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Annotation to the work program of the discipline

Name disciplines (module)	**Физическая культура и спорт / Physical Culture and Sport**
Summary	History of physical culture and sports. Physical culture and sport as a social phenomenon of modern society. Physical culture and sport in a higher educational institution. Socio-biological foundations of physical culture. Physiological characteristics of motor activity and the formation of movements. Fundamentals of a student's healthy lifestyle. Physical culture in ensuring health. Psychophysiological foundations of educational work and intellectual activity. Means of physical culture in the regulation of working capacity. Scientific and theoretical foundations of physical education. Strength and methods of its development. Speed and methods of its development. Endurance and methods of its development. Agility and methods of its development. Flexibility and methods of its development. Fundamentals of building the process of physical training. Recovery of the body after intense physical exertion. Fundamentals of the methodology for training physical qualities with a different contingent of trainees. Fundamentals of the method of training physical qualities with a different contingent of those involved.
The results of mastering the discipline (module)	Demonstrates knowledge of health-saving technologies and physiological characteristics of the body to ensure full-fledged social and professional activities Rationally combines physical and mental stress and ensures efficiency in professional activities Demonstrates knowledge of the norms of a healthy lifestyle and maintains the proper level of physical fitness to ensure full-fledged social and professional activities
Labor intensity, cu.	2
Reporting Forms	Test (credit)
The list of basic and additional literature necessary for the development of the discipline (module)	
Main literature	1. Bychenkov, S. V. Physical culture Electronic resource: Textbook for secondary vocational education / S. V. Bychenkov, O. V. Vezenitsyn. - Saratov: Vocational Education, IP Er Media, 2018. - 122 p. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-4486-0374-7, 978-5-4488-0195-2, unlimited copies 2. Katkova, A. M. Physical culture and sports Electronic resource: Educational visual aid / A. M. Katkova, A. I. Khramtsova. - Moscow: Moscow State Pedagogical University, 2018. - 64 p. - The book is in the premium version of EBS IPR BOOKS. - ISBN 978-5-4263-0617-2, unlimited copies
additional literature	1. Vetkov, N.E. Sports and outdoor games / N.E. Vetkov: teaching aid Electronic resource: Interregional Academy of Security and Survival (MABIV); Eagle, 2016. - 126 p. - The book is in the basic version of EBS IPRbooks., Unlimited copies 2. Vinogradov, P.A. All-Russian physical culture and sports complex "Ready for Labor and Defense" (TRP) - the path to health and physical perfection / P.A. Vinogradov / A.V. Tsarik / Yu.V. Okunkov : a practical guide Electronic resource : Sport ; Moscow, 2016. - 234 p. - The book is in the basic version of EBS IPRbooks. - ISBN 978-5-906839-79-4, unlimited copies

	3. Datsenko, S. S. Volleyball: theory and practice: Textbook for higher educational institutions of physical culture and sports / Datsenko S. S. - Moscow: Sport, 2016. - 456 p. - The book is in the basic version of EBS IPRbooks. - ISBN 978-5-9906734-7-2, unlimited copies 4. History of physical culture: a textbook for universities / [S. N. Komarov, K. A. Tsaturova, Yu. F. Kuramshin and others]; ed. S. N. Komarova. - Moscow: Academy, 2013. - 239 p. ; 22. - (Higher professional education. Physical culture and sports. Bachelor's degree). - Grip: Rec. UMO. - Bibliography: p. 236. - ISBN 978-5-7695-9565-3, unlimited copies 5. Nikolaev, V.S. Motor activity and human health: (theoretical and methodological foundations of health-improving physical training) / V.S. Nikolaev; A.A. Shchankin. - M.|Berlin: Direct-Media, 2015. - 80 p. - ISBN 978-5-4475-4860-5, unlimited copies 6. Sunik, A. B. Modern Olympic Games: a brief historical essay (1896–2012) / Sunik A. B. - Moscow: Soviet sport, 2013. - 232 p. - The book is in the basic version of EBS IPRbooks. - ISBN 978-5-9718-0590-8, unlimited copies 7. Kadyrov, R.M. Theory and methods of physical culture of students of SPbGASU / R.M. Kadyrov / V.D. Getman / A.V. Caravan: textbook Electronic resource: St. Petersburg State University of Architecture and Civil Engineering, EBS DIA; St. Petersburg, 2015. - 150 p. - The book is in the basic version of EBS IPRbooks. - ISBN 978-5-9227-0620-9, unlimited copies.