

Документ подписан простой электронной подписью

Информация о владельце:

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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"

APPROVED BY

Acting Director of the Institute

Advanced Engineering

Cand. Tech. Sci., Associate Professor

A.A. Porokhnya

WORK PROGRAM OF THE DISCIPLINE

Elective Courses (Modules) in Physical Education and Sports

Field of study	11.03.02 Infocommunication Technologies and Communication Systems
Profile	Intelligent Data Processing in Infocommunication Systems and Networks
Year of start of training	2026
Form of study	Full-time
Implemented in a semester	1 – 4

Developed by

Associate Professor of the Department of
Physical Culture of the Faculty of Physical
Culture and Sports

Cand. ped. Sci., Associate Professor

Katrenko M.V.

1. The purpose and objectives of mastering the discipline

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 of mastering the discipline:

- 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.

2. Place of the discipline (module) in the structure of the educational program

The discipline Elective disciplines (modules) in physical education and sports refers to the disciplines of the part formed by the participants of educational relations.

3. List of planned learning outcomes in the discipline (module) correlated with the planned results of the development of the educational program

Code, Statement of competence	Code, Indicator Formulation	Planned learning outcomes in the discipline (module), characteriz- ing 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 Knows the basics of physical education, 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 social and	Maintains the proper level of physical fitness to ensure full social and professional activities

	professional activities and observes the norms of a healthy lifestyle.	
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4. Scope of the academic discipline (module) and forms of control

Volume of classes: total: 328 academic hours.	OFO, in acad. hours
Contact work:	96.0
Lectures/from them practical training	-
Laboratory work/from them practical training	-
Practical training/of which practical training	96.0 / -
Independent work	232.0
Forms of control	
Exam	-
Credit	Yes
Credit with a grade	-
Term papers	no
Tests	no

5. The content of the discipline (module), structured by topics (sections) with an indication of the number of hours and types of classes

№	Section (topic) of the discipline and summary	Emerging competencies, indicators	Full-time				Form of current monitoring of progress
			Contact work of students with the teacher, hours			Independent work, hours	
			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	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Interview

	type of physical culture and sports activity						
	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	Inter-view
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view
	Practical Work No7 Performing a set of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view
	Practical Work No8 Performing a set of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		10	Inter-view
	TOTAL for 1 semester			16.00		66.00	
Semester 2							
2	General 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		2		8	Inter-view
	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	Inter-view
	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	Inter-view
	Practical Work No4 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view
	Practical Work No5 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view

	Practical Work No7 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		8	Inter-view
	Practical Work No8 Control lesson, performance of control tests	UK-7 ID-1 UK-7ID-2 UK-7ID-3		2		10	Inter-view
	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	Inter-view
	Practical Work No2 Diagnostics of physical fitness	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Inter-view
	Practical Work No3 Diagnostics of physical fitness.	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Inter-view
	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	Inter-view
	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	Inter-view
	Practical Work No6 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Inter-view
	Practical Work No7 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		6	Inter-view
	Practical Work No8 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Inter-view
	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	Inter-view
	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	Inter-view
	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	Inter-view
	Practical Work No4 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Inter-view
	Practical Work No5 Performing sets of exercises	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Inter-view
	Practical Work No6 Performing sets of exercises.	UK-7 ID-1 UK-7ID-2 UK-7ID-3		4		8	Inter-view
	Practical Work No7 Control lesson, performance of control tests	UK-7 ID-1 UK-7ID-2 UK-7ID-3		6		8	Inter-view
	TOTAL for the 4th semester			32.00		50.00	
	TOTAL			96.00		232.00	

6. Fund of assessment tools for the discipline (module)

The Assessment Tools Fund (ACF) for the current monitoring of progress and intermediate certification of students in Elective disciplines (modules) in physical education and sports is based on the list of competencies to be mastered with an indication of the stages of their formation in the process of mastering the discipline (module). The FAT provides objective control over the achievement of the planned learning outcomes. The FAT includes:

- description of indicators and criteria for assessing competencies at various stages of their formation, description of assessment scales;
- methodological materials that determine the procedures for assessing knowledge, skills, and (or) experience of activity, characterizing the stages of competence formation;
- standard control tasks and other materials necessary to assess knowledge, skills and the

level of mastery of the formed competencies in the process of mastering the discipline (module).
The FAT is an appendix to this program of the discipline (module).

7. Methodical instructions for students on mastering the discipline

Starting work, each student should take into account the following provisions.

The discipline (module) is built on a thematic principle, each topic is a logically complete section.

Practical classes are conducted in order to consolidate the learned information, to acquire skills for its application in solving practical problems in the relevant subject area.

Independent work of students is aimed at independent study of additional material, preparation for practical classes, as well as the performance of all types of independent work.

For the successful development of the discipline, it is necessary to perform all types of independent work, using the recommended sources of information.

8. Educational, methodological and information support of the discipline

8.1. List of basic and additional literature necessary for mastering the discipline (module)

8.1.1. List of basic literature:

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 and 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 Bachelor's and Specialist's Students in All Ugsns 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

8.1.2. 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). - Grif: Add. UMO. - References: p. 244-245.

2. Makhov S.Y. Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie [Swimming Elektronnyi resurs: uchebno-metodicheskoe posobie]. - Orel: Mezhhregional'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: Ilekso, 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.

8.2. List of educational and methodological support for students' independent work in the discipline (module)

1. Methodological recommendations for the organization of independent work in the discipline "Elective disciplines (modules) in physical culture and sports" for students of the direction of training 09.03.01 Informatics and Computer Engineering, direction (profile) Software of computer engineering and automated systems, 2023 [Electronic version]

2. Guidelines for the Implementation of Practical Work in the Discipline "Elective Disciplines (Modules) in Physical Culture and Sports" for Students of the Direction of Training 09.03.01 Informatics and Computer Engineering, Direction (Profile) Software for Computer Engineering and Automated Systems, 2023 [Electronic version]

8.3. 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:

9. 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'nyy obrazovatel'nyy portal «Ekonomika Sotsiologiya Menedzhment» [Federal educational portal "Economics of Sociology Management"] // Rezhim dostupa: <http://ecsoc-man.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. End of free support – 2023-01 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. Basic Microsoft Office 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 (Lifecycle Start 25.02.2014, End of Support 11.04.2023) 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 14.08.2018; Version number 15.0.5163.1000 dated 13.08.2019

10. Description of the material and technical base necessary for the implementation of the educational process in the discipline

Practical exercises	Swimming pool of the North Caucasus Federal University, Stavropol, block 70, Pushkin Street, 1, building 3 List of main equipment: Swimming pool: 6 lanes of 25 meters each, capacity 64 people; 6 starting pedestals; multifunctional scoreboard; rack for equipment; floating stretcher 184x45x4 - 1 pc.; soft sleeves 49x13cm foam material - 30 pcs.; professional lifebuoy d=45cm - 2 pcs.; bell 22x13/4x11 PPE - 31 pcs.; swimming board 48x30x3cm PPE - 50 pcs.; training fins - 22 pcs.; aqua gloves - 30 pcs.; aqua cuffs - 30 pcs.; aqua boots - 30 pcs.; belt for swimming training - 40 pcs.; dumbbells for aqua aerobics - 30 pcs.; Swimming shovel – 40 pcs.; Aleksandrov lifeline 18 m – 4 pcs.; Hook for swimming pool 3 m – 6 pcs.; Equipment for immersion of disabled people in water. Gym: Gymnastic wall - 1 pc.; ST-101 block for back muscles (upper row) - 1 pc.; ST-102 block for back muscles (lower deadlift) - 1 pc.; ST-103 block frame - 1 pc.; FT-103 Smith machine - 1 pc.; FT-202 leg press at an angle of 45 degrees - 1 pc.; FT-203 hook machine - 1 pc.; FT-213 sitting lower leg - 1 pc.; FT-215 T-row with leg support - 1 pc.; FT-218 thigh muscle extensor trainer - 1 pc.; FT-219 thigh flexor muscle trainer - 1 pc.; FT-302 adjustable bench - 1 pc.; FT-303 Scott bench - 1 pc.; FT-304 horizontal bench press with safety platform - 1 pc.; FT-311 adjustable press bench - 1 pc.; FT-312 combo machine - 1 pc.; FT-313 angular hyperextension - 1 pc.; FT-314 universal bench press - 1 pc.; FT-316 squat frame - 1 pc.; FT-327 bench press for powerlifting - 1 pc.; FT-410 stand with a set of chrome dumbbells 0.5 to 10 kg - 1 pc.; FT-109 thigh adductor and abductor trainer - 1 pc.; ST-501.1 handle for pulling behind the head - 1 pc.; ST-503 handle for triceps deadlift classic - 1 pc.; ST-504 handle for pulling to the abdomen - 1 pc.; ST-506 handle for back muscles parallel grip - 1 pc.; ST-508 handle for pulling delta (biceps, triceps) open - 1 pc.; ST-509 rope handle with rubber tip - 1 pc.; powerlifting bar ZSO, D-50, L2200, smooth sleeve, up to 680 kg, spring locks - 6 pcs.; barbell bar ZSO BLACK, D-50, L2200, smooth bushing, up to 500 kg, spring locks 1 pc.; barbell bar ZSO, D-50, L1250, smooth bushing, spring locks - 1 pc.; barbell bar ZSO, D-50, broken EZ-shaped, spring locks - 1 pc.; barbell bar ZSO, D-50, broken W-shaped, spring locks - 1 pc.; lock with stopper for PREMIUM ZSO, for bar D-50 MM, 2.5 KG - 2 pcs.; MB
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	1.16 rack for storing professional dumbbells for 10 pairs - 1 pc.; black non-collapsible dumbbell 10 pairs (11/13/16/18/21/23/26/28/31/33); 1.25 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 2.5 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 5 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 10 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 15 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 20 kg rubber-coated disc, black, Euro-classic - 10 pcs.; 25 kg rubber-coated disc, black, Euro-classic - 10 pcs.; professional treadmill FITEX PRO P-4T Prof - 2 pcs.; vertical exercise bike FITEX PRO - U - 4 pcs.; magnezza for hands - 1 pc.; MB BARBELL rack for disk storage - 4 pcs.; wall mirrors (20 sq.m.). Fitness room: Choreographic handrail 5 m; dumbbells 1 kg - 20 pcs., 2 kg - 20 pcs.; bodybars 3 kg - 20 pcs., 4 kg - 20 pcs.; mats for fitness - 30 pcs.; wall mirrors (30 sq.m.); step platforms STAR FIT 67.5x10.5 cm 2-level - 30 pcs.; gymnastic ball Torres 65 cm - 10 pcs.; gymnastic ball Torres 55 cm - 10 pcs.; gymnastic ball Palmon 45 cm - 10 pcs.
	Educational and sports building Stavropol, Pushkin Street, 1 (letter U) Outdoor athletics training grounds: "Polanik" high jump rack - 1 set; carbon fiber high jump bar - 2 pcs.; foam mats for landing - 1 set; "Olympic" competition starting machine, ASG10RT4806 - 6 pcs.; "Asport" track and field hurdle - 6 pcs.; "Polanik" relay bats - 2 sets; running long jump sector; "Polanik" men's and women's javelins - 20 pcs.; "Analytics" men's and women's throwing grenades - 40 pcs.; men's and women's cannonballs - 20 pcs.; Casio electronic stopwatch - 2 pcs.; "TORRES" stopwatches - 10 pcs.
	Sports Hall Stavropol, Pushkin St., 1 (letter C) Sports hall for physical therapy: Gymnastic mats - 10 pcs.; gymnastic wall - 10 pcs.; LINER exercise bike - 10 pcs.; HOUSEFIT exercise bike - 6 pcs.; treadmill (magnetic, folding) KETTLER - 3 pcs.; multifunctional exercise machine HOUSEFIT - 2 pcs.; choreographic barre (5 m) - 1 pc.; gymnastic bench - 5 pcs.; neopine body bar 2 kg - 10 pcs., 3 kg - 10 pcs., tourist mat "Koremat" - 20 pcs.; step platform HOUSEFIT - 10 pcs.; medical ball "TORRES" 1 kg - 17 pcs., 2 kg - 2 pcs.; dumbbells 2 kg - 36 pcs., 3 kg - 10 pcs.; wall mirrors (5 sq.m.). Gym: Gymnastic mats - 10 pcs.; gymnastic wall - 10 pcs.; gymnastic bench - 5 pcs.; hinged pull-up bar - 5 pcs.; expander "Taymaster" - 2 pcs.; arm muscle trainer "Vasil Gum" - 2 pcs.; leg muscle trainer "Vasil Gum" - 3 pcs.; upper shoulder girdle trainer "Vasil Gum" - 1 pc.; hip flexor-extensor muscle trainer "Vasil Gum" - 1 pc.; back muscle block (upper deadlift) "Vasil Gum" - 1 pc.; treadmill (magnetic, folding) HOUSEFIT - 1 pc.; angle press bench "Vasil home line" - 2 pcs.; bench for the press "Vasil home line" - 2 pcs.; universal bench "Vasil home line" - 3 pcs.; bar - 6 pcs., discs for barbell 1.25 kg - 6 pcs., 2.5 kg - 16 pcs.; 5 kg - 26 pcs., 10 kg - 10 pcs., 15 kg - 10 pcs., 20 kg - 10 pcs., 25 kg - 5 pcs.; dumbbells 2 kg - 2 pcs., 3 kg - 2 pcs., 4 kg - 2 pcs., 5 kg - 2 pcs., 6 kg - 2 pcs., 7 kg - 2 pcs.; neopine body bar 2 kg - 7 pcs., 3 kg - 15 pcs.; kettlebells 16 kg - 2 pcs., 32 kg - 2 pcs.; medicine ball "TORRES" 2 kg - 17 pcs.
	Sports Hall Stavropol, Pushkin Street, 1 (letter B) Game sports hall: Handball/mini-football steel goal with a 4 mm net and a 4 mm damper - 2 pcs.; one-piece basketball backboard made of plexiglass 10 mm on a metal frame (1800x1050mm) - 2 pcs.; multifunctional sports scoreboard - 1 pc.; professional telescopic volleyball rack with POLSPORT glasses - 2 pcs.; gymnastic mats - 20 pcs.; gymnastic bench - 5 pcs.; gymnastic wall - 10 pcs.; tug-of-war rope (10 m) - 1 pc.; table tennis tables "Start line" - 8 pcs.; table tennis rackets - 10 pcs., table tennis ball - 30 pcs., football ball - 10 pcs.; SPALDING basketball - 11 pcs.; Mikasa volleyball ball - 12 pcs.
	Academic building Stavropol, Kulakova Ave., 2 (letter B) Game sports hall:

	Mini-football goal 3x2 m, free-standing, APPROVED BY IHF Schelde - 2 pcs.; protection (protector) for Schelde volleyball racks - 2 pcs.; multifunctional sports scoreboard Schelde (370x210cm) - 1 pc.; professional tennis table Donic @Waldner Classic 25" with net Ralley 80834 - 6 pcs.; gymnastic bench - 30 pcs.; gymnastic wall - 15 pcs.; mobile basketball rack (truss), folding Super Sam 325 - 2 pcs.; Olympic telescopic volleyball rack with net bindings - 2 pcs.; Schelde attack time countdown board (440x360x80 mm) - 1 pc.; antenna and pocket for volleyball net Schelde, set - 1 pc.; referee tower for volleyball and tennis folding and mobile Schelde - 2 pcs.; treadmill (magnetic, folding) KETTLER - 2 pcs.; basketball Mikasa - 15 pcs., volleyball Mikasa - 16 pcs.; soccer ball Select - 10 pcs.; handball Torres - 7 pcs.; table tennis racket - 7 pcs.; volleyball net - 2 pcs.; mini-football net - 2 pcs.; medicine ball 1 kg. - 10 pcs.; gymnastic hoop - 25 pcs.; skipping rope - 35 pcs., mat - 32 pcs., chess boards - 10 pcs. Gym: Mirrors - 20 pcs.; gymnastic mat - 40 pcs.; multifunctional exercise machine HOUSEFIT - 1 pc.; gymnastic wall - 6 pcs.; exercise bike HOUSEFIT - 6 pcs.
Independent work	Rooms for independent work: 1-210, 6-405, 8-507, 7-320, 9-526, 11-404, 16-1205, 20-114, 20-514, 21-709, 21-812 Room for independent work of students, equipped with computer equipment with the ability to connect to the Internet and the ability to access the electronic information and educational environment of the university
Practical training	It is carried out in the structural divisions of the university and (or) in organizations that carry out activities in the profile of the relevant educational program, including its structural subdivision

11. Features of mastering the discipline by persons with disabilities

Students with disabilities are provided with special textbooks, teaching aids and didactic materials, special technical teaching aids for collective and individual use, the services of an assistant (assistant) who provides students with the necessary technical assistance, as well as the services of sign language interpreters and typhlo-sign interpreters.

The development of a discipline (module) by students with disabilities can be organized together with other students, as well as in separate groups.

The development of a discipline (module) by students with disabilities is carried out taking into account the characteristics of psychophysical development, individual capabilities and health status.

In order to ensure the accessibility of higher education under the educational program by persons with disabilities when mastering the discipline (module), the following is ensured:

1) for visually impaired persons:

- the presence of an assistant who provides the student with the necessary technical assistance, taking into account individual characteristics (helps to take a workplace, move, read and complete the task, including by writing down by dictation),
- written tasks, as well as instructions on the procedure for their implementation, are drawn up in enlarged font,
- special textbooks, teaching aids and didactic materials (with large print or audio files),
- individual uniform lighting of at least 300 lux,
- if necessary, the student is provided with a magnifying device to complete the task;

2) for persons with hearing disabilities:

- the presence of an assistant who provides the student with the necessary technical assistance, taking into account individual characteristics (helps to take a workplace, move, read and complete the task, including by writing down by dictation),
- the availability of sound-amplifying equipment for collective use is ensured, if necessary, the student is provided with sound-amplifying equipment for individual use;
- is provided with appropriate sound means of reproducing information;

3) for persons with disabilities with musculoskeletal disorders (including those with severe disorders of the motor functions of the upper extremities or the absence of upper limbs):

- written tasks are performed on a computer with specialized software or dictated to an assistant;
- At the request of the student, tasks can be performed orally.

12. Features of the implementation of the discipline using distance educational technologies and e-learning

According to Part 1 of Article 16 of the Federal Law of December 29, 2012 No 273-FZ "On Education in the Russian Federation", *e-learning* is understood as the organization of educational activities with the use of information contained in databases and used in the implementation of educational programs and information technologies, technical means, as well as information and telecommunication networks that ensure the transmission of this information through communication lines, the interaction of students and teachers. Distance *educational technologies* are understood as educational technologies implemented mainly with the use of information and telecommunication networks with indirect (at a distance) interaction between students and teachers.

The discipline can be implemented using distance learning technologies and e-learning in whole or in part. The components of the discipline's teaching materials (the discipline's work program, assessment and methodological materials, forms of certification), implemented using distance learning technologies and e-learning, contain an indication of their use.

When organizing educational activities with the use of distance educational technologies and e-learning, asynchronous and synchronous ways of interacting with participants in educational relations through the information and telecommunication network "Internet" may be provided.

When using distance learning technologies and e-learning, the schedule for the discipline indicates: ways of interaction between participants in educational relations through the information and telecommunication network "Internet" (videoconferencing, ET - electronic testing); links to the electronic information and educational environment of NCFU, to educational platforms and resources of other organizations to which open access is provided through the information and telecommunication network "Internet"; for synchronous learning - the time of online classes and teachers; for asynchronous learning - the authors of online courses.

When organizing interim certification using distance learning technologies and e-learning, the Methodological Recommendations for the Use of Technical Means That Ensure the Objectivity of Results in the Conduct of Interim and State Final Certification in Educational Programs of Higher Education - Bachelor's Degree Programs, Specialist Programs and Master's Degree Programs with the Use of Distance Educational Technologies (Letter of the Ministry of Education and Education of Russia dated 07.12.2020 No MN-19/1573-AN "On the Direction of Methodological Recommendations") are used.

The implementation of the discipline using e-learning and distance learning technologies is carried out using the electronic information and educational environment of NCFU, to which students have access through the information and telecommunication network "Internet", or using the resources of other organizations, including platforms that provide services for video conferences, online meetings and distance learning (MTS-Link), as well as using the capabilities of social networks for communication between students and teachers.

Educational and methodological support of the discipline implemented with the use of e-learning and distance educational technologies includes a work program, teaching aids or a course of lectures presented in electronic form, guidelines for the implementation of various types of educational activities of students provided for by the discipline, and other educational materials posted in the information and educational environment of NCFU.