

Документ подписан простой электронной подписью
 Информация о владельце:
 ФИО: Петренко Вячеслав Иванович
 Должность: и.о. директора Института цифрового развития
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Discipline annotation

Discipline name	Элективные дисциплины (модули) по физической культуре и спорту / Elective disciplines (modules) in physical training and sports
Content	Social significance of physical training, its role in personal development and preparation for professional activities. Means and methods of maintaining the level of physical fitness, providing a full-quality activity. Mastering the technique of exercises of varying complexity, ensuring the preservation, strengthening of health, general, and professionally applied physical fitness for the future profession. Norms of a healthy lifestyle. Sections: swimming, fitness, athletic gymnastics, general physical training, sports games: basketball, volleyball, futsal, special medical group.
Learning outcomes of the discipline (module)	- knows the basics of physical culture, health-saving technologies to ensure full-quality social and professional activities, taking into account the physiological characteristics of the body and living conditions - plans his working and free time for the optimal combination of physical and mental stress and ensuring efficiency in professional activities - maintains the proper level of physical fitness to ensure full-quality social and professional activities and observes the norms of a healthy lifestyle
Workload, c. u.	c. u.
Reporting Forms	Credit – 246th semester
List of essential and supplementary literature necessary for mastering the discipline	
Essential literature	1. Grishina, Yu. I. Student's physical culture: textbook: [for students of higher education institutions to the discipline "Physical culture"] / Yu. I. Grishina. - Rostov-on-Don: Phoenix, 2019. - 284 p.: ill. - (Higher education). – Stamp: recommended by the Scientific Methodological Council. - App.: p. 271-277. – Bibliography: p. 269-270. – ISBN 978-5-222-31286-5 2. Physical training: a course of lectures (lecture) / V. A. Gridnev, N. V. Shamshina, S. Yu. Dutov, A. E. Lukyanova, E. V. Shchigorev; Ministry of Education and Science of the Russian Federation; Federal State Budgetary Educational Institution of Higher Professional Education "Tambov State Technical University", 2, Features of conducting training sessions for students with disabilities. - Tambov: Publishing house of TSTU, 2017. - 112 p.: ill. – http://biblioclub.ru/. - Bibliography in the book. – ISBN 978-5-8265-1770-3 3. Physical culture: textbook / L. V. Zakharova, N. V. Lyulina, M. D. Kudryavtsev, O. N. Moskovchenko, D. A. Shubin; Ministry of Education and Science of the Russian Federation; Siberian Federal University; Krasnoyarsk State Pedagogical University. V. P. Astafieva; Siberian State University of Science and Technology named after acad. M. F. Reshetneva; Siberian Law Institute of the Ministry of Internal Affairs of Russia. - Krasnoyarsk: SFU, 2017. - 612 p.: ill. – http://biblioclub.ru/. – Bibliography: p. 608 - 609. - ISBN 978-5-7638-3640-0 4. Tychinin, N. V. Physical training in a technical university: textbook / N. V. Tychinin, V. M. Sukhanov; Ministry of Education and Science of the Russian Federation; Voronezh State University of Engineering Technologies. - Voronezh: Voronezh State University of Engineering Technologies, 2017. - 101 p. – http://biblioclub.ru/. - Bibliography in the book. – ISBN 978-5-00032-242-0

	5. Tychinin, N. V. Elective courses in physical culture and sports Electronic source: textbook / N. V. Tychinin; ed. by V. M. Sukhanov. – Elective courses in physical culture and sports, 2020-09-27. - Voronezh: Voronezh State University of Engineering Technologies, 2017. - 64 p. – The book is in the basic version of IPRbooks ELS. – ISBN 978-5-00032-250-5
Supplementary literature	1. Grishina, Yu. I. Student's physical training: textbook: [for students of higher education institutions to the discipline "Physical training"] / Yu. I. Grishina. - Rostov-on-Don: Phoenix, 2019. - 284 p.: ill. - (Higher education). – Stamp: recommended by the Scientific Methodological Council. 2017. - 64 p. 2. Stepanova, M. V. Swimming in the system of physical education of university students / Electronic source: textbook / M. V. Stepanova. - Orenburg: Orenburg State University, ASV ELS, 2017. - 137 p. 3. Makhov, S. Yu. Swimming / Electronic source: teaching aid / ed. by S. Yu. Makhov. - Oryol: Interregional Academy of Security and Survival (MASIV), 2016. - 40 p. 4. Sapozhnikova O. V. Fitness / Electronic source: textbook / O. V. Sapozhnikov. - Fitness, 2022-08-31. - Ekaterinburg: Ural Federal University, ASV ELS, 2015. - 144 p. 5. Grishina Yu. I. General physical training. Know and be able: [textbook for students of higher educational institutions] / Yu. I. Grishina. - Rostov-on-Don: Phoenix, 2016. - 250 p.: ill. - (Higher education). – Stamp: approved by the AMA. - Bibliography: p. 244-245. 6. Physical culture: textbook / [M. Ya. Vilensky, V. Yu. Volkov, L. M. Volkova and others]; ed. by M. Ya. Vilensky. - 2nd ed., reprint. - M.: KNORUS, 2013. - 424 p. - (Bachelor's degree). - Bibliography at the end of chapters. - ISBN 978-5-406-02676-2. 7. Solovyov, G. M. Physical culture of personality (theory and technology of formation): study guide / G. M. Solovyov, S. N. Kashin. RF Ministry of Education, Ministry of Internal Affairs of Russia, Krasnodar University - M.: Ileksa, 2014. - 212 p. - Stamp: recommended by the Scientific Methodological Council of the International Academy of Sciences. - Bibliography: p. 208-209. - ISBN 978-5-89237-592-4.