axes of the pads.

High start technique: The strongest leg is put forward, with the toe close to the start line, the other leg is moved 1.5-2 feet back from the line, while the feet of both legs should be parallel or slightly turned inward and be no more than a foot width apart. At the command "Attention", the weight of the body is transferred to the front of the foot of the leg standing in front, the other leg rests on the ground with the toe. Both legs are slightly bent at the knees, the body is bent forward (head and shoulders are slightly lowered), the arms are bent at the elbows, and the arm opposite the extended leg is brought forward (in this case, it can be brought closer to the surface of the treadmill), and the other arm is pulled back. Maintain maximum relaxation of the muscles involved in taking the start position. At the command "March!", the run begins with a wide and fast swing of the arms with a simultaneous and energetic push with both legs. Having finished the push-off, the leg standing behind is quickly carried out with the hip forward - up, strongly bending at the knee joint. The leg in front with a powerful extension completes the push-off. Without fixing this position, the leg brought forward quickly lowers to the treadmill with the front part of the foot, the other - at this moment, bending at the knee joint, quickly moves forward - up, and then the cycle repeats. The phase of the starting run (acceleration) begins.

High start technique with support on the arm. A high start with support on the arm is used in the 4x100 m relay race at 2,3,4 stages. This allows you to start running faster and develop the maximum speed in a short segment, equal to the speed of the relay passer. In other running disciplines, the rules of athletics competitions prohibit a high start with support on the arm for performances in competitions. However, it is used as a training tool for a high start for long and middle distances and is given to two commands "Start!", "March!" or to a low start and is given to three commands: "Start!", "Attention!", "March!". Sometimes this start is called "low start with one hand".

Questions and Tasks

Preparatory part. Jogging – 7-10 minutes. General development and special running exercises – 20 minutes.

Main part. 1. Starts: low and high, with support on one hand. 2. Low start followed by acceleration for 100 m. 3. Diagnostics of physical fitness: 1. Control run 100 m. 2. Long jump from a standing position. 3. Pull-up on a high bar (boys) / bending and extending arms in a lying position (girls).
Final part. Exercises for psychoregulation. Analysis of students' educational activity.
Tasks. Development of leg muscle strength.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
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8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

Goal: to reveal the essence and direction of general and special training, health-improving and applied value of running.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

The optimal level is understood as the best fitness and preparedness for a specific age, individual characteristics. The benchmarks of fitness and physical fitness are scientifically developed tests and their standards, the degree of performance and well-being. Physical training can also be called a physical culture form. In this respect, physical training is a process of expedient management of the development and maintenance of physical training. The principles of sports training apply to the laws of physical education (health) training. At the same time, physical training has its own specific differences determined by the target settings. In general, the laws of physical training include the following. 1. Focus on improving the level of health, general working capacity and, if necessary, special - for a certain activity. 2. The unity of general and special training of a physical culture worker is refracted in the pedagogical principle of all-round development of the personality. Special training of a physical culture worker is considered only as a process of improving a particular function from the sum of reserve capacities of human health, the development of a certain physical quality, motor skill, which are dictated by the professional activity and interests of the individual, determined by a specific time, number of classes. 3. The continuity of the training process is characterized by three main provisions: a) physical training is built as a long-term process that guarantees the greatest health-improving effect; b) the impact of each subsequent training session is as if layered on the "traces" of the previous one; c) the interval of rest between classes is maintained within the limits that guarantee the restoration and increase of working capacity. 4. Unity of gradualness and tendency to periodically heavy loads. The volume and intensity of the load should not exceed the limits of the adaptive capabilities of the student's body. 5. Wave-like dynamics of loads. Wave-like fluctuations of the training load are justified, first of all, by the interaction of the processes of fatigue and recovery. 6. Cyclicity is one of the main regularities of the process of both sports and physical training, reflecting a relatively complete cycle of stages with partial repetition of individual exercises, classes, stages and entire periods within certain cycles. There are microcycles (for example, weeks), mesocycles (for example, months) and macrocycles (for example, years). The cyclicity of training

significantly reflects the principle of systematicity, since cyclicity largely determines the sequence of classes, the order of changing loads and all other aspects of the load system.
Questions and Tasks
Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.
Main part. 1. Improvement of the technique of high and low start and the development of special endurance in the 100-meter run. Running against the clock from a low start - 1x20m, from a high start - 1x20m. Running from a time run - 1 x 20, 1x 30 m. Running at an average pace - 3 x 100 m (rest between runs from 5 to 7 minutes). 2. GPP.
Final part. Jogging. Analysis of students' educational activities.
Tasks. Development of leg muscle strength and lagging physical qualities.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6
Performing sets of exercises

Goal: to form theoretical and practical and methodological competence in students in short-distance running, the development of the physical quality of speed.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of various means and methods for the development of speed and strength abilities

Theoretical part

Ideas about recreational running (the system of G. Gilmore, the programs of M. Zalessky and V. Kulakov). The physiological mechanism of the manifestation of speed, associated with the speed characteristics of nervous processes, is presented as a multifunctional property of the central nervous system (CNS) and the peripheral neuromuscular apparatus (IA). Not all modern professions require purposeful development of speed and speed of movements. For most types of labor activity, the level of movement that is achieved in the process of general physical training is sufficient. At the same time, the work of an economist requires a high level of development of speed. There are several elementary forms of manifestation of speed: the speed of simple and complex motor reactions; the speed of a single movement; the speed of a complex (multi-joint) movement associated with a change in the position of the body in space or with switching from one action to another; the frequency of unloaded movements. In professional activity, one has to deal with various forms of manifestation of speed (movement of a person at maximum speed, various jumping exercises associated with the movement of one's own body, etc.). Complex forms of manifestation of speed are usually called speed abilities of a person. The main means of developing various forms of speed are exercises that require quick motor reactions, high speed and frequency of movements.

Questions and Tasks

Preparatory part. Jogging for 7-10 minutes. General development and special running exercises for 20 minutes.

Main part. 1. Improvement of running technique and development of special endurance in running for 100 meters. Running against the clock from a low start - 1x30m, - 1x60m. Running from a high start for a time - 1 x 30, 1x 60m. Running at an average pace - 3 x 100 m (rest between runs from 5 to 7 minutes). 2. GPP.

Final part. Exercises for breathing, flexibility, psychoregulation. Analysis of students' educational activity.
Tasks. Development of leg muscle strength and lagging physical qualities
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7
Performing sets of exercises

Goal: to form theoretical and practical competence in students in the development of general endurance as the basic basis of physical training, health and performance in all manifestations of human life. Development of general endurance.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Endurance is understood as the ability to work without getting tired, and to resist fatigue that occurs in the process of performing work. Endurance is manifested in two main forms: in the duration of work at a given level of power before the appearance of the first signs of pronounced fatigue; in the speed of decrease in performance at the onset of fatigue. Being a multifunctional property of the human body, endurance integrates a large number of various processes occurring at various levels: from the cellular to the whole organism. However, as the results of modern scientific research show, in most cases, the leading role in the manifestations of endurance belongs to energy metabolism factors. Researchers from the Karolinska Institute in Sweden found that long-term endurance training at a constant pace causes epigenetic changes in muscle cells, namely an increase in methylation of more than 4000 genes, which in turn is manifested by an improvement in carbohydrate metabolism, increasing muscle adaptation and eliminating inflammation. It can also be related to the development of muscle memory. Types of endurance: there are general and special endurance. General endurance is understood as the ability of the body to perform any work for a long time with high efficiency, involving many muscle groups and placing fairly high demands on the cardiovascular, respiratory and central nervous systems. Special endurance is the ability to endure loads characteristic of a particular type of activity for a long time. The ability not only to fight fatigue, but also to perform the task most effectively in conditions of a strictly limited distance or a certain time. Special endurance is divided into: speed endurance (characterized by the ability of a person to perform fast movements for a long time without fatigue and violation of technique); Speed-power endurance (characterized by the performance of actions of high activity of a power nature for a long time); Coordination endurance (repeated repetition of complex technical and tactical actions); Power endurance (indicates the muscular ability to perform heavy exercises for a long time without visible technical disorders, this type of endurance shows the ability of muscles to contract repeatedly after a minimum period of time); Power endurance has two types: dynamic and static. Dynamic strength endurance is characterized by the performance of heavy muscle exercises at a relatively slow pace, but for a fairly

long time. Static endurance allows you to maintain muscle tension for a sufficiently long period without changing the posture. To form an idea of determining the intensity of load by heart rate (moderate – 120-140 beats / min., medium – 140-160 beats / min., large – 160-180 beats / min, extra-large – 180-200 beats / min.)

Questions and Tasks

Preparatory part. Walking and running for 7-10 minutes. General development exercises (ORU) (10-15 minutes). Special running exercises (running with a high hip lift, jumping, "seeding", with overlapping of the shin) for 20 m; Acceleration 2x30m, 1x60m. Note: in the process of performing running exercises, the teacher identifies typical and characteristic mistakes made by students; explains the reasons and ways to eliminate them (and does it during the entire training module).

Main part. Improvement of the technique of high start and starting acceleration. Development of general endurance - running of medium intensity at a steady pace: 1500 m.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Tasks. Comprehensive development of physical qualities. Keep a self-control diary for physical fitness and physical development.

Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Metodicheskie rekomendatsii po organizatsii samostoyatel'noy raboty po disciplinu "Elektivnye discipliny (moduli) po fizicheskoy kul'ture i sportu" dlya studentov, 2023 [Electronic version]

2. Metodicheskie ukazaniya po ispolnenii prakticheskie raboty po distsidu disciplinu "Electivnye discipliny (moduli) po fizicheskoy kul'ture i sportu" dlya studentov, 2023 [Elektronnyi versiya]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8
Performing sets of exercises

Goal: to create an idea of the technique of long jump from a standing position, the development of speed and strength abilities.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.
The relevance of the topic of the practical lesson is associated with the use of various means and methods for the development of speed and strength abilities.
Theoretical part
Long jumps from a standing position allow you to check the level of jumping ability, as well as test the strength of the legs. They are an independent type of competition only at the school level. At the same time, jumps are considered an excellent training exercise that allows you to comprehensively develop the physical qualities of the athlete. The correct technique of the long jump from a standing position can significantly improve the result, so do not neglect the theory. Before conducting control tests, you should always practice a little. Before doing jumps from a standstill, you need to familiarize yourself with the theory. There are the following stages in the exercise: Preparation for the push-off. At this stage, the athlete takes the correct posture to make the strongest push. To perform the exercise, a person stands at the line, spreading his legs shoulder-width apart or a little narrower, then raises his arms up, at the same time rising on his toes and bending in the lower back. Then follows the reverse movement. The arms are lowered down and pulled back, the legs are placed on the whole foot, while the knees and hip joint are bent, the body is brought forward a little. Push-off. It begins when the hip joint is straightened, while the arms must be sharply thrown forward. The push-off ends with the extension of the knee joints and lifting the feet off the surface. Flight. After the push-off, the jumper's body is stretched into a string, the knees are pulled up to the chest. In the final stage of the flight, the arms are lowered down, and the feet are brought forward. Landing. When the legs touch the ground,

the arms must be brought forward to maintain balance. At the same time, the legs are bent at the knee joints, the landing should be elastic. After stopping, the jumper straightens up and leaves the test area.
Questions and tasks:
Preparatory part. Walking and running for 7-10 minutes. General development exercises (ORU) (10-15 minutes). Special running exercises (running with a high hip lift, jumping, "seeding", with overlapping the shin) for 20 m;
Main part. Learning the technique of long jump from a standing position. Running 3x30m, 2x60m.
Outdoor games (relay races).
Final part. Exercises for relaxation, flexibility and psychoregulation. Summing up the results of students' educational activities.
Tasks. Development of the strength of the muscles of the upper shoulder girdle.
Questions for control
1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

List of references recommended for use on this topic

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List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9
Performing sets of exercises

Goal: to form theoretical and practical and methodological competence in students in short-distance running, the development of speed and strength abilities, speed.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of physical exercise systems for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of physical education is aimed at strengthening the health and increasing the performance of students through the organization of physical training classes, the restoration of strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part

Ideas about recreational running (the system of G. Gilmore, the programs of M. Zalessky and V. Kulakov). The physiological mechanism of the manifestation of speed, associated with the speed characteristics of nervous processes, is presented as a multifunctional property of the central nervous system (CNS) and the peripheral neuromuscular apparatus (IA). Not all modern professions require purposeful development of speed and speed of movements. For most types of labor activity, the level of movement that is achieved in the process of general physical training is sufficient. At the same time, the work of an economist requires a high level of development of speed. There are several elementary forms of manifestation of speed: the speed of simple and complex motor reactions; the speed of a single movement; the speed of a complex (multi-joint) movement associated with a change in the position of the body in space or with switching from one action to another; the frequency of unloaded movements. In professional activity, one has to deal with various forms of manifestation of speed (movement of a person at maximum speed, various jumping exercises associated with the movement of one's own body, etc.). Complex forms of manifestation of speed are usually called speed abilities of a person. The main means of developing various forms of speed are exercises that require quick motor reactions, high speed and frequency of movements.

Questions and tasks:

Preparatory part. Walking and running for 7-10 minutes. General development exercises (ORU) (10-15 minutes). Special running exercises (running with a high hip lift, jumping, "seeding", with overlapping the shin) for 20 m;
Main part. Improving the technique of the long jump from a standing position. Running 2x100m.
Outdoor games (relay races).
Final part. Exercises for relaxation, flexibility and psychoregulation. Summing up the results of students' educational activities.
Tasks. Development of the strength of the muscles of the upper shoulder girdle.
Questions for control

1. The essence of the concept of general physical training.
2. The influence of running on the student's body.
3. The influence of gymnastics on the student's body.
3. Physical quality – strength and methods of its development.
3. Physical quality – flexibility and methods of its development.
4. Physical quality – dexterity and methods of its development. Coordination abilities.
5. Physical quality – endurance and methods of its development.
6. Physical quality – speed and methods of its development. Speed and strength abilities.
7. Jumping as a way of moving a person and a type of sports motor actions.
8. Fundamentals of athletic gymnastics training.
9. Hygiene during athletic gymnastics.
10. What is the positive effect of strength training on the human body?
11. The body as a single biological system. Hypodynamia and hypokinesia, their effect on the body.
12. Morphological and basic physiological functions of the body. Regularities of their improvement under the influence of purposeful physical activity.

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4. http://sinncom.ru/content/resurs/index.htm

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10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Semester 6

Topic 6. Expanding the functional capabilities of the body by means of the selected type of physical culture and sports activity

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of flexibility, dexterity.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. Development of flexibility - active, passive. Static and dynamic general preparatory and special preparatory stretching exercises. Methods for the development of flexibility: repeated; conjugated; playful; competitive. The necessary requirements for performing stretching exercises are: a) warm-up; b) setting a specific goal / reaching a certain point; c) performing exercises in series in a certain sequence – upper extremities, torso, lower extremities; d) relaxation exercises are performed between stretching exercises; e) gradual increase in amplitude; f) the combined use of stretching exercises and strength exercises leads to the harmonious development of flexibility.

Means for the development of dexterity: exercises of increased coordination complexity and containing elements of novelty. The complexity increases due to changes in the spatial, temporal, dynamic characteristics of movements, due to external conditions (weight, height of equipment, etc.), combining motor skills (running + jumping, running + catching objects, etc.). The main method of developing dexterity is the mastery of new diverse motor skills and abilities, which leads to an increase in the motor fund and has a positive effect on the functional capabilities of the motor analyzer.

Questions and Tasks

1. Slow running for 1 km (heart rate 120−140 beats per minute).
2. Exercises for the development of passive flexibility.
3. Shuttle running (3 x 10 m; 4 x 10 m).

4. Active games that contribute to the development of dexterity.
5. Relay races with running obstacles.
6. Slow running for 3-5 minutes, breathing exercises, summing up the results of the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of speed.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body

to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. The means of developing speed are exercises performed at the maximum or near-maximum speed. They are divided into three main groups.

1. Exercises aimed at influencing individual components of speed abilities: a) speed of reaction; b) speed of execution of individual movements; c) improvement of the frequency of movements; d) improvement of starting speed; e) speed endurance; f) speed of performance of sequential motor actions as a whole.

2 Exercises of complex (versatile) impact on all the main components of speed abilities.

3 Exercises of conjugate impact: a) on speed and all other abilities; b) on speed abilities and improvement of motor actions.

Questions and Tasks

1. Slow running for 1 km (heart rate 120−140 beats per minute).
2. General development exercises.
3. Running for 30 m (on the move),
4. Running at a distance of 60 m (on the move).
5. Relay race.
6. Breathing exercises, summing up the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" e, 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of technical training. Conversation. Means and methods of technical training in the selected type of physical culture and sports activity

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of strength abilities.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. Classes are aimed at the development of: 1) strength abilities – manifested during relatively slow muscle contractions, in exercises performed with near-limit or maximum weights; 2) speed-strength abilities – the ability of a person to achieve maximum strength in the shortest possible time in the course of performing a motor action; 3) power endurance – the ability to resist fatigue caused by relatively prolonged muscle tensions of significant magnitude.

The main means of strength development are: 1) exercises with external weights (weight of the projectile, resistance of elastic objects, external environment); 2) exercises with weights with the weight of one's own body (pull-ups, bending and straightening of arms in a lying position, squatting on one leg, climbing a rope, etc.); 3) exercises using simulators; 4) exercises using the external environment, elastic objects, etc.

Questions and Tasks

1. Slow running for 1 km (heart rate 120 – 140 beats per minute)
2. General development exercises.
3. Teaching the technique of performing exercises for the chest muscles.
4. Exercises with dumbbells standing and lying down.
5. Exercises on simulators aimed at developing back strength.
6. Breathing exercises, summing up the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4
Performing sets of exercises

General physical training with elements of sports games.

Goal: comprehensive development of motor physical qualities through sports games.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and

tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. General development exercises – OSG – are analytically created exercises that include movements of individual parts of the body or their combinations, and have a comprehensive effect on the body. OSG – simple and easy to perform, they make it possible to selectively affect the necessary muscle groups, and also allow you to strictly dose the load in the lesson.

The game method consists in the fact that during the game the student performs a large number of various motor actions that develop various physical abilities.

Questions and Tasks

1. Slow running for 1 km (heart rate 120 – 140 beats per minute)
2. General development exercises.
3. Outdoor games for the development of speed and strength qualities;
4. Two-sided volleyball game;
4. Slow running for 3-5 minutes, breathing exercises, summing up the results of the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5
Performing sets of exercises

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of strength abilities.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. General development exercises – OSG – are analytically created exercises that include movements of individual parts of the body or their combinations, and have a comprehensive effect on the body. OSG – simple and easy to perform, they make it possible to selectively affect the necessary muscle groups, and also allow you to strictly dose the load in the lesson.

Classes can be aimed at the development of: 1) proper strength abilities – manifested during relatively slow muscle contractions, in exercises performed with near-limit or maximum weights; 2) speed-strength abilities – the ability of a person to achieve maximum strength in the shortest possible time in the course of performing a motor action; 3) power endurance – the ability to resist fatigue caused by relatively prolonged muscle tensions of significant magnitude.

The main means of strength development are: 1) exercises with external weights (weight of the projectile, resistance of elastic objects, external environment); 2) exercises with weights with the weight of one's own body (pull-ups, bending and straightening of arms in a lying position, squatting on one leg, climbing a rope, etc.); 3) exercises using simulators; 4) exercises using the external environment, elastic objects, etc.

Questions and Tasks

1. Slow running 1 km (heart rate 120 – 140 beats per minute)
2. General development exercises.
3. Teaching the technique of performing exercises for the chest muscles.
4. Exercises with dumbbells standing and lying down.
5. Pull-up on a high bar.
6. Breathing exercises, summing up the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6
Performing sets of exercises

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of dexterity.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:
Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.
Rationally combines physical and mental load to ensure performance in professional activities.
Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. The development of agility is carried out by using exercises of increased coordination complexity and containing elements of novelty. The complexity increases due to changes in the spatial, temporal, dynamic characteristics of movements, due to external conditions (weight, height of equipment, etc.), combining motor skills (running + jumping, running + catching

objects, etc.). The main method of agility development is the mastery of new diverse motor skills and abilities, which leads to an increase in the motor fund and has a positive effect on the functional capabilities of the motor analyzer.

Questions and Tasks

1. Slow running for 1 km (heart rate 120−140 beats per minute).
2. General development exercises.
3. Shuttle running (3x10 m, 4x10 m)
4. Active games for the development of dexterity.
5. Relay races with running obstacles.
6. Slow running for 3-5 minutes, breathing exercises, summing up the results of the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7
Performing sets of exercises

General physical training.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of endurance.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. The development of endurance can be aerobic and anaerobic.

The physiological basis of endurance is the aerobic capabilities of the body, which provide a certain share of energy in the process of work and contribute to the rapid restoration of the body's performance after work of any duration and power.

Anaerobic alactate energy sources play a decisive role in maintaining performance in maximum-intensity exercises lasting up to 15-20 seconds.

The main means of endurance education are cyclic physical exercises (long running, cross-country running, games and game exercises, exercises performed according to the method of circuit training, etc.) The main requirements for them are as follows: exercises must be performed in areas of moderate and high power of work; their duration is from several minutes to 60 minutes; the work is carried out with the global functioning of the muscles.

Means (exercises) to increase the anaerobic capabilities of the body:

1) Exercises that mainly contribute to the increase of alactate anaerobic abilities. The duration of work is 10-15 seconds, the intensity is maximum. Exercises are used in the mode of repeated performance, in series.

2) Exercises that allow you to simultaneously improve alactate and lactate anaerobic abilities. The duration of work is 15-30 seconds, the intensity is 90-100% of the maximum.

3) Exercises that help to increase lactate anaerobic capabilities. The duration of work is 30-60 seconds, the intensity is 85-90% of the maximum.

4) Exercises that allow you to simultaneously improve alactate anaerobic and aerobic capabilities. The duration of work is 1-5 minutes, the intensity is 85-90% of the maximum.

The main methods for the development of general endurance are: 1) the method of uniform exercise with a load of moderate and variable intensity; 2) the method of interval exercise; 3) the method of circuit training; 4) the game method; 5) the competitive method.

For the development of special endurance, the following methods are used: 1) methods of alternating exercise; 2) methods of interval exercise; 3) competitive and game methods.

The length of segments used for the development of endurance: anaerobic capacity – 400 – 800 m; anaerobic-aerobic capacity – 1000 – 5000 m.

Questions and Tasks

1. Slow running 0.5 − 1 km (heart rate 120−140 beats per minute).

2. General development exercises.

2. Uniform aerobic running 2000 – 4000 m (heart rate 140 – 160 beats per minute)

3. Special exercises for an athlete.

6. Slow running for 3-5 minutes, breathing exercises, summing up the results of the lesson.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

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2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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3. http://BiblioFond.ru
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Goal: comprehensive development of motor physical qualities, increasing the general level of functional capabilities of the body, development of flexibility.

Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators:

Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities.

Rationally combines physical and mental load to ensure performance in professional activities.

Maintains the proper level of physical fitness to ensure full social and professional activities.

The relevance of the topic of the practical lesson is associated with the disclosure of the health-improving and applied value of the studied special technical and physical exercises as the simplest and affordable means of physical education in ensuring the health, general performance and safety of life of each student. With the study of the main characteristics of the technique of orienteering and

tourism and the physical exercises performed in order to ensure the mandatory formation of special motor and technical skills in students, which subsequently turn into a stable motor and technical skill.

Theoretical part. Development of flexibility - active, passive. Static and dynamic general preparatory and special preparatory stretching exercises. Methods for the development of flexibility: repeated; conjugated; playful; competitive. The necessary requirements for performing stretching exercises are: a) warm-up; b) setting a specific goal / reaching a certain point; c) performing exercises in series in a certain sequence – upper extremities, torso, lower extremities; d) relaxation exercises are performed between stretching exercises; e) gradual increase in amplitude; f) the combined use of stretching exercises and strength exercises leads to the harmonious development of flexibility.

Questions and Tasks

1. Slow running for 1 km (heart rate 120−140 beats per minute).
2. Exercises for the development of passive flexibility.
3. Exercises for the development of active flexibility.
4. Exercises for the development of flexibility in pairs.
5. Outdoor games.
6. Slow running for 3-5 minutes, breathing exercises, summing up the results of the lesson.

Practical control standards

Quests	**Score**									
	Women					**Men**				
	5	4	3	2	1	5	4	3	2	1
100 m run	15,7	16.0	17,0	17,9	18,7	13,2	13,8	14,0	14,3	14,6
2. Pull-up on the bar (number of times)						15	12	9	7	5
3. Raising and lowering the body from a lying position, hands behind the head, legs fixed (number of times)	60	50	40	30	20					
4. Running: 2000m (women), 3000m (men)	10,10	10,50	11,15	11,50	12,15	12,00	12,35	13,10	13,45	14,20
1. Long jump from a standing position (see)	190	180	168	160	150	250	240	230	223	215
2. Squat on one leg, the support is about wall (women), without supports (male) (number of once on one)	12	10	8	6	4	15	12	9	7	5
3. Lifting lowering the torso from a lying position, arms	60	50	40	30	20					

behind the head, legs fixed, number of times										
4. Pull-up on the bar (number of times)						15	12	9	7	5
5. Push-ups from the gymnastic bench (women), from gender (men) (number of times)	15	10	8	6	4	30	25	20	15	10
6. Point-blank power overturn on the bar (number of times)						8	5	3	2	1

Interview Questions
3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of thegeneral recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases**.**
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.

32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty

10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

Software

No special software is required.

Material and technical support of the discipline

- lecture halls;
- game room;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING

on the organization and conduct of independent work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(general physical training)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

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INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical	Maintains the proper level of physical fitness to ensure full

	fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	social and professional activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

- clarification of the goal and the set educational task;
- clear and systematic planning of independent work;
- search for the necessary educational and scientific information;
- mastering one's own information and its logical processing;
- the use of research methods to solve problems;
- development of one's own position on the received task;
- presentation, justification and defense of the received decision;
- conducting self-analysis and self-control.

Types of independent work in the academic discipline:

- work with the conceptual apparatus;
- search work with various sources;
- compilation of an annotated list of literature on the problem;
- preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

- master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;
- plan independent work in accordance with the schedule of independent work proposed by the teacher;
- the student must carry out independent work in the organizational forms provided for by the curriculum and work program;
- to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

				Hours volume, including

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	CPC	Contact work with the teacher	Total
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				144		144

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of

training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of Bachelor and Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1. Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

2. Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport", 2023 [Electronic version]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru
Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019

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SUGGESTIONS FOR TEACHING
for the performance of practical work
in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(special medical group)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

Successful solution of general and special tasks in the field of physical education, such as health promotion, increasing the level of general performance, development of basic physical qualities, that is, such indicators that are most directly related to the level of dynamic health in higher educational institutions, is extremely important. Since only at the university there is a mandatory state program for all students in elective physical education, and it is at the university that the fundamental basis of health for many years to come is created, since after graduation there are no compulsory classes in physical education.

Insufficient, limited motor activity contributes to the occurrence and acute course of such diseases as hypertension, atherosclerosis, myocardial infarction, vegetative-vascular dystonia, obesity, contributes to premature fatigue and overwork of the nervous system. Thus, it can be stated that in young people, as a result of hypodynamia, premature functional weakness of internal organs, dystrophic phenomena of the musculoskeletal system arise and develop, and an age-related mechanism for regulating the functional state of organs and systems is prematurely formed.

The question arises how to compensate for a sedentary lifestyle. Regular physical exercise is a powerful tool in the fight against hypodynamia. They help to restore performance, return a good mood to a person, increase tone, and increase his sociability with the outside world.

Along with hypodynamia, stress has a fairly pronounced negative impact on human health. A high forced pace of professional activity, a constant shortage of time in everyday life is already stress.

In the light of the above, it is of particular importance to determine the role of psychophysiological features of the development of students in the conditions of ontogenesis, social activity and motives in the formation of the desire for systematic physical exercises, as a means of strengthening health, as well as the importance of the motivational and emotional factor in the formation of a healthy lifestyle. Moreover, stable motivations for physical improvement, brought up in youth in every person, turn into a system of generally accepted ideas, norms of behavior that determine the prestige of a high level of health and physical improvement of a person, into an essential criterion for evaluating him as a person as a whole.

The current method of health-improving classes is not effective for everyone, since special medical groups unite people with various diseases, different levels of physical fitness and working capacity.

In this regard, taking into account the motivational attitudes to physical improvement in conjunction with the psycho-emotional characteristics of the student's body, the purpose of health-improving physical education is: the formation of competencies and culture of a person with a civic position, moral qualities, a sense of responsibility, independence in learning the methods and means of physical education, in decision-making, initiative, tolerance.

Such a focus of the educational process helps the student to build and implement promising lines of physical, intellectual, cultural, moral, spiritual and professional self-development and self-improvement. This is subsequently manifested in successful socialization in society, the use of various forms of health-improving physical culture and sports in everyday life to preserve and strengthen their health and the health of their loved ones, family and work collective for a quality life and effective professional activity.

The main tasks aimed at the implementation of health-improving physical education are: the formation of the social significance of physical education among students of special medical groups and its role in the development of personality, preservation and strengthening of health; familiarization with various complexes of health-improving systems; training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical, functional and energy state of the body; training in practical skills of using means of health-improving physical education to strengthen and restore the health of students with poor health; formation of the basis for the independent and methodologically justified use of physical culture and health-improving activities to achieve life and professional goals.

With properly selected physical exercises of a health-improving orientation, a flow of impulses from the working muscles constantly comes to the brain cells, under their influence the main

processes occurring in the nervous system are normalized. At the same time, the most beneficial redistribution of blood for the body is ensured, metabolism and blood circulation of the brain improves, oxygen and nutrients enter the nerve cells in large quantities.

In this regard, we have developed an educational and methodological manual, taking into account the motivational attitudes to physical improvement in conjunction with the psycho-emotional characteristics of the body of SMG students.

The purpose of mastering the discipline is to form the competencies and culture of a person with a civic position, moral qualities, a sense of responsibility, independence in learning the methods and means of physical culture, in decision-making, initiative, tolerance, to build and implement promising lines of physical, intellectual, cultural, moral, spiritual and professional self-development and self-improvement. The ability to successfully socialize in society, the use of various forms of health-improving physical culture and sports in everyday life to preserve and strengthen their health and the health of their loved ones, family and work collective for a quality life, and effective professional activity.

The tasks that specify the purpose of the discipline are:

- formation of the social significance of physical education among students of special medical groups and its role in the development of personality, preservation and strengthening of health;
- Familiarization with various complexes of health systems;
- training in the biological, pedagogical and practical foundations of health-improving physical education and methods for assessing the physical, functional and energy state of the body;
- training in practical skills of using means of health-improving physical education to strengthen and restore the health of students of special medical groups;
- formation of the basis for the independent and methodologically justified use of physical culture and health activities to achieve life and professional goals.

The place of the discipline in the structure of the educational program

The discipline refers to the part formed by the participants of educational relations. Its development takes place in 3-6 semesters.

Planned results of mastering the topic, within the framework of the formed competencies:

- using the knowledge of the basics of physical education, chooses health-saving technologies to maintain the proper level of physical fitness, taking into account the physiological characteristics of the body and the conditions for the implementation of social and professional activities
- planning his working and free time for the optimal combination of physical and mental load, ensures efficiency in professional activities
- observing and promoting the norms of a healthy lifestyle in various life situations and in professional activities, maintains the proper level of physical fitness

SEMESTER 1

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to form ideas about the organizationof the process of physical education in study groups, to conduct safety briefings in the classroom.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. In order to determine the state of health and assign to medical groups, all students admitted to the first year undergo a medical examination, which is carried out by a special commission consisting of medical specialists. Repeated medical examinations are carried out in all subsequent courses of study, as well as after illnesses, injuries, at the direction of teachers and at the request of the students themselves. On the basis of the data of repeated medical examinations, students can be transferred to other medical groups. Exemption of students from physical exercises can only be temporary, due to the presence of an acute disease or injury, exacerbation of a chronic disease. On the basis of the data of the medical examination, in accordance with the state of health, the level of physical development and physical fitness, students are divided into three medical groups: basic, preparatory, special. Transfer from one medical group to another, as already noted, is carried out only after repeated medical examinations, which are carried out during the entire period of study. Students without deviations in health and having a sufficient level of physical fitness are enrolled in the main group.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. Safety briefing in the classroom. To form an idea of determining the intensity of load by heart rate. Drawing up a self-control diary for physical development.

Final part. Exercises for the development of flexibility (7-10 minutes).

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of physical fitness and functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Heart rate (HR) is the most important indicator of the functional activity of the cardiovascular system. It is recommended to count the pulse regularly at the same time of the day at rest. It is best in the morning, lying down after waking up. Pulse observations are carried out before the exercise (3-5 minutes), during and after the exercise. A sharp increase or decrease in the pulse compared to the previous indicators may be a consequence of fatigue or illness. It is also recommended to monitor the correctness of the rhythm and the degree of pulse filling. Normally, in an adult untrained person, the heart rate ranges from 60-89 beats per minute. In the lying position, the pulse is on average 10 beats less than in standing. In women, the pulse is 7-10 beats per minute more often than in men of the same age. In children, the pulse rate is much higher than in adults. So, in newborns - on average 140 beats per minute. in children under one year of age – 120, at the age of 2 years – 110, and 5 years – 100 beats per minute. A one-stage functional test with a squat. The subject rests, standing in the main stance for 3 minutes. At the fourth minute, the pulse is counted, for 15 seconds. With a recalculation for 1 minute. (initial frequency) Then he performs 20 deep squats in 40 Immediately after the squat, the pulse rate is counted again, during the first 15 seconds. With a recalculation for 1 minute. An increase in heart rate after squatting compared to the initial percentage is determined. Evaluation (for men and women). Excellent – 20 and less, good – 21-40. Satisfactory – 41-65, bad – 66-75, very bad – 76 and more.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises for the development of flexibility (7-10 minutes).

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;

- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of physical fitness and functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. To assess the state of the respiratory and cardiovascular systems, the ability of the internal environment of the body to be saturated with oxygen, the Stange and Genchi tests are used. Stange test (breath retention on inhalation). Genchi test (breath retention on exhalation). Drawing up a self-control diary for physical fitness and physical development. Self-control is a regular independent observation of the state of their health, physical development and preparedness, the impact of physical exercises on the body. Based on the results of self-control, it is possible to assess the reaction of one's body to physical activity. It disciplines and teaches to consciously relate to exercises. Self-control is divided into operational, current and staged. Operational control allows you to obtain urgent information, for example, about the body's reaction to the load at the moment. Current control informs about certain changes during one lesson, a cycle of classes, etc. Stage-by-stage control is carried out over a longer period of time and its main task is to determine significant changes in the state of health, physical development, physical fitness, etc. Self-control data are recorded in the diary, they help the trainees themselves to control and regulate the correctness of the selection of means and the method of conducting classes. It is recommended to enter data characterizing the volume and intensity of loads, indicators of the body's reaction to the load, the desire or unwillingness to perform physical exercises. Various sensations, well-being, self-esteem and adjustments for the future are also recorded.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes).

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.

6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form an idea of the health-improving and applied value of walking.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The most popular and affordable means of health training are walking and running. According to various data, 25-50% of people who have started jogging are forced to stop them either completely or for a long time because of pain in the joints of the legs or in various parts of the spine. Recommendations for the prevention of the adverse effects of fast walking (according to experts, it becomes health-improving when it is performed at a pace of 120 steps per minute or more) are usually associated with the selection of soft surfaces and rational shoes. Indeed, both are very important. Walking on soft ground, garden or forest path, covered with a carpet of leaves, is not only safe (from the point of view of overload), but also simply pleasant. Perhaps the feeling of pleasure when walking arises just due to the feeling of optimal support reactions. Put foam insoles of various softness and thickness into shoes, put on thick woolen socks; choose shoes with elastic, flexible soles - this allows you to involve all the numerous joints of the tarsus and metatarsus, activate relatively small muscles of the feet. If the shoes have a stiff sole and especially tight lacing, then when walking, almost only the ankle joint works. This creates conditions for overloading various parts of the foot, complicates blood circulation. In addition to shoes and the quality of the track, walking technique is of great importance. Strive to minimize (it is impossible to completely avoid them) vertical movements of the body when walking. It is they that mainly generate pulsating overloads and microvibrations. Therefore, do not rush to separate the heel of the jerk leg from the support - this should happen after the free leg passes the vertical. Otherwise, the so-called jumping walking is observed, in which the center of mass of the body moves up and down by about 5-6 cm at each step. Late separation of the heel allows you to direct the push-off more forward than upward. Good shock absorption when setting the leg is very important. It should be carried out simultaneously in the ankle, knee and hip joints – otherwise there is a "bump" on your own leg. This is possible only if it is previously slightly bent by 5-7 ° (the worst option is "bumping" on the heel of a straight leg). Shock absorption in the hip joint occurs involuntarily.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: SOFTFitnes, Cyclic (cycling)

Preparatory part. Joint warm-up 7 minutes.

Main part. Recreational walking: duration – 30 minutes, pace of steps per minute – 80, distance length – 1.8 km. Self-determination of the intensity of the load by heart rate (under the supervision of the teacher). Teaching walking technique. GPP for the development of shoulder girdle muscles, jumping rope (5 minutes). Performance of the health complex. Low-intensity work heart rate 110-120 beats per minute for groups A, B, C.

Final part. Exercises for relaxation, flexibility and psychoregulation.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.

4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises.

Goal: to improve skills and abilities by means of the health system, to form ideas about the impact of physical activity on the human body.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Physical exercises affect all muscle groups, joints, ligaments, which become strong, increase the volume of muscles, their elasticity, strength and speed of contraction. Increased muscle activity forces the heart, lungs and other organs and systems of our body to work with additional load, thereby increasing the functional capabilities of a person, his resistance to adverse effects of the external environment. Regular physical exercises primarily affect the musculoskeletal system, muscles. When performing physical exercises, heat is formed in the muscles, to which the body responds with increased sweating. In the response of the human body to physical activity, the first place is occupied by the influence of the cerebral cortex on the regulation of the functions of the main systems: there are changes in the cardiorespiratory system, gas exchange, metabolism, etc. Exercises enhance the functional restructuring of all links of the musculoskeletal system, cardiovascular and other systems, improve the processes of tissue metabolism. If the muscles are inactive, their nutrition deteriorates, their volume and strength decrease, elasticity and firmness decrease, they become weak and flabby. Limitation in movement (hypodynamia), passive lifestyle lead to various prepathological and pathological changes in the human body. Physical activity has a versatile effect on the human body, increases its resistance to adverse environmental influences.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: SOFTFitnes, Cyclic (cycling).

Preparatory part. GPP. Strength and speed-strength exercises of a versatile orientation, development of lagging physical qualities – 15-20 min.

Main part. Health-improving walking: duration – 45 minutes, pace of steps per minute – 80, distance length – 2.5 km. Low-intensity work with a heart rate of 110-120 beats per minute for groups A, B, C.

Final part. Exercises to restore breathing, relaxation and flexibility. Summing up the results of educational activities.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.

11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

List of references recommended for use on this topic

Reference citations:

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2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education

"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health system, to form ideas about the means of physical education for students of special medical groups.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional

activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The means of physical education are natural factors of nature, hygienic conditions and physical exercises. Systematic and planned use of natural factors of nature (air and sun baths, water procedures) contribute to strengthening health, increasing the protective functions of the body. Hygienic conditions that contribute to the promotion of health and the development of adaptive properties of the body include: compliance with the regime of work and rest, diet, observance of the rules of personal and public hygiene. The main means of physical education are physical exercises that allow the formation of vital skills and abilities that contribute to the improvement of the physical condition and adaptive properties of the body, the restoration of its previously lost functions. In the practice of physical education, there are a number of classifications of physical exercises, compiled on the basis of various characteristics. According to their structural features: cyclic and acyclic. A grouping of exercises is used according to their specific purpose in the process of performing motor actions. For persons with deviations in health, they are divided into general developing (general strengthening) and special. General strengthening exercises are aimed at improving and strengthening the whole body. Special exercises have a selective effect on one or another part of the musculoskeletal system. The same exercises, depending on the physical condition, diagnosis of the disease and the method of their application, can contribute to the solution of different problems. For a person with a spinal disease (scoliosis, osteochondrosis, etc.), these physical exercises constitute a group of special exercises, as they contribute to the solution of particular problems: increasing the mobility of the spine, strengthening the muscles surrounding it, correcting the spine, etc.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: SOFTFitnes, Cyclic (cycling).

Preparatory part. OSG 10-12 minutes.

Main part. Improvement of the technique of health-improving walking: duration – 45 minutes, pace of steps per minute – 80, distance length – 2.5 km. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Exercises for breathing, flexibility, psychoregulation – 15-20 min.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

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Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing a set of exercises.

Goal: improvement of skills and abilities by means of the health system, formation of a scientific understanding of ways to regulate physical activity in the classroom.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design

of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Load is the magnitude of the impact of physical exercises on the body and the degree of objective and subjective difficulties overcome. The load is characterized by: 1. The amount of work performed. 2. The magnitude of the impact on the body. 3. The degree of overcoming difficulties. 4. The information intensity of the work. 5. Mental tension. 6. The coordination complexity of the physical exercises performed. The load has an external and internal side. There is a direct connection between them (one increases, the other increases). The invisible inner side is the body's reactions to the work performed, i.e. internal changes (shifts) in the functioning of organs and systems of the body. Here, along with the indicators of the immediate effect of the load, manifested directly during work and immediately after its end (heart rate, pressure, rapid tests), you can use data on the nature and duration of the recovery period. The external side of the load is the main one, it includes the total volume and intensity of the load. Volume is the amount of mechanical work, i.e. the long-term, total impact of loads - the number of repetitions of exercises, the time of execution, the number of combinations, jumps. Intensity is the concentration of load in time or the amount of training or competitive work per unit of time (speed, speed, pace, complexity), intensity of impact, motor density, power of work. There are two directions in increasing the intensity of load: the first is due to an increase in muscle and mental efforts, the second is due to the condensation of a training session, a day (more exercises). Volume is a factor of long-term impact. Intensity is a factor of close impact - synchronous. Almost the total load is estimated by external parameters depending on the characteristics of the exercises: cyclic by mileage, exercises with weights by the number of sets, total weight, in gymnastics - the number of exercises, ligaments. Intensity is the motor density of the exercise, the entire time of the exercise divided by the time of the exercise. Relative intensity is the time of the exercise divided by the volume of exercises (speed, pace, power). Classification of loads: 1) by the nature of loads there are training and competitive, specific and non-specific; 2) by magnitude – large (limit), significant (near-limit), medium, small. 3) by direction – of a general nature and selective nature, contributing to the development of individual physical qualities. 4) by coordination complexity: performed in standard, stereotyped (unchanging) conditions and performed in a changing environment in variable conditions. 5) by the magnitude of impacts: developing (large and significant), supporting (stabilizing – medium) and restorative (small); 6) by power zones: 1) low power (heart rate – 130-140 beats per minute); 2) moderate power (heart rate – 140-160 beats per minute); 3) high power (heart rate – 160-180 beats per minute); 4) submaximal power (heart rate – 180-190 beats per minute); 5) maximum power (heart rate – 190 and more).

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: SOFTFitnes, Cyclic (cycling).

P

Preparation part. OSG 10 minutes.

Main part. Improvement of the technique of health-improving walking: duration – 45 minutes, pace of steps per minute – 80, distance length – 2.5 km. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Breathing and psychoregulation exercises.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.

7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.

7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.

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10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the Implementation of Practical Work in the Discipline "Elective Disciplines (Modules) in Physical Culture and Sport" for Students, 2023 [Electronic version].]

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing a set of exercises.

Goal: to improve skills and abilities by means of the health system, to form ideas about the basics of building classes with SMG students.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of

the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The structure of the lesson for persons with health disorders corresponds to the generally accepted structure of physical education classes and includes three parts: preparatory, main and final, with a slight increase in the duration of the preparatory and final parts of the lesson. The preparatory part includes heart rate counting, a survey about well-being, analysis of self-control diaries, breathing and general development exercises. In the main part, a section of one of the types of the program is mastered, including outdoor games, slow walking, breathing exercises. Rest is mandatory after performing a cycle of physical exercises and games, preferably sitting. After performing exercises with heavy physical load, pulse counting is necessary. At the end of the main part, general development exercises are carried out at a calm slow pace with pauses for rest. The final part of the lesson has as its main task the restoration of the functional state of the student's body. Here it is recommended to use exercises for muscle groups, which were least involved in the process of the lesson. Exercises should be performed at a calm pace with low intensity (slow walking, relaxation and breathing exercises). The pulse rate is determined. A self-control diary is filled out, the results of the lesson are summed up, and homework is given.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: SOFTFitnes, Cyclic (cycling).

Preparatory part. Walking for 5-7 minutes. ORU. – 10 minutes.

Main part. Health-improving walking: duration – 50 minutes, pace of steps per minute – 80, distance length – 2.5 km. Work of medium intensity heart rate 130-140 beats / min. for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.
11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing a set of exercises.

Goal: improvement of skills and abilities by means of the health-improving system, formation of ideas about the basics of building health-improving classes.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. When conducting organized and independent physical exercises, it is necessary to adhere to the following methodological recommendations: 1. It is necessary to individualize the load, strictly observe the dosage and constantly carry out medical and pedagogical control and self-control over the effect of exercises on the body of the trainees. 2. Exercises associated with straining, prolonged static tension, causing prolonged breath retention, requiring the manifestation of speed qualities should be used with caution. 3. Particular attention should be paid to breathing, relaxation and corrective exercises. Depending on the diagnosis of the disease, there are various indications and contraindications for the performance of certain types of physical exercises. For students with deviations from the cardiovascular system (inactive phase of rheumatism, functional changes, etc.), exercises associated with breath retention and straining, with a sharp acceleration of pace, with static tension are contraindicated. Students with respiratory diseases (chronic bronchitis, pneumonia, bronchial asthma, etc.) are contraindicated for exercises that cause breath retention, straining. Particular attention is paid to breathing exercises, which should contribute to the training of full breathing and, especially, deep exhalation. For students with kidney diseases, physical load is significantly reduced, jumping is excluded, hypothermia of the body is not allowed. Particular attention is paid to strengthening the muscles of the anterior abdominal wall. For students with disorders of the nervous system, exercises that cause overstrain of the nervous system are limited, for example, exercises in balance, on increased support, time for games, etc. In chronic diseases of the gastrointestinal tract, gallbladder, liver, the load on the abdominal muscles is reduced, jumping is limited. In case of posture disorders and scoliosis, versatile general physical training and the use of corrective exercises are necessary. Each physical exercise should be performed freely, without holding your breath. In cases where breath retention is unavoidable, it is necessary to perform 2-3 breathing exercises to restore impaired breathing. Breathing exercises should be given special attention, due to the fact that circulatory disorders are usually accompanied by respiratory disorders, and respiratory dysfunction often causes circulatory disorders. In classes, it is necessary to use breathing exercises in order to develop deep breathing, increase exhalation, as well as exercises to coordinate the breathing act with the movement of the limbs and trunk (dynamic breathing exercises).

Questions and Tasks

Preparatory part. Walking for 5-7 minutes. ORU. – 10 minutes.

Main part. Health-improving walking: duration – 50 minutes, pace of steps per minute – 80, distance length – 2.5 km. Implementation of the health complex. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control:

1. Health-improving and applied value of walking.
2. The effect of physical activity on the human body.
3. Physical education means for SMG.
4. Ways to regulate physical load in classes.
5. The basics of building classes with SMG students.
6. Features of physical exercises in the recovery period after the disease.
7. Methods of organization and hygienic foundations of independent physical exercises.
8. Hardening and its importance for the body of people with health disorders.
9. The use of functional tests to monitor the state of the body during physical exercises.
10. Motor activity and its impact on the functional work of the body.

11. The influence of physical education and sports on the mental performance and academic performance of students.
12. The nature of motor activity and the formation of motor skills.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education

"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

–health-improving methods and systems. – [Electronic resource].

SEMESTER 2

Practical Lesson 1

Introductory lesson. Safety briefing.

Purpose: to conduct safety briefings in the classroom, to form ideas about the strength, means and methods of its education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Strength is the ability of a person to overcome external resistance or resist it due to muscular efforts (tensions). Strength abilities are a complex of various manifestations of a person in a certain motor activity, which are based on the concept of "strength". Means of training strength abilities. Depending on the nature of resistance, they are divided into basic and additional. The main ones include: with external resistance; exercises with overcoming the weight of one's own body; isometric exercises; exercises with the use of training devices of a general type; jerk-braking exercises. Exercises with external resistance include: exercises with weights (barbells, dumbbells, medicine balls, kettlebells), including exercises on simulators that are convenient for their versatility and selectivity, exercises with a partner; exercises with resistance of elastic objects (rubber shock absorbers, harnesses, various expanders, block devices, etc.); Exercises with external resistance are one of the effective means of developing strength. Methods for developing strength abilities: maximum effort; repeated unlimiting effort; static (isometric) effort; statodynamic; isokinetic effort; dynamic effort; dynamic effort; "Shock"; Circuit training; Game.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, flexibility exercises.

Main part. Safety briefing in the classroom. Implementation of the health complex.

Final part. Breathing exercises, self-massage.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning a set of health-improving exercises.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about endurance, means and methods of its education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Endurance **is** the ability to resist physical fatigue in the process of muscular activity. The means of developing general (aerobic) endurance are exercises that cause maximum

performance of the cardiovascular and respiratory systems. Muscular work is provided mainly by an aerobic source; the intensity of work can be moderate, large, variable; the total duration of exercises is from several to tens of minutes. In the practice of physical education, a wide variety of physical exercises of cyclic and acyclic nature are used, for example, long running, cross-country running, skiing, skating, cycling, swimming, games and game exercises, exercises performed according to the method of circuit training (including 7-8 or more exercises performed at an average pace in a circle), etc. 2) the method of repeated interval exercise; 3) the method of circuit training; 4) the game method; 5) the competitive method.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, flexibility exercises.

Main part. Implementation of a health complex. Low-intensity work. Heart rate 120-130 beats per minute for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning a set of health-improving exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about dexterity, means and methods of its education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Agility is the ability of a person to quickly master new movements or to quickly restructure motor activity in accordance with the requirements of a suddenly changed situation. Agility education is associated with an increase in the ability to perform complex movements, quickly switch from one motor act to another, and with the development of the ability to act most expediently in accordance with suddenly changed conditions or tasks (i.e. the ability to quickly, accurately and economically solve a complex motor task). The following exercises are considered to be the most effective means of agility education: gymnastic, acrobatic, athletics, sports and games, martial arts, alpine skiing. Gymnastic and acrobatic exercises develop analyzer systems, increase vestibular stability, and improve the coordination capabilities of students.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, flexibility exercises.

Main part. Implementation of a health complex. Low-intensity work. Heart rate 120-130 beats per minute for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.

8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: improvement of skills and abilities by means of the health-improving system, formation of ideas about speed, means and methods of its education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The means of developing speed are exercises performed at the maximum or near-maximum speed, that is, speed exercises. They can be divided into three main groups: 1. Exercises aimed at influencing individual components of speed abilities: a) speed of reaction, b) speed of individual movements, c) improvement of the frequency of movements, d) speed of performing integral actions, e) improvement of starting speed. 2. Exercises of complex (versatile) impact on all the main components of speed abilities (for example, sports and outdoor games, relay races, martial arts, etc.). 3. Exercises of conjugate impact: a) speed and strength abilities (speed-strength exercises), b) speed and coordination abilities (speed-coordination exercises, c) speed abilities and endurance (speed endurance exercises). The main method in the development of motor reaction is the method of repeated exercise performance. It consists in reacting to a sudden (predetermined) stimulus with the intention of reducing the reaction time.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, flexibility exercises.

Main part. Implementation of a health complex. Low-intensity work. Heart rate 120-130 beats per minute for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: improvement of skills and abilities by means of the health improvement system, the formation of ideas about flexibility, means and methods of its education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design

of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Flexibility is the ability to perform movements with a large amplitude. They are also called stretching exercises. The main limitations of the range of movements are antagonist muscles. Stretching exercises are used to stretch the connective tissue of these muscles, to make the muscles pliable and elastic (like a rubber band) – the task of stretching exercises. Stretching exercises are distinguished, passive and static. Active movements with full amplitude (swings of arms and legs, jerks, bends and rotational movements of the body) can be performed without objects and with objects (gymnastic sticks, hoops, balls, etc.). Passive flexibility exercises include: movements performed with the help of a partner; movements performed with weights; movements performed with the help of a rubber expander or shock absorber; passive movements using one's own strength (pulling the torso to the legs, bending the hand with the other hand, etc.); movements performed on apparatus (using one's own body weight as a weight). Static exercises performed with the help of a partner, one's own body weight or strength require maintaining a stationary position with the maximum amplitude for a certain time (6-9 seconds). As a development and improvement of flexibility, game and competitive methods are used.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, flexibility exercises.

Main part. Implementation of a health complex. Low-intensity work. Heart rate 120-130 beats per minute for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
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7. Fromthe means and methods of physical education of persons with deviations in health.
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List of references recommended for use on this topic

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"

6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about fatigue and its main signs.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Fatigue is the exhaustion of the human body on the physical, psychological and emotional level. Whereas fatigue is a prolonged feeling of exhaustion, i.e. fatigue. The state of fatigue is a constant feeling for many modern people, due to our rhythm of life and constant being in a stressful state. Fatigue is a physiological characteristic of the human body, which is a temporary decrease in the body's ability to fully operate. The main external symptom of fatigue is a deterioration in the quality of work and a decrease in its pace. A sign of fatigue and overwork is a deterioration in memory and a decrease in performance at the physical level. A person becomes apathetic and wants

to be left alone. Distraction appears. Such a person sometimes needs to make some effort to concentrate. All these factors can cause an increase in blood pressure.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, stretching exercises.

Main part. Implementation of a health complex. Work of medium intensity. For groups A, B (HEART RATE 130-140 beats / min), C (heart rate 120-130 beats / min),

Final part. Relaxation exercises, analysis of students' educational activities.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c

5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation

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6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about fatigue and means of recovery.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Overfatigue is a pathological condition that develops in a person as a result of chronic physical or psychological overstrain, the clinical picture of which is determined by functional disorders in the central nervous system. Against its background, the body's ability to resist external influences decreases, which leads to an increase in the risk of injury or illness. Overfatigue does not pass without a trace for the nervous system. Overfatigue can also affect the appetite: a tired person has a reduced or completely lost desire to eat. Consequently, the body receives less energy – a vicious circle is obtained. With chronic fatigue, you can also observe intestinal disorders. Overwork can also work, on the contrary, by hyperactivity of the body. The general condition of the body is improved by dry-air and steam baths, general manual and apparatus massage, aeronization, baths.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Bjdy Balance.

Preparatory part. OSG, stretching exercises.

Main part. Implementation of the health complex. Work of medium and high intensity. For groups A, B, C (HR 140-160 beats / min).

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.

6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

List of references recommended for use on this topic

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1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: to identify and correct the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of

the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, the design of health, the harmonious development of physical capabilities, as well as the procedural and activity component of the physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Diagnostics of the functional state of the body of students.

Preparatory part. Joint warm-up – 10 minutes.

Main part. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Questions for control:

1. Determination of endurance, means and methods of its education.
2. Definition of dexterity, means and methods of its education.
3. Determination of speed, means and methods of its education.
4. Determination of flexibility, means and methods of its education.
5. Definition of fatigue, overwork and their main signs.
6. Pedagogical and medical control in the process of recreational physical education.
7. Fromthe means and methods of physical education of persons with deviations in health.
8. Health-improving and recreational physical education.
9. Types of organization of physical education.
10. Forms of physical education classes.

Interview Questions
1st year

1. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
2. To form an idea of the role and function of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
3. To form an idea of the role and function of the musculoskeletal system and methods of influencing them with physical exercises.
4. To form an idea of the role and function of the muscular system and methods of influencing them by physical exercises.
5. To form an idea of the role and function of the skin, diaphragm, digestive system and endocrine glands and methods of influencing them with physical exercises.
6. To form an idea of the role and function of the central nervous system and methods of influencing it by physical exercises.
7. To form an idea of the reflex nature of motor activity and the formation of motor skills.
8. To form an idea of fatigue during physical work, the physiology of fatigue and recovery processes.

9. To form an idea of the orientation of human behavior to ensure one's health and the criteria for the effectiveness of the use of a healthy lifestyle.
10. To form an idea of the levels (types) of health.
11. To form an idea of the social aspect of health and a healthy lifestyle.
12. To form an idea of separate nutrition.
13. To form an idea of vegetarianism and raw food.
14. To form an idea of tempering as a means of restoring health.
15. To form an idea of massage and its types.
16. To form an idea of self-massage.
17. To form an idea of the theory of cleansing and restoration of the body.
18. To form an idea of vitamins as a means of restoring the body.
19. To form an idea of the effect of tobacco substances on the human body.
20. To form an idea of the effect of alcohol on the human body.
21. To form an idea of the effect of narcotic substances on the human body.
22. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
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Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;

- outdoor sports ground;

- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

SEMESTER 3

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: organization of the process of physical education in study groups, conducting safety briefings in the classroom.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. In order to determine the state of health and distribution into medical groups, all students admitted to the first year undergo a medical examination, which is carried out by a special commission consisting of medical specialists. Repeated medical examinations are carried out in all subsequent courses of study, as well as after illnesses, injuries, at the direction of teachers and at the request of the students themselves. On the basis of the data of repeated medical examinations, students can be transferred to other medical groups. Exemption of students from physical exercises can only be temporary, due to the presence of an acute disease or injury, exacerbation of a chronic disease. In case of long-term exemption, students must be present at physical education classes, mastering the methodological section of the program. Based on the data of the medical examination, in accordance with the state of health, the level of physical development and physical fitness, students are divided into three medical groups: basic, preparatory, special.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes).

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.

12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education

"North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of the functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Preparatory part. Joint warm-up.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.
12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of the functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Preparatory part. Joint warm-up.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
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12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
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List of references recommended for use on this topic

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of exercises of a health-improving orientation.

Goal: to form an idea of the health-improving and applied importance of walking.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional

activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The first rule of Nordic walking is that each session begins with a warm-up. Before you start walking, you should do a warm-up. Warm-up of all muscle groups and the use of walking poles. Learning Nordic walking and the correct rhythm of breathing. After getting acquainted with the technique of Nordic walking and having done a warm-up, you can begin the first walk. Before you start walking, you should definitely check the condition of the bindings and adjust the length of the straps that hold the poles in your hands. As for the methods of breathing during Nordic walking, there are no clear rules and restrictions. You can talk to your companions, which, of course, will disrupt the rhythm. However, the most important thing is that you enjoy the classes. But Nordic walking is quite an energy-intensive sport, so very soon you will have to start breathing through your mouth. This is quite acceptable. Nordic walking instructors advise, if possible, to adhere to the rhythm of breathing with a ratio of inhalation and exhalation of 1:2, that is, inhale after two steps, and exhale after four more steps.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Body Balance, Cyclic (cycling).

Preparatory part. General development exercises with sticks.

Main part. Learning the CX technique – 20 min. Pace 80-85 steps per minute. Familiarization with the health complex. Low-intensity work HR 110-120 beats / min. For groups A, B, C.

Final part. Recovery and flexibility exercises.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
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10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.
12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-

on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of exercises of a health-improving orientation.

Goal: to improve skills and abilities by means of Nordic walking, to form ideas about the types of control during physical exercises.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Preliminary control is carried out at the beginning of the academic year (semester). It is designed to determine the level of health and physical development, physical and technical preparedness of students, readiness for upcoming classes (to master new educational material, to fulfill the regulatory requirements of the curriculum, etc.). Operational control is designed to determine the urgent training effect within one training session in order to expediently alternate load and rest. Control over the operational state of students (for example, readiness to perform the next exercise, the next attempt in running, jumping, etc.) is carried out by such indicators as breathing, performance, well-being, heart rate, etc. Current control is carried out to determine the reaction of the student's body to the load after the lesson. With its help, the time of recovery of the student's working capacity after different (in magnitude, direction) physical loads is determined. The data of current control serve as the basis for planning the content of the next classes and the amount of physical activity in them. Stage-by-stage control is used to obtain information about the cumulative (total) training effect obtained during one semester. The final control is carried out at the end of the semester to determine the success of the annual plan and schedule of the educational process, the degree of solving the tasks, identifying the positive and negative aspects of the process of physical education and its components. The data of the final control (the state of health of students, the success of their fulfillment of credit requirements and educational standards, the level of sports results, etc.) are the basis for the subsequent planning of the educational process.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Body Balance, Cyclic (cycling).

Preparatory part. General development exercises with sticks.

Main part. Learning the CX technique – 22 min. Pace 80-85 steps per minute, distance length – up to 2.5 km. Exercise for the development of arm muscles. Familiarization with the health complex. Low-intensity work HR 110-120 beats per minute for groups A, B, C.

Final part. Exercises for the development of flexibility.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.
12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to improve skills and abilities by means of Nordic walking, to form ideas about self-control of those engaged in physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Self-control is mandatory when organizing independent individual exercises. It contributes to the prevention of complications due to physical overload and an objective assessment of their impact on the body. Self-control should be systematic and long-lasting. Objective (heart rate – bpm, blood pressure, VC, body weight, etc.) and subjective indicators (well-being, sleep, appetite, working capacity, etc.) are recorded. The data of medical examinations are also entered into the self-control diary. In combination with the indicators of self-observation, they will allow you to assess the

impact of training loads on the body and the dynamics of the functional state of the trainees. Lack of positive dynamics or deterioration of indicators indicate a discrepancy between the load performed and the functional state of the body. Self-control diary (approximate scheme). Self-control indicators: well-being, content of the session, desire to train, performance, pain, pulse: in the morning, before training after training; body weight, sleep, appetite, regime violations, trials and tests.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Body Balance, Cyclic (cycling).

Preparatory part. General development exercises with sticks.

Main part. Teaching the technique of hand work during CX – 25 min. Tempo 80-85 steps per minute. Familiarization with the health complex. Work of medium intensity heart rate 120-130 beats / min. For groups A, B, C.

Final part. Exercises for psychoregulation.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
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13. Physical education in neuroses.
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List of references recommended for use on this topic

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List of additional literature:

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: to improve skills and abilities by means of Nordic walking, to form ideas about the development of physical qualities in various deviations in health.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Physical qualities are understood as certain sets of biological and mental properties of a person, expressing his physical readiness for active motor activity. In the domestic literature, a classification is adopted that distinguishes five physical qualities (strength, speed, endurance, flexibility, dexterity). The development of physical qualities in various deviations in the state of health has its own specifics depending on the disease. It is possible to single out some general requirements for the method of their development. Special development of physical qualities should be carried out only after increasing the functional state of the body and the general level of physical fitness. It is advisable to develop motor qualities in the following sequence: development of endurance, strength, speed, agility. Strength is the ability to overcome external resistance or counteract it due to muscular efforts. The main task for students with health disorders is the all-round development of strength and ensuring its manifestation in various types of activity. With deviations in the activity of the central nervous system, sometimes there is also general muscle weakness, muscle hypotonia (reduced tone). This is due to damage to the brain structures that provide motor acts, and hypotonia is due to damage to the structures that provide general activity. Speed is the ability to perform motor actions in a minimum period of time. With the weakening of the body, speed strength and endurance suffer, which require a combination of several qualities and are manifested, for example, in short-distance running. These qualities lag behind in development in deviations in the state of the cardiovascular system, since their formation occurs under the influence of physical

exercises performed with maximum intensity. With the development of speed qualities, the risk of injury increases, especially with deviations in the state of the musculoskeletal system and the cardiovascular system. Therefore, it is important to prepare the musculoskeletal system with leading (warming) exercises before classes aimed at developing speed qualities. Flexibility is the ability to perform movements with a large amplitude. Students with health disorders often have a reduced muscle tone and an increased level of flexibility, excessive mobility in the joints. One of the disadvantages of the development of this quality is the lack of accuracy of movements, poor balance.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Body Balance, Cyclic (cycling).

Preparatory part. General development exercises with sticks.

Main part. Consolidation of the CX technique – 30 min. Pace 80 steps per minute, distance – 2.5 km. Performance of the health complex. Exercise for the development of flexibility and muscles of the shoulder girdle. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Exercises for flexibility and recovery.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.
12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:

3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing sets of exercises.

Goal: to improve skills and abilities by means of Nordic walking, to form ideas about the role of physical education in biliary dyskinesia.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Biliary dyskinesia is a functional disorder of the tone and motility of the gallbladder and biliary tracts. A distinction is made between hypertonic – hyperkinetic form, characterized by a hypertensive state of the gallbladder and sphincters, and hypotonic-hypokinetic, which is characterized by a hypotonic state of the gallbladder and sphincter. Means and methods of physical education provide for influencing the mechanisms of regulation of gallbladder functions, creating conditions for the outflow of bile, improving the function of the entire digestive system and general strengthening of the body.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Body Balance, Cyclic (cycling).

Preparatory part. General development exercises with sticks

Main part. Consolidation of the CX technique – 35 min. Pace 80-85 steps per minute, distance length 2.5 km. Exercise for the development of flexibility, back and abdominal muscles. Performance of a health complex. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Exercises for flexibility and recovery.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
10. Physical education for scoliosis, posture disorders, flat feet.
11. Physical education for osteochondrosis of the spine.
12. Physical education for the consequences of craniocerebral injury.
13. Physical education in neuroses.
14. Physical education for gastritis.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing sets of exercises.

Purpose: to assess the knowledge, skills and abilities acquired by the student as a result of mastering the topics of classes during the semester.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycle), Body Balance

Preparatory part: General development exercises for lagging muscle groups.

Main part. Handing over self-control diaries.

Final part. Summing up.

Questions for control.

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of the development of physical qualities in various deviations in health.
4. Physical education for intestinal dyskinesia.
5. Physical education for gastric ulcer.
6. Physical education for hypertensive and hypotensive diseases.
7. Physical education for acquired heart defects.
8. Physical education for bronchial asthma, bronchitis and bronchiectasis.
9. Physical education in pneumania.
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru
5.http://BiblioFond.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

SEMESTER 4

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: to improve skills and abilities by means of the health system, to form ideas about physical culture in diseases of the urinary system.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Kidney disorders have an adverse effect on the whole body: the functions of the cardiovascular and other systems change, renal edema develops due to increased capillary

permeability, changes in osmotic pressure in the blood and water retention in the body. Renal edema appears in places rich in loose subcutaneous tissue (on the face, eyelids, abdomen, back, etc.). Disruption of the cardiovascular system is expressed in increased blood pressure, the development of renal hypertension and myocardial hypertrophy. Renal hypertension is manifested by a persistent increase in blood pressure, especially diastolic, due to the formation of a pressor substance in the body - hypertensin. Nephritis is an inflammatory kidney disease with predominant damage to the renal glomeruli. Nephrosis is a disease characterized by degenerative lesions mainly of the renal tubules; water-salt, protein and lipid metabolism is disturbed. Pyelitis is an inflammation of the renal pelvis of an infectious nature. Renal stone disease develops when metabolic processes in the body are disturbed (mainly mineral) as a result of infection, trauma and is characterized by the formation of kidney stones. Exercises for all muscle groups are used for exercises for the muscles of the abdomen, back, pelvic floor, which improve blood circulation in the kidneys; they should be performed with a small dosage (2-4 times) so as not to significantly increase intra-abdominal pressure.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. OSG, flexibility exercises.

Main part. A set of exercises mainly for the muscles of the back, lower abdominal press, inner thigh. Medium intensity load. Stretching. Low-intensity work. Heart rate 120-130 beats / min. for groups A, B, C

Final part. Exercises for psychoregulation.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU

4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of a health-improving orientation.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about physical culture in obesity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Obesity is a group of diseases and pathological conditions characterized by excessive deposition of fat in subcutaneous adipose tissue and other tissues and organs, due to metabolic disorders, and accompanied by changes in the functional state of various organs and systems. In obesity, physical exercises should be combined with a rational diet, limited consumption

of fats and carbohydrates, the amount of proteins in food remains normal or slightly higher, which prevents the loss of tissue protein, increases energy expenditure due to the assimilation of proteins, creates a feeling of satiety. When choosing physical exercises, determining the speed and intensity of their performance, it should be taken into account that endurance exercises (long-term moderate loads) contribute to the consumption of a large amount of carbohydrates, the exit of neutral fats from the depot, their breakdown and transformation. Means and methods of physical education are used in all available forms, their selection should correspond to the age and individual characteristics of students, providing increased energy expenditure. It is advisable to use physical activity of medium intensity, which contributes to increased consumption of carbohydrates and activation of energy supply due to the breakdown of fats. Physical exercises are carried out in the form of macrocycles, which are divided into two periods: introductory or preparatory, and main. In the introductory (preparatory) period, the main task is to overcome the reduced adaptation to physical activity, to restore motor skills and physical performance that usually lag behind age standards, to achieve the desire to actively and systematically engage in physical exercises. For this purpose, the following forms of physical activity are used: UGG, organized and independent exercises, dosed walking in combination with breathing exercises, walks, jogging, active and elements of sports games, training on simulators, self-massage.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Cardio warm-up, flexibility exercises.

Main part. A set of exercises of a mixed type for the development of the muscles of the anterior surface of the thigh in a standing position (slow squats from various starting positions); the lower back, buttocks and back of the thigh in the position of resting on the knees and lying on the stomach. Low-intensity work. Heart rate 120-130 beats / min. for groups A, B, C.

Final part. Breathing exercises.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of a health-improving orientation.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about physical culture in metabolic syndrome.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component

of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. During sports, the body burns fat reserves. In addition, metabolism is accelerated, so even at rest, the body continues to process fats into energy. Thanks to training, the brain produces happiness hormones – endorphins. These substances not only improve mood, but also help control appetite, reduce cravings for carbohydrates. Therefore, when there is a feeling of hunger, healthy protein foods help to overcome it. Good mood and well-being, increased insulin sensitivity and a slim figure and slowing down the aging process, increasing performance are bonuses from regular sports. A few rules that will help you cope with obesity more effectively. Exercise for pleasure. Choose the sport that is right for you. If the classes bring joy, then you will not stop training. Train regularly. Set aside time for physical activity every day. You should understand that your health depends on discipline in this matter. Training 6 days a week for 60 minutes is considered optimal. Choose the right sport. For people over 50 years old with circulatory disorders and heart disease, hiking or Nordic walking with ski poles is suitable.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Dance exercises to music, flexibility exercises.

Main part. Learning a set of exercises for the calf muscles; for the inner surface of the thigh in the position of lying on the back and on the side; for the muscles of the arms and chest (bending and extending the arms in the position of resting on the hips, knees, lying on the side, lying on the back); for the formation and strengthening of the correct posture. Low-intensity work. Heart rate 120-130 beats / min. for groups A, B, C.

Final part. Development of physical qualities: strength, endurance and flexibility Exercises for psychoregulation**.**

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health system, to form ideas about physical education in gout.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength

spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Gout is one of the most common disorders of protein metabolism. It is a general disease of the body, characterized by the deposition of uric acid salts in tendons, mucous bursa, cartilage, mainly in the joints. Gout is caused by excessive eating of meat products, especially smoked meats, regular alcohol consumption, deterioration of the excretory ability of the kidneys in combination with a sedentary lifestyle, as well as a hereditary predisposition. Gradually the joints are deformed, their mobility is disturbed, the pain is somewhat reduced, but becomes persistent. In case of gout, a combination of physical exercises with a rational diet, including a limited consumption of animal proteins, is mandatory. Passive movements in the affected joints, dynamic exercises for unaffected joints, combining tension and relaxation of muscle groups, breathing exercises are also used.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Heart rate measurement. Posture exercises 8-10 repetitions. Exercises for the muscles of the neck, arms, lateral muscles of the trunk - 10-20 seconds.

Main part. Learning the complex: exercises for the abdominal muscles (3) – holding for 30 seconds, for the back muscles (4) – holding for 30 seconds, Exercises for stretching the abdominal and back muscles. Exercises for the leg muscles – squats from a wide stance, with the knees brought together and spread (8 times each). Exercises for the pelvic muscles and buttocks (2) (15-20 repetitions or holding for 10-15 seconds). Low-intensity work. Heart rate 120-130 beats / min. for groups A, B, C.

Final part. Development of lagging qualities: stretching exercises (sitting legs apart, legs together, various bends, twisting the torso from a lying position, etc.), heart rate measurement.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about physical culture in myopia.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Physical exercises are indicated for all persons who have progressive, acquired and not complicated retinal detachment, myopia of any degree. In students suffering from myopia and having at the same time various disorders of the musculoskeletal system (scoliosis, flat feet, etc.), the use of physical exercises is mandatory. The earlier physical exercises are used for myopia, and the lower the degree of myopia, the higher the effectiveness of the method. In case of congenital myopia, the use of physical education means brings less effect. In case of glaucoma, physical exercises are carried out according to the same method as in hypertension. The criterion for assessing the effectiveness of physical exercises in myopia is a change in the parameters of the eye function: the acuity of corrected and uncorrected vision, the performance of the ciliary muscle determined on the ergograph, and the reserves of accommodation. Improvement of these parameters has a positive effect. Physical exercises in myopia are recommended taking into account the reduced functions of the body systems (neuromuscular, connective tissue, respiratory, cardiovascular, muscular systems of the eye). b) activation of the functions of the respiratory and cardiovascular systems; c) strengthening of the muscular-ligamentous apparatus; d) improvement of blood supply to the tissues of the eye; e) strengthening of the muscular system of the eye, primarily the ciliary muscle; f) strengthening of the sclera.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Heart rate measurement. Posture exercises 10 repetitions. Exercises for the muscles of the neck, arms, lateral muscles of the trunk - 20-30 seconds.

Main part. Exercises for the abdominal muscles (3) – holding for 45 seconds, for the back muscles (4) – holding for 45 seconds, Exercises for stretching the abdominal and back muscles. Exercises for the leg muscles – squats from a wide stance, with knees brought together and spread (10 times each). Exercises for the pelvic muscles and buttocks (2) (20 repetitions or holding 20 seconds). Low-intensity work. For groups A, B (HEART RATE 130-140 beats / min.), C (heart rate 120-130 beats / min.).

Final part. Stretching exercises (sitting legs apart, legs together, various bends, twisting the torso from a lying position, etc.), heart rate measurement.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about physical education in coronary heart disease.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving

physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Coronary heart disease (CHD) is a term used by specialists to unite a group of acute and chronic cardiovascular diseases, which are based, respectively, on acute or chronic circulatory disorders in the coronary arteries that supply blood to the heart muscle (myocardium). Ischemic heart disease is a chronic disease caused by insufficient blood supply to the myocardium, in the overwhelming majority of cases is a consequence of atherosclerosis of the coronary arteries of the heart. Physical exercises as a means of treatment and rehabilitation are indicated for all diseases of the cardiovascular system. Contraindications are only temporary. Therapeutic exercise is contraindicated in the acute stage of the disease (myocarditis, endocarditis, angina pectoris and myocardial infarction during frequent and intense attacks of pain in the heart area, pronounced heart rhythm disorders), with increasing heart failure, with the addition of severe complications from other organs.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Heart rate measurement. Posture exercises 12 repetitions. Exercises for neck muscles (6 repetitions), arms, lateral muscles of the trunk - 50-60 sec.

Main part. Exercises for the abdominal muscles (3) – holding for 60 seconds, for the back muscles (4) – holding for 60 seconds, Exercises for stretching the abdominal and back muscles. Exercises for the leg muscles – squats from a wide stance, with the knees brought together and spread (12 times each). Exercises for the pelvic muscles and buttocks (2) (25 repetitions or holding 25 seconds). Work of medium intensity. For groups A, B (HR 130-140 beats / min.), B (heart rate 120-130 beats / min.).

Final part. Stretching exercises (sitting legs apart, legs together, various bends, twisting the torso from a lying position, etc.), heart rate measurement.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: improvement of skills and abilities by means of the health system, formation of ideas about physical education in coronary heart disease.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving

physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Coronary heart disease (CHD) is a term used by specialists to unite a group of acute and chronic cardiovascular diseases, which are based, respectively, on acute or chronic circulatory disorders in the coronary arteries that supply blood to the heart muscle (myocardium). Ischemic heart disease is a chronic disease caused by insufficient blood supply to the myocardium, in the overwhelming majority of cases is a consequence of atherosclerosis of the coronary arteries of the heart. Physical exercises as a means of treatment and rehabilitation are indicated for all diseases of the cardiovascular system. Contraindications are only temporary. Therapeutic exercise is contraindicated in the acute stage of the disease (myocarditis, endocarditis, angina pectoris and myocardial infarction during frequent and intense attacks of pain in the heart area, pronounced heart rhythm disorders), with increasing heart failure, with the addition of severe complications from other organs.

Questions and Tasks

Health-improving systems of physical education (optional): Total Body, POWER MIX, Cyclic (cycling), Body Balance.

Preparatory part. Heart rate measurement. Posture exercises 12 repetitions. Exercises for neck muscles (6 repetitions), arms, lateral muscles of the trunk - 50-60 sec.

Main part. Exercises for the abdominal muscles (3) – holding for 60 seconds, for the back muscles (4) – holding for 60 seconds, Exercises for stretching the abdominal and back muscles. Exercises for the leg muscles – squats from a wide stance, with the knees brought together and spread (12 times each). Exercises for the pelvic muscles and buttocks (2) (25 repetitions or holding 25 seconds). Work of medium intensity. For groups A, B (HR 130-140 beats / min.), B (heart rate 120-130 beats / min.).

Final part. Stretching exercises (sitting legs apart, legs together, various bends, twisting the torso from a lying position, etc.), heart rate measurement.

Questions for control.

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving

physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and Tasks

Diagnostics of the functional state of the body of students.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Questions for control

1. Physical education for diseases of the urinary system.
2. Physical education in obesity and metabolic syndrome.
3. Physical education for gout and diabetes mellitus.
4. Physical education in myopia.
5. Physical education for coronary heart disease, chronic heart failure
6. Physical education for osteochondrosis of the spine with lumbosacral radiculitis syndrome, osteochondrosis of the spine with cervico-ore radiculitis syndrome.
7. Hypodynamia and hypokinesia and their effect on the body.
8. Morphological and basic physiological functions of the body.
9. To form an idea of the metabolism of matter and energy as the basis of the life of the body of students.
10. The role and functions of the cardiovascular and respiratory systems and methods of influencing them by physical exercises.
11. The role and functions of the musculoskeletal system, the muscular system and methods of influencing them by physical exercises.
12. The role and functions of the skin, diaphragm, digestive system and endocrine glands.
13. The role and functions of the central nervous system and methods of influencing it by physical exercises.
14. To form an idea of fatigue and recovery processes.

Interview Questions

2 Course

1. To form an idea of the health-improving and applied value of walking.
2. To form an idea of the types of control during physical exercises.
3. To form an idea of self-control of those engaged in physical activity.
4. To form an idea of the development of physical qualities in various deviations in health.
5. To form an idea of the role of physical education in biliary dyskinesia.
6. To form an idea of the role of physical education in intestinal dyskinesia.
7. To form an idea of physical education in gastric ulcer.
8. To form an idea of the role of physical education in hypertension.
9. To form an idea of the role of physical education in hypotension.
10. To form an idea of the role of physical education in neurocirculatory dystonia.
11. To form an idea of the role of physical education in acquired heart defects.
12. To form an idea of physical education with varicose veins.
13. To form an idea of physical culture in bronchial asthma.
14. To form an idea of physical education in bronchitis and bronchiectasis.
15. To form an idea of physical culture in pneumonia.
16. To form an idea of physical education in posture disorders.
17. To form an idea of physical education in scoliosis.
18. To form an idea of physical education in flat feet.
19. To form an idea of physical education in joint diseases.

20. To form an idea of physical culture in osteochondrosis of the spine.
21. To form an idea of physical education in the consequences of craniocerebral injury.
22. To form an idea of physical culture in neuroses.
23. To form an idea of physical culture in gastritis.
24. To form an idea of physical education in diseases of the urinary system.
25. To form an idea of physical culture in obesity.
26. To form an idea of physical education in metabolic syndrome.
27. To form an idea of physical education in gout and diabetes mellitus.
28. To form an idea of physical culture in myopia.
29. To form an idea of physical education in coronary heart disease.
30. To form an idea of physical education in chronic heart failure.
31. To form an idea of physical culture in pleurisy.
32. To form an idea of physical culture in osteochondrosis of the spine with lumbosacral radiculitis syndrome.
33. To form an idea of physical culture in osteochondrosis of the spine with cervico-ore radiculitis syndrome.
34. To form an idea of physical education in congenital clubfoot.
35. To form an idea of hypodynamia and hypokinesia and their impact on the body.
36. To form an idea of the morphological and basic physiological functions of the body.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.

6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

SEMESTER 5

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: organization of the process of physical education in study groups, conducting safety briefings in the classroom.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes).

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of overwork and means of recovery.
10. To form an idea of medical and pedagogical control.
11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
13. To form ideas about callanetics, fitball, slide aerobics, step aerobics, cycling aerobics, Pilates, shaping, water aerobics, Les Mills, Soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Diagnostics of the functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving

physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of overwork and means of recovery.
10. To form an idea of medical and pedagogical control.
11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
13. To form ideas about callanetics, fitball, slide aerobics, step aerobics, cycling aerobics, Pilates, shaping, water aerobics, Les Mills, Soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
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6. http://www.teoriya.ru/ru Theory and practice of physical education:

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

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9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru

10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Diagnostics of the functional state of the body of students.

Objective: to identify and adjust the functional state of the body of students of a special medical group for physical activity.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and tasks.

Preparatory part. Joint warm-up – 10 minutes.

Main part. To form an idea of determining the intensity of load by heart rate. Performing diagnostic tests. Drawing up a self-control diary for physical development.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities.

Questions for control

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of overwork and means of recovery.
10. To form an idea of medical and pedagogical control.
11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
13. To form ideas about callanetics, fitball, slide aerobics, step aerobics, cycling aerobics, Pilates, shaping, water aerobics, Les Mills, Soft fitness.

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

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Specialized Educational Portal "Innovations in Education" Educational Internet Resources

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3. http://BiblioFond.ru
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Learning sets of health-improving exercises.

Goal: to improve skills and abilities by means of health-improving walking, to form ideas about the history of Nordic walking.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Nordic walking is a relatively new, increasingly popular type of recreational physical education, which was patented by the Finn Marc Kantan in 1997 under the name "original Nordic walking". This type of race walking appeared in Finland (which is why it is also called "Finnish walking") several decades ago, more precisely in the 40s of the twentieth century. With the light hand of athletes, Nordic walking began to spread in the countries of Scandinavia, and then in North-Western Europe, gaining particular popularity in Germany, where even special tracks for this sport were created. He developed and published the first manual on the original Nordic walking, while significantly modifying the structure of poles. Thanks to his inventions, the popularity of Nordic walking took a new turn - the original type of physical culture became widespread in many countries of the world and now millions of people are engaged in it around the world.

Questions and Tasks

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. Joint warm-up 7 minutes.

Main part. Health-improving walking: duration – 30 minutes, pace of steps per minute – 80, distance length – 1.8 km. Repetition of the health complex. GPP for the development of lagging physical qualities. Low-intensity work Heart rate 110-120 beats per minute for groups A, B, C.

Final part. Exercises for relaxation, flexibility and psychoregulation.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
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11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
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List of references recommended for use on this topic

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
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Specialized Educational Portal "Innovations in Education" Educational Internet Resources
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Learning sets of health-improving exercises.

Goal: to improve skills and abilities by means of health-improving walking, to form ideas about Nordic walking and its basic principles.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. What is Nordic walking? Basic principles. It is a form of physical activity in which natural walking is "enhanced" by the addition and active use of specially designed poles. Physical activity is distributed in a balanced way across the muscle groups of the whole body. CX is based on the following fundamental principles: safe, biomechanical correct movements; correct body

posture and correct posture; natural smooth movements involving the muscles of the upper and lower body; symmetrical and holistic training of the whole body; activation of large and small muscle groups; continuous alternation of muscle activation/tension and relaxation; selection of exercises according to the individual needs/capabilities of the person; wide coverage of the audience – accessibility of classes for everyone (conditionally), regardless of age, gender or physical condition. Just as bodybuilding is based on three main pillars – nutrition, training, recovery, so the CX is supported by 3 pillars: the correct walking technique, the correct position of the body, the correct use of poles.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. GPP. Strength and speed-strength exercises of a versatile orientation, development of lagging physical qualities – 15-20 min.

Main part. Health-improving walking: duration – 45 minutes, pace of steps per minute – 85, distance length – 2.5 km. Low-intensity work with a heart rate of 110-120 beats / min. for groups A, B, C.

Final part. 1. Exercises to restore breathing, relaxation and flexibility. 2 Summing up the results of educational activities.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of overwork and means of recovery.
10. To form an idea of medical and pedagogical control.
11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
13. To form ideas about callanetics, fitball, slide aerobics, step aerobics, cycling aerobics, Pilates, shaping, water aerobics, Les Mills, Soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to improve skills and abilities by means of health-improving walking, to form generalrecommendations for drinking regime and clothing during SH classes.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. It is better to wear several layers of light clothing than heavy and thick ones. In this way, not only heat is better preserved, but also freedom of movement. General requirements for clothing and footwear for Nordic walking. The experience of many Nordic walking enthusiasts shows that the best shoes for walking with poles are ordinary, well-fitting sneakers. In wet weather, you can wear a waterproof jacket. A comfortable tracksuit may be ideal. Drinking requirements. Drinking regime during Nordic walking is very important, as two problems can arise: dehydration or overhydration of the body. In addition, dehydration leads to an increase in the concentration of salts in the blood and tissues, which can lead to the deposition of salts in the joints, kidneys, gallbladder, etc. Signs of dehydration are: nausea after exercise; dark yellow urine or no urine; dry, clammy mouth; dry eyes.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. OSG – 10-12 min.

Main part. Health-improving walking: duration – 45 minutes, pace of steps per minute – 85, distance length – 2.5 km. GPP 15-20 min. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Breathing, relaxation and flexibility exercises.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
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3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: improvement of skills and abilities by means of health-improving walking, correction of the main technical errors in SH.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The main technical mistakes in the CX. Remember how to watch when walking, and record these moments, especially during the first passes. Bending the arms at the elbow. All movements of the upper arm in the "Scandinavian" come from the shoulder and with a straight arm (including pushing); cutting the amplitude. The arm should move like a pendulum and make a full swing; carrying the poles. The stick is not carried in the fist and stuck into the surface, but follows the hand; strong grip of the stick in the fist. Hold the stick between the thumb and index finger, slightly clenching it in the fist; bring the poles together/throw the poles. The poles should go straight and be parallel to each other; imitation of pushing. Transfer the weight of the body to your hands and actively push off with them, as in skiing; "skiing" gait. Movements in the Scandinavian are like in ordinary walking without any slipping.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. OSG 10-12 minutes.

Main part. Improvement of walking technique: duration – 45 minutes, pace of steps per minute – 85, distance length – 2.5 km. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Exercises for breathing, flexibility, psychoregulation – 15-20 min.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
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List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Performing sets of exercises.

Goal: to improve skills and abilities by means of health-improving walking, to form an idea of the importance of warm-up in SH classes.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The first rule of Nordic walking is that each session begins with a warm-up. Before you start walking, you should do a warm-up. They involve the participation of all muscle groups and the use of walking poles. It should be noted that the basic set can and should be supplemented over time with your own exercises, since the needs for warm-up are individual for everyone. But Nordic walking is quite an energy-intensive sport, so very soon you will have to start breathing through your mouth. This is quite acceptable. Nordic walking instructors advise, if possible, to adhere to the rhythm of breathing with a ratio of inhalation and exhalation of 1:2, that is, inhale after two steps, and exhale after four more steps.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. OSG 10 minutes.

Main part. Improvement of walking technique: duration – 45 minutes, pace of steps per minute – 85, distance length – 2.5 km. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Breathing and psychoregulation exercises.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
5. To form an idea of the importance of warm-up in SH classes.
6. To form an idea of contraindications during SH classes.
7. To form an idea of the advantages of CX.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of overwork and means of recovery.
10. To form an idea of medical and pedagogical control.
11. To form an idea of the health-improving direction of fitness exercises for the human body.
12. To form an idea of the main methodological recommendations for fitness.
13. To form ideas about callanetics, fitball, slide aerobics, step aerobics, cycling aerobics, Pilates, shaping, water aerobics, Les Mills, Soft fitness.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 2020. - 152 p. - APPROVED BY the Educational and Methodological Council of the University. - ISBN 978-5-88814-921-8
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

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5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

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Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 9

Performing sets of exercises.

Goal: to improve skills and abilities by means of health-improving walking, to form an idea of contraindications in SH classes.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving

physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Nordic walking, contraindications. It must be said that in terms of the benefits of CX, marketers have done a great job, and now you will practically not find information on contraindications and harmful effects of Nordic walking, but there are such as overweight (exceeding the norm of more than 15 kg) and dystrophy (lack of body weight); blood pressure problems, including darkening of the eyes, dizziness; hypertensive crisis; angina pectoris; thinning of the bones (osteoporosis); joint problems, for example, arthrosis (including undergoing joint replacement surgeries); diabetes; Age 70+. As you can see, there are quite a lot of contraindications, which are often hushed up in order to attract as much as possible to the "Scandinavian". However, it should be understood that everything is poison and everything is medicine, and therefore you need to know your body (your health problems) and select an adequate level of dosage for it.

Questions and tasks.

Nordic walking. Recreational walking. Health complexes: Soft fitness, Cyclic (cycling).

Preparatory part. Walking for 5-7 minutes. ORU. – 10 minutes.

Main part. Health-improving walking: duration – 50 minutes, pace of steps per minute – 85, distance length – 2.5 km. Work of medium intensity heart rate 120-130 beats / min. for groups A, B, C.

Final part. Exercises for breathing, psychoregulation, flexibility.

Questions for control.

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during SH classes.
4. Main technical errors in CX.
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No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

SEMESTER 6

Practical Lesson 1

Introductory lesson. Safety briefing in the classroom.

Goal: improvement of skills and abilities by means of the health-improving system, formation of ideas about recreation as a type of health-improving physical culture.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Physical recreation (recreation – rest, entertainment) is the use of any types of motor activity (physical exercises, games, physical labor, etc.) for the purpose of physical development and health promotion. Its peculiarity is complete subordination to the interests, tastes, inclinations of a given person or a group of people. In this regard, there is complete freedom to choose the type and nature of activities, their frequency and duration, time of day, content, means, methods and forms of organization.

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with aerobic elements – 8 minutes. Heart rate measurement after exertion. Posture exercises 6 repetitions. Exercises for the neck muscles stay in this position for 10-20 seconds, then rest for 10 seconds. And so on in the other direction, a total of 8 repetitions.

Main part. Familiarization with new exercises of the complex. Performance of the health complex: posture exercises, stretching the muscles of the neck, arms, trunk, abdomen, back, legs. Low-intensity work for groups A (heart rate 110-120 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises (sitting legs apart, legs together, various bends, twisting the torso from a lying position, etc.), heart rate measurement.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

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3. Physical Culture and Sport: A Textbook for Students of Bachelor's and Specialist's Degree in All UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 2

Learning sets of exercises of a health-improving orientation.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about the history of the development of health-improving physical culture.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. The history of the use of physical exercises for therapeutic and preventive purposes dates back several millennia. The earliest sources that speak of the therapeutic effect of movements and massage were found in China: these were manuscripts dating back to 3000-2000 B.C. They indicated that in ancient China there were medical and gymnastic schools where therapeutic gymnastics and massage were taught, as well as the method of their use in the treatment of patients. Passive movements, resistance exercises, breathing exercises were used for diseases of the respiratory system, circulatory system, surgical diseases (dislocations, fractures, curvatures of the spine). Since 1800 B.C., physical exercises began to be used in India. The sacred books of the Veda show the importance of passive and active movements, breathing exercises and massage in the treatment of various diseases. The use of physical exercises for therapeutic purposes was widespread in Ancient Greece. One of the founders of modern medicine, the ancient Greek physician and philosopher Hippocrates (459-377 BC) argued in his works that a moderate lifestyle, reasonable gymnastics, fresh air, walks, which he called "food for life", are necessary to prolong life. Some believe that the creator of medical gymnastics was the doctor Geradicus (484-425 BC), who used dosed walks, running, gymnastics, and massage to treat patients. Whole generations of doctors, philosophers and thinkers

of Ancient Greece emphasized the importance of physical exercises for prolonging life and treating diseases. A number of Russian scientists (V.K. Dobrovolsky, V.N. Moshkov and others) divide the period of formation and development of physical therapy in our country into several stages. The second stage (1931-1941) was a relatively rapid transition from empiricism to the scientific substantiation of the use of exercise therapy; the publication of serious methodological guidelines (V.V. Gorinevsky, I.M. Sarkizov-Serazini, V.K. Dobrovolsky, E.F. Dreving, etc.). The third stage of the development of exercise therapy (1941-1945) was its widespread use in the treatment and rehabilitation of the wounded and sick during the Great Patriotic War. Scientific research on the effects of physical exercises began to be carried out with the help of the most modern methods and express diagnostics. In all hospitals and polyclinics of the country, exercise therapy rooms or departments began to work, which were not only engaged in the treatment of patients, but the best of them became the bases for the scientific and practical work of the departments of medical universities and institutes for advanced training of doctors.

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with aerobic elements – 8 minutes. Heart rate measurement after exertion. Posture exercises 6 repetitions. Exercises for the neck muscles stay in this position for 10-20 seconds, then rest for 10 seconds. And so on in the other direction, a total of 8 repetitions.

Main part. Performance of the health-improving complex: exercises for the muscles of the trunk - holding for 10-20 seconds, for the muscles of the legs and back - holding for 20-30 seconds. 3-4 repetitions, Exercises for stretching the back muscles in each direction 6-8 times. Exercises for stretching and coordination, holding for 20-30 seconds, repeat 6-8 times. Exercises for the muscles of the back and arms 6 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.), holding from 10 to 30 seconds. Repeat 6-8 times. Low-intensity work for groups A (heart rate 110-120 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
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5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 3

Learning sets of exercises of a health-improving orientation.

Goal: improvement of skills and abilities by means of the health-improving system, formation of ideas about biorhythms and performance.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength

spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Biorhythms are more or less regular changes in the nature and intensity of biological processes. The ability to make such changes in vital activity is inherited and is found in almost all living organisms. They can be observed in individual cells, tissues and organs, in whole organisms and in populations. Biorhythms are divided into physiological and ecological. Physiological rhythms, as a rule, have periods from fractions of a second to several minutes. These are, for example, rhythms of pressure, heart beats and blood pressure. There is data on the influence, for example, of the Earth's magnetic field on the period and amplitude of a human encephalogram. The period (frequency) of physiological rhythm can vary within a wide range depending on the degree of functional load (from 60 beats per minute of the heart at rest to 180-200 beats per minute during work). Rhythms of life are determined by physiological processes in the body, natural and social factors: the change of seasons, days, the state of solar activity and cosmic radiation, the rotation of the Moon around the Earth (and the location and influence of planets on each other), the change of sleep and wakefulness, work processes and rest, motor activity and passive rest. The term "physical performance" means the potential ability of a person to perform the maximum of mechanical work. In ordinary conditions of life and professional activity, a person uses only a small part of his physical performance. At a higher level, it is manifested in sports, in the struggle for life in dangerous conditions. The level of physical performance is very individual and depends on many factors: gender, age, state of health, physical activity, sports specialization, etc.

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with aerobic elements – 8 minutes. Heart rate measurement after exertion. Posture exercises 6 repetitions. Exercises for the neck muscles stay in this position for 10-20 seconds, then rest for 10 seconds. And so on in the other direction, a total of 8 repetitions.

Main part. Performance of the health-improving complex: Exercises for the muscles of the trunk – holding for 10-20 seconds, for the muscles of the legs and back – holding for 20-30 seconds. 3-4 repetitions, Exercises for stretching the back muscles in each direction 6-8 times. Exercises for stretching and coordination, holding for 20-30 seconds, repeat 6-8 times. Exercises for the muscles of the back and arms 6 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.) holding from 10 to 30 seconds. Repeat 6-8 times. Low-intensity work for groups A (heart rate 110-120 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.

12. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

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2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

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2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 4

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about the main forms of health-improving physical education.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. According to the degree of influence on the body, all types of health-improving physical education (depending on the structure of movements) can be divided into two large groups: exercises of cyclic and acyclic nature. Cyclic exercises are motor acts in which the same complete motor cycle is constantly repeated for a long time. They include walking, running, skiing, cycling, swimming, rowing. In acyclic exercises, the structure of movements does not have a stereotypical cycle and changes in the course of their performance. Acyclic exercises have a predominant effect on the functions of the musculoskeletal system, as a result of which muscle strength, speed of reaction, flexibility and mobility in the joints, and lability of the neuromuscular system increase. Types with the predominant use of acyclic exercises include hygienic and industrial gymnastics, classes in health and general physical training groups, rhythmic and athletic gymnastics, gymnastics according to the "hatha yoga" system.

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with aerobic elements – 8 minutes. Heart rate measurement after exertion. Posture exercises 8 repetitions. Exercises for the neck muscles, stay in this position for 20 seconds, then rest for 5 seconds. And so on in the other direction, a total of 8 repetitions.

Main part. Performance of the health complex: exercises for stretching the muscles of the arms, holding for 20 seconds. 3-4 repetitions. Exercises for the muscles of the trunk – holding for 20 seconds, for the muscles of the legs and back – holding for 30 seconds. 6 repetitions, Exercises for stretching the back muscles in each direction 10 times. Exercises for stretching and coordination, holding for 30 seconds, repeat 8 times. Exercises for the back muscles – 6 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.) holding from 20 to 30 seconds. Repeat 10 times. Work of medium intensity for groups A (heart rate 130-140 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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List of additional literature:

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7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

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

1. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 5

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about the construction of health-improving training.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Health-improving training has certain differences from sports training. If sports training provides for the use of physical loads in order to achieve maximum results in the chosen sport, then health-improving training is aimed at increasing or maintaining the level of physical capacity and health. However, in order to achieve a pronounced health-improving effect, physical exercises should be accompanied by a significant expenditure of energy and give a long-term uniform load to the respiratory and circulatory systems that ensure the delivery of oxygen to tissues, i.e. have a pronounced aerobic orientation. The effectiveness of health-improving physical exercises is determined by the frequency and duration of classes, the intensity and nature of the means used, the mode of work and rest. In order for physical education classes with a health-improving orientation to have only a positive effect on a person, it is necessary to follow a number of methodological rules: gradual increase in the intensity and duration of loads; a variety of means used; systematic training. In health-improving training to increase physical performance at a young age, preference should be given to exercises that improve various types of endurance (general, special).

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with aerobic elements – 8 minutes. Heart rate measurement after exertion. Posture exercises 8 repetitions. Exercises for the neck muscles, stay in this position for 20 seconds, then rest for 5 seconds. And so on in the other direction, a total of 8 repetitions.

Main part. Performance of the health complex: exercises for stretching the muscles of the arms, holding for 20 seconds. 3-4 repetitions. Exercises for the muscles of the trunk – holding for 20 seconds, for the muscles of the legs and back – holding for 30 seconds. 6 repetitions, Exercises for stretching the back muscles in each direction 10 times. Exercises for stretching and coordination, holding for 30 seconds, repeat 8 times. Exercises for the back muscles – 6 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.) holding from 20 to 30 seconds. Repeat 10 times. Work of medium intensity for groups A (heart rate 130-140 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
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10. To form an idea of the theory of cleansing and restoration of the body.

11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

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List of educational and methodological support for students' independent work in the discipline

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2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm

Specialized Educational Portal "Innovations in Education" Educational Internet Resources

5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
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List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
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8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 6

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health-improving system, to form ideas about the means of a special health-improving orientation.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of

the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. Most often, the preventive and health-improving effect of physical training is associated with the use of exercises of moderate (aerobic) intensity. In this regard, recommendations for the use of cyclic exercises (running, cycling, rowing, skiing, etc.) for health-improving purposes have become widespread. Cyclic exercises involve the largest muscle groups (1/5-1/2 and more of the muscle mass), which require a significant amount of oxygen and therefore develop mainly the cardiovascular and respiratory systems. Walking is the most accessible type of physical exercise. It can be recommended to people of all ages, who have different fitness and health status. Walking is especially useful for people leading an inactive lifestyle. When walking, muscles, cardiovascular and respiratory systems are trained. Walking can relieve tension, calm the nervous system. The health-improving effect of walking is to increase the contractility of the myocardium, increase the diastolic volume of the heart and venous return of blood to the heart. Health-improving running has a comprehensive effect on all functions of the body, on respiratory and cardiac activity, on the musculoskeletal system and psyche. Swimming. The health-improving value of swimming is that it is one of the most effective means of hardening a person, increasing the body's resistance to temperature fluctuations and colds. Cycling strengthens the cardiovascular and respiratory systems. When cycling, it is necessary to ride at least 3 times a week, non-stop for at least 30 minutes, with a heart rate of 60% of the maximum. Jumping rope strengthens the cardiovascular and respiratory systems, they contribute to the development of strength and endurance of the leg muscles. In order to achieve an aerobic training effect, it is necessary to jump at least 15 minutes per workout, at least 3 times a week. If the goal is to get rid of excess weight, then it is necessary to jump non-stop for 30 minutes

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with elements of aerobics – 8 minutes. Heart rate measurement after exertion. Posture exercises 8 repetitions. Exercises for the neck muscles, stay in this position for 25 seconds, then rest for 5 seconds. And so on in the other direction, 8 repetitions in total.

Main part. Performance of the health complex: exercises for stretching the muscles of the arms, slow squatting against the wall 6 repetitions. Exercises for the muscles of the trunk – holding for 25 seconds, for the muscles of the legs and back – holding for 25 seconds. 8 repetitions, Exercises for stretching the back muscles in each direction 10 times. Exercises for stretching and coordination holding for 25 seconds, repeat 10 times. Exercises for the back muscles – 8 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.) holding up to 30 seconds. Repeat 10 times. Work of medium intensity for groups A (heart rate 130-140 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.

3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
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7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
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9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

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1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 7

Performing sets of exercises.

Goal: to improve skills and abilities by means of the health system, to form ideas about physical activity and exercises performed by students with various diseases**.**

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;

- rationally combines physical and mental load to ensure performance in professional activities;

- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Theoretical part. For students with diseases of the cardiovascular system, a group method of training is indicated, preferably on the street, in the park. The lesson is built so that cyclic movements prevail. Relaxation exercises are indicated. Exercises with breath retention, straining are excluded. For students with respiratory diseases, classes should also be conducted by a group method in the fresh air, but if classes are held indoors, then the hall is well ventilated. For students with functional posture disorders, daily classes are necessary. Exercises with dumbbells in the initial standing position, jumping and bouncing with dumbbells are excluded. The lesson includes outdoor games (or elements of sports games), breathing and general development exercises, walking, walking in a squat. For students with diseases of the digestive system, gastritis and stomach ulcer are the most common. The lesson includes walking, running (their combination), breathing and general development exercises, outdoor games (or elements of sports games). Includes general development exercises, in a lying position, sitting, with the performance of breathing exercises. For students with diseases of the endocrine system (The most common diseases of the endocrine glands and metabolism include diabetes mellitus, obesity). Muscle activity has a regulatory effect on metabolic processes. The therapeutic effect of physical exercises in metabolic disorders is due to their powerful trophic influence. Systematic training contributes to the normalization (restoration) of motor reflexes that have a regulatory effect on metabolism and the endocrine gland. Of the numerous joint diseases, the most common are inflammatory diseases (arthritis) and degenerative diseases (arthrosis). This also applies to our students. Under the influence of physical exercises, the activity of the cardiovascular, respiratory systems, neuromuscular apparatus is activated, metabolism normalizes, mobility in the joint improves, muscle strength increases, pain disappears. Exercises should not be accompanied by pain. For students with diseases of the visual system, namely myopia (myopia) Currently, myopia among students is 30-40%. In girls, this indicator is higher, due to less motor activity. Depending on the degree of myopia, exercises for lifting weights (barbells, kettlebells, etc.) are not indicated, jumping exercises in this case walking, slow running are indicated.

Questions and Tasks

Health-improving systems of physical education (optional) Total Body, POWER MIX, Cyclic (cycle), Body balance.

Preparatory part. Heart rate measurement. Walking on the spot, with elements of aerobics – 8 minutes. Heart rate measurement after exertion. Posture exercises 8 repetitions. Exercises for the neck muscles, stay in this position for 25 seconds, then rest for 5 seconds. And so on in the other direction, 8 repetitions in total.

Main part. Performance of the health complex: exercises for stretching the muscles of the arms, slow squatting against the wall 6 repetitions. Exercises for the muscles of the trunk – holding for 25 seconds, for the muscles of the legs and back – holding for 25 seconds. 8 repetitions, Exercises for stretching the back muscles in each direction 10 times. Exercises for stretching and coordination holding for 25 seconds, repeat 10 times. Exercises for the back muscles – 8 times, stretching exercises (from the position of lying on the back, on the stomach, twisting the torso, etc.) holding up to 30 seconds. Repeat 10 times. Work of medium intensity for groups A (heart rate 130-140 beats / min), B, C (HEART RATE 120-130 beats / min).

Final part. Stretching exercises. Heart rate measurement. Summing up the lesson.

Questions for control.

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.
10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5

2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.

3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.

4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
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3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
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6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System

7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

Practical Lesson 8

Control lesson, performance of control tests.

Objective: to assess the knowledge, skills and abilities acquired by students as a result of mastering the topics of classes during the academic year.

Planned results of mastering the topic within the framework of the formed competencies:

- demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities;
- rationally combines physical and mental load to ensure performance in professional activities;
- maintains the proper level of physical fitness to ensure full-fledged social and professional activities.

The relevance of the topic of the practical lesson is associated with the use of health-improving systems of physical exercises for the versatile development of physical abilities, health design, harmonious development of physical capabilities, as well as the process-activity component of physical culture of the individual. The study of the means and methods of health-improving physical education is aimed at improving the health of students of the SMG, restoring the strength spent in the process of studying, increasing the body's resistance to the effects of adverse environmental factors.

Questions and Tasks

Preparatory part. General development exercises.

Main part. Submission of a self-control diary for physical development. Performing exercises for lagging physical qualities.

Final part. Exercises to restore breathing and develop flexibility (7-10 minutes). Summing up the results of students' educational activities for the academic year.

Questions for control

1. To form an idea of recreation as a type of health-improving physical culture.
2. History of the development of health-improving physical culture.
3. Biorhythms and performance.
4. To form an idea of the main forms of health-improving physical education.
5. To form an idea of the construction of health-improving training and means of a special health-improving orientation.
6. Psychic self-regulation.
7. To form an idea of the basics of nutrition.
8. Hardening as a means of restoring health.
9. To form an idea of self-massage, massage and its types.

10. To form an idea of the theory of cleansing and restoration of the body.
11. To form an idea of the influence of tobacco substances, alcohol and narcotic substances on the human body.
12. To form an idea of the basics of first aid.

Interview Questions
3rd year

1. To form an idea of the history of Nordic walking.
2. To form an idea of Nordic walking and its basic principles.
3. To form an idea of the general recommendations for drinking and clothing during Nordic walking.
4. The main technical errors in Nordic walking.
5. To form an idea of the importance of warm-up in Nordic walking.
6. To form an idea of the contraindications for Nordic walking.
7. To form an idea of the advantages of Nordic walking.
8. To form an idea of endurance and capabilities of the body.
9. To form an idea of the effect of Body balance on the body.
10. To form an idea of overwork and means of recovery.
11. To form an idea of medical and pedagogical control in Body balance classes.
12. To form an idea of the health-improving direction of fitness exercises for the human body.
13. To form an idea of the main methodological recommendations for fitness.
14. To form an idea of callanetics as a means of health-improving physical culture.
15. To form an idea of fitball as a means of health-improving physical culture.
16. To form an idea of slide aerobics as a means of health-improving physical education.
17. To form an idea of step aerobics as a means of health-improving physical culture.
18. To form an idea of cycling aerobics as a means of health-improving physical culture.
19. To form an idea of Pilates as a means of health-improving physical culture.
20. To form an idea of shaping as a means of health-improving physical culture.
21. To form an idea of water aerobics as a means of health-improving physical culture.
22. To form an idea of Les Mills, the history of creation, types of programs and the impact of this direction on the body.
23. To form an idea of soft fitness, its use in classes with people with health disorders.
24. To form an idea of recreation as a type of health-improving physical culture.
25. To form an idea of the history of the development of health-improving physical culture.
26. To form an idea of biorhythms and performance.
27. To form an idea of the main forms of health-improving physical education.
28. To form an idea of the construction of a health-improving training.
29. To form an idea of the means of a special health-improving orientation.
30. To form an idea of physical activity and exercises performed by students with various diseases.
31. To form an idea of the exercise as an important means of restoring working capacity and increasing the productivity of SMG students.
32. To form an idea of mental self-regulation.
33. To form an idea of mental self-regulation.
34. To form an idea of autogenic training.
35. To form an idea of the basics of traditional nutrition.
36. To form an idea of a balanced diet.

List of references recommended for use on this topic
Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
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4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:

8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

Information reference system GARANT.RU // Available at: http://www.garant.ru/

9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru

No special software is required.

Material and technical support of the discipline

- lecture halls;
- gym;
- outdoor sports ground;
- equipment and inventory: treadmills, dumbbells, barbells, exercise machines, body bars, jump ropes, mats, mats, medicine balls, hoops, gymnastic sticks, etc.

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
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FEDERAL STATE AUTONOMOUS EDUCATIONAL
INSTITUTION OF HIGHER EDUCATION
"NORTH CAUCASUS FEDERAL UNIVERSITY"

SUGGESTIONS FOR TEACHING
on the organization and conduct of independent work

939

in the discipline "Elective Courses (Modules) in Physical Education and Sports"
(special medical group)
for students of the field of study
11.03.02 Infocommunication Technologies and Communication Systems
Profile
"Intelligent Data Processing in Infocommunication
Systems and Networks"

Stavropol 2026

INTRODUCTION

The purpose of mastering the discipline is the formation of physical culture of the individual and the ability to use a variety of means of physical culture and sports to preserve and strengthen health, physical training and self-training to ensure a full-fledged future professional activity.

Objectives:

- preservation and strengthening of students' health, promotion of the correct formation and comprehensive development of the body, maintaining high performance throughout the entire period of study;
- understanding of the social significance of physical culture, sports and their role in the development of personality and preparation for professional activity;
- knowledge of the scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle;
- formation of a motivational and value-based attitude to physical culture, attitudes to a healthy lifestyle, physical improvement and self-education, habits of regular physical exercise and sports;
- mastering the system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and properties of the personality, self-determination in physical culture and sports;
- acquisition of personal experience in increasing motor and functional capabilities, ensuring general and professionally applied physical fitness for future profession and life.

The methodological recommendations contain the material of independent classes in the discipline "Elective Disciplines (Modules) in Physical Education and Sports", developed in accordance with the requirements of the Federal State Educational Standard of Higher Education.

The order, logic and specifics of studying the topics of the academic discipline "Elective disciplines (modules) in physical culture and sports" are revealed, tasks are described in order to disseminate the most effective, rational options, patterns of action in relation to physical culture and sports.

The discipline "Elective disciplines (modules) in physical education and sports" refers to the part formed by the participants of educational relations. Its development takes place in 1-6 semesters.

Independent work of students forms the following competencies:

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7. Able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1UK-7 chooses health-saving technologies to ensure full-fledged social and professional activities, taking into account the physiological characteristics of the body and living conditions	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities
	ID-2UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring efficiency in professional activities	Rationally combines physical and mental load to ensure performance in professional activity
	ID-3UK-7 maintains the proper level of physical fitness to ensure full-fledged	Maintains the proper level of physical fitness to ensure full social and professional

	social and professional activities and observes the norms of a healthy lifestyle	activities

GENERAL CHARACTERISTICS OF THE STUDENT'S INDEPENDENT WORK IN THE STUDY OF DISCIPLINES

Methodological support for independent work in the discipline consists of:

1. Definitions of study questions that students should study on their own.
2. Selection of the necessary educational literature, mandatory for study and study.
3. Search for additional scientific literature, which students can refer to if they have an interest in this topic.
4. Determination of control questions that allow students to independently check the quality of the knowledge gained.
5. Organization of consultations between the teacher and students to clarify issues that caused difficulties for students in the independent development of educational material.

Independent work of a student is a specially organized activity that includes in its structure such components as:

– clarification of the goal and the set educational task;
– clear and systematic planning of independent work;
– search for the necessary educational and scientific information;
– mastering one's own information and its logical processing;
– the use of research methods to solve problems;
– development of one's own position on the received task;
– presentation, justification and defense of the received decision;
– conducting self-analysis and self-control.

Types of independent work in the academic discipline:

– work with the conceptual apparatus;
– search work with various sources;
– compilation of an annotated list of literature on the problem;
– preparation of reports on the topic.

The control of students' knowledge includes forms of current control. Current control is carried out in the process of studying the discipline and includes the assessment of students' work in practical classes.

Performing independent work, the student must:

– master the minimum content of the discipline, submitted for independent work and proposed by the teacher in accordance with the Federal State Educational Standard of Higher Education;

– plan independent work in accordance with the schedule of independent work proposed by the teacher;

– the student must carry out independent work in the organizational forms provided for by the curriculum and work program;

– to perform independent work and report on its results in accordance with the schedule for submitting results, types and terms of reporting on independent work of undergraduates.

SCHEDULE FOR THE IMPLEMENTATION OF THE SRS IN THE DISCIPLINE

				Hours volume, including

Codes of realizable copies	Type of student activity	Final product of independent work	Assessment Tools and Technologies	CPC	Contact work with the teacher	Total
1 semester						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	13.5		13.5
Total for 1 semester				13.5		13.5
Semester 2						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	12		12
Total for the 2nd semester				12		12
Semester 3						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 3rd semester				27		27
Semester 4						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	24		24
Total for the 4th semester				24		24
Semester 5						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	27		27
Total for the 5th semester				27		27
Semester 6						
UK-7	Preparing for an interview Independent study of literature	Interview Testing	Test tasks Interview Questions	66		66
Total for the 6th semester				66		66
Total				169.5		169.5

METHODICAL RECOMMENDATIONS FOR THE STUDY OF THEORETICAL MATERIAL

For the successful development of the discipline "Elective Disciplines (Modules) in Physical Education and Sports", it is necessary to independently study the presented topics in detail according to the recommended sources of information presented in the list of references.

In the course of studying the topics of the discipline, it is recommended to take notes of the educational material.

In the course of studying the literature on the topics of the discipline, it is recommended to take notes of sources. The results of taking notes can be presented in various forms.

A plan is a scheme of the material read, a short (or detailed) list of questions reflecting the structure and sequence of the material. A detailed plan completely replaces a synopsis.

A synopsis is a systematized, logical presentation of the source material.

It is necessary to pay attention to categories, formulations that reveal the content of certain phenomena and processes, scientific conclusions and practical recommendations. In the course of training on the topics of the discipline, it is necessary to study the main literature, get acquainted with additional literature, new publications in periodicals: magazines, newspapers, etc.

METHODICAL GUIDELINES (FOR THE TYPES OF WORK PROVIDED FOR BY THE WORK PROGRAM OF THE DISCIPLINE)

Topics

1. Physical culture in the hierarchy of values of general culture and the history of mankind.
2. Physical culture of the student's personality.
3. Scientific organization of labor and physical culture in the self-education of a future specialist.
4. Scientific and theoretical foundations of a healthy lifestyle.
5. Scientific and theoretical foundations of physical education.
6. Fundamentals of sports training.
7. Scientific and theoretical and Methodical The Basics health-improving physical education.
8. The content of various systems of breathing gymnastics.
9. Socio-biological foundations of physical culture.
10. Self-control of those engaged in physical exercises and sports.
11. Physiological mechanisms and regularities of improvement of individual body systems under the influence of directed physical training.
12. Fundamentals of a healthy lifestyle of a student. The role of physical education in ensuring health.
13. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity.
14. General physical, special and sports training in the system of physical education.
15. Fundamentals of the methodology of independent physical exercises.
16. Physical Culture in the Professional Activity of Bachelor and Specialist.
17. Indications and contraindications for physical exercises in various diseases (cardiovascular system, respiratory system, gastrointestinal tract, musculoskeletal system, vision, etc.).
18. The content of health-saving technologies in the system of general and higher education.

Requirements for the presentation of the report

A report on the discipline as a form of control of students' independent work is a brief summary of a scientific problem from a historical point of view, contained in one or more works.

The total volume of the work is 7-15 pages of printed text (taking into account the title page, contents and references) on A4 paper, on one side of the sheet.

The text should compositionally highlight the structural parts of the work that reflect the essence of the study: introduction, main part and conclusion, as well as headings and subheadings.

The purpose of the work is to acquire the skills of working with literature, generalizing literary sources and practical material on the topic, the ability to competently present the issues of the topic, and draw conclusions.

The report contains: title page, table of contents, introduction, main part, conclusion, list of references (contains at least 3 sources), appendices (as necessary).

The report begins with a table of contents, which indicates the page numbers for individual chapters.

The introduction should reflect the place of the issue under consideration from the point of view of historical and scientific-methodological problems (justify the choice of this topic, briefly talk about why it interested the author).

In the main part , the material on the topic of the report is presented in a logical sequence. The text should contain references to the literature used. In case of verbatim reproduction of the material, each quotation should have a reference to the corresponding position in the list of references with page numbers, for example, [12, p.56] or "In the work [11] considered...." At the beginning of the main part, it is advisable to include several introductory paragraphs that directly introduce the topic of the report, and at the end summarize and make a conclusion on each chapter or paragraph.

For the clarity of the presentation of the material, it is desirable to accompany the report with figures and tables, to which the text should contain appropriate references.

All illustrations in the report should be numbered. Numbering should be sequential, that is, through the entire work. If there is only one illustration in the work, then it is not numbered.

In the text on the illustration, references are made containing serial numbers under which the illustrations are placed in the report. References in the text to the number of the figure, table, page, chapter are written in abbreviated and without an icon, for example: "Fig.3", "Table 4", "p.34", "Chapter 2". "see Figure 5" or "Graph.... is shown in Figure 2". If these words are not accompanied by a serial number, then they should be written in the text in full, without abbreviations, for example, "it is clear from the figure that...", "the table shows that..." Photographs, drawings, maps, schemes can be drawn up as an appendix to the work.

All tables, if there are several of them, are numbered with Arabic numerals within the entire text. Above the upper right corner of the table, the inscription "Table..." is placed, indicating the serial number of the table (for example, "Table 4") without the No sign before the number and the period after it. If there is only one table in the text of the report, then the number is not assigned to it and the word "table" is not written. Tables are provided with thematic headings, which are placed in the middle of the page and written with a capital letter without a dot at the end.

The final part of the report contains a brief summary of the material considered, highlighting the most reliable and justified statements and statements, as well as the most problematic ones developed at the level of hypotheses, the importance of the problem considered from the point of view of practical application, worldview, ethics, etc.

At the end of the work, a list of references is attached, the sources of literature are numbered and arranged in alphabetical order (the list of references should contain less than 3 sources).

The report should be made on one side of a sheet of white paper of A4 format (210x297 mm). Line spacing is one and a half. Font color is black. The font type of the main text is "Times New Roman". Size (size) 14 points. Page margin sizes: right - 30 mm, top, and bottom - , left - from 10 to . Paragraph format: full alignment ("to width"). The indentation of the red line is the same throughout the text.20 мм15 мм

Pages should be numbered taking into account the title page, which is not indicated by a number. The titles of chapters and subheadings should be highlighted. The font size for the titles of chapters and subheadings is 14 (bold). A period is not placed at the end of the title. Headings are not underlined. Paragraphs start on a new line and are printed with an indent of 1.25 centimeters. The table of contents (contents) should be placed at the beginning of the work.

List of references recommended for use on this topic

Reference citations:

1. I. Physical Culture of a Student: Textbook: [for Students of Institutions of Higher Education to the Discipline "Physical Culture"]. Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Grif: Rek. NMS. – Appendix: p. 271-277. – References: p. 269-270. – ISBN 978-5-222-31286-5
2. Zenkova T. A. Professional'no-prikladnaya fizicheskoy kul'tura studentov Elektronnyi resurs [Professional-applied physical culture of students] / Zenkova T. A.: textbook. - 2nd ed., add. - Rostov-

on-Don: RGUPS, 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 UGSN, Implemented by MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [i dr.]. - Physical Culture and Sport, 2026-08-04. - Electron. dan. (1 file). - Moscow: MISI-MGSU, EBS ASV, 2021. - 380 p. - Electronic. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-7264-2861-1

List of additional literature:

1. Grishina, Y. I. Obshchaya fizicheskogo podgotovka [General physical training]. To know and be able: [textbook for students of higher educational institutions]. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). - Grief: Add. UMO. - References: p. 244-245.
2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhregional'naya Akademiya bezopasnosti i survivala (MABIV), 2016. - 40 c.
3. Nebytova L.A. Physical Culture: Textbook (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova Stavropol: NCFU, 2017. – 336 p.
4. Sapozhnikova O.V. Fitness Elektronnyi resurs: uchebnoe posobie [Fitness Elektronnyi resurs: uchebnoe posobie]. - Fitness, 2022-08-31. - Yekaterinburg: Ural Federal University, EBS ASV, 2015. - 144 c
5. Solovyov, G. M. Fizicheskoe kul'tura lichnosti (teoriya i tekhnologiya formirovaniya): ucheb. posobiye / G. M. Solov'ev, S. N. Kashin. Ministry of Education of the Russian Federation. Federation of the Ministry of Internal Affairs of Russia Krasnodar University. - Moscow: Ileksa, 2014. - 212 p. - Vulture: Rek. nauch.-metod. sovet Mezhdunar. Academy of Sciences. - Bibliogr.: p. 208-209. - ISBN 978-5-89237-592-4.
6. Stepanova M.V. Swimming in the system of physical education of university students Elektronnyi resurs: uchebnoe posobie [Swimming in the system of physical education of university students]. - Orenburg: Orenburg State University, EBS ASV, 2017. - 137 c.
7. Physical Culture: Textbook / [M.Y. Vilensky, V.Y. Volkov, L.M. Volkova et al.]; edited by M.Y. Vilensky. - 2nd ed., ster. - Moscow: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliogr. at the end of the chapters. - ISBN 978-5-406-02676-2.
8. Elective Courses on Physical Culture and Sport (Swimming for Students of Special Medical Groups): Textbook (Practicum): [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"; compiled by M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 165 p. : ill.
9. Elective Courses in Physical Culture and Sport: Textbook (Practicum): Specialty 10.05.01 Computer Security, Information, Analytical and Technical Expertise of Computer Systems; Specialty 10.05.03 Information Security of Automated Systems, Direction (profile) "Protected Automated Control Systems"; Qualification of a graduate - Specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education "North Caucasus Federal University"; compiled by M.V. Katrenko, D.I. Savin. - Stavropol: NCFU, 2020. - 152 p. : ill.

List of educational and methodological support for students' independent work in the discipline

1 Methodical recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].
2 Guidelines for the implementation of practical work in the discipline "Elective disciplines (modules) in physical culture and sport" for students, 2023 [Electronic version].

List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline (module)

1. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
2. http://BiblioFond.ru
3. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
4. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
5. http://www.fizkulturavshkole.ru/default.htm Journal "Physical Culture at School"
6. http://www.teoriya.ru/ru Theory and practice of physical education:

List of information technologies used in the implementation of the educational process in the discipline, including a list of software and information reference systems

Information reference systems:
Information and reference and information and legal systems used in the study of the discipline:
1. http://sinncom.ru/content/resurs/index.htm
Specialized Educational Portal "Innovations in Education" Educational Internet Resources
2. http://www.teoriya.ru/ru Theory and practice of physical education:
3. http://BiblioFond.ru
4. http://elibrary.ru/defaultx.asp Scientific Electronic Library eLIBRARY.RU
6. http://www.iprbookshop.ru/ IPRbooks Electronic Library System
7. Professional database of Rosstat // Mode of access:
8. http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/
Information reference system GARANT.RU // Available at: http://www.garant.ru/
9. Federal Educational Portal "Economics Sociology Management" - // Mode of access: http://ecsocman.hse.ru
10. Information reference system ConsultantPlus. Mode of access: http://www.consultant.ru
Software

1. Operating system: Microsoft Windows 8: 2013-02(3000). Perpetual license. Contract No 01-ea/13 dated 25.02.2013. Updates: Definition 1.203.2523.0 dated 19.08.2015; Definition 1.227.706.0 dated 29.08.2016; Definition 1.249.918.0 dated 11.08.2017; Definition 1.273.1346.0 dated 14.08.2018; Definition 1.299.822.0 dated 02.08.2019.

2. Microsoft Office Basic Software Package (Word, Excel, PowerPoint). Microsoft Office Standard 2013: Contract No 01-ea/13 dated 25.02.2013, Microsoft Office Licensing https://support.microsoft.com/ru-ru/lifecycle/search/16674 Lifecycle Start Date 09.01.2013 Office 2013 Service Pack 1.Updates: version number 15.0.4693.1002 dated 10.02.2015; 15.0.4745.1002 dated 11.08.2015; version number 15.0.4849.1003 dated 09.08.2016; version number 15.0.4953.1001 dated 27.07.2017; Version number 15.0.5059.1000 dated 08/14/2018; Version number 15.0.5163.1000 dated 08/13/2019