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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
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WORKING PROGRAM OF THE DISCIPLINE (MODULE)

ELECTIVE DISCIPLINES (MODULES) IN PHYSICAL CULTURE AND SPORTS

Field of Training:	For all fields of training and specialties
Specialization (Profile):	For all profiles and specializations
Year of Commencement:	2026
Type of Training:	Full-time
Delivered in Semester	2

DEVELOPED BY:
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1. Aim and Objectives

Aim of mastering the discipline: the development of a personal physical culture and the ability to use various means of physical culture and sports to maintain and improve health, physical training, and self-training to ensure full-fledged future professional activity.

Objectives:

- maintaining and improving students' health, promoting the proper shaping and comprehensive development of the body, maintaining high working capacity throughout the entire period of study;
- understanding the social significance of physical culture, sports and their role in personality development and preparation for professional activity;
- knowing the scientific-biological, pedagogical, and practical foundations of physical culture and a healthy lifestyle;
- developing a motivational-value attitude towards physical culture, an orientation toward a healthy lifestyle, physical improvement, and self-education of the habit of regular physical exercise and sports;
- mastering a system of practical skills and abilities that ensure the preservation and improvement of health, mental well-being, development, and improvement of psycho-physical abilities, qualities, and personality traits, self-determination in physical culture and sports;
- acquiring personal experience in increasing motor and functional capabilities, ensuring general and professional-applied physical fitness for the future profession and daily life.

2. Place of the Discipline in the Structure of the Educational Program

The Elective disciplines (modules) in Physical Culture and Sports belongs to the part formed by the participants of educational relations.

3. List of Planned Learning Outcomes, Correlated with the Planned Outcomes

Code and definition of the competency	Code and definition of the achievement indicator (AI)	Planned learning outcomes for the discipline (module) describing the stages of competency and indicator development
UC-7 Capable of maintaining an appropriate level of physical fitness to ensure full social and professional activity	AI-1 UC-7 selects health-saving technologies for full-scale social and professional activity in view of the physiological specifics of the body and the living conditions	Reveals the knowledge of health-saving technologies for full-scale social and professional activity

Code and definition of the competency	Code and definition of the achievement indicator (AI)	Planned learning outcomes for the discipline (module) describing the stages of competency and indicator development
	AI-2 UC-7. Plans their working and free time for an optimal combination of physical and mental workload and ensuring work capacity in professional activity	Rationally combines physical and mental workload to ensure work capacity in professional activity
	AI-3 UC-7. Maintains a proper level of physical fitness to ensure full-fledged social and professional activity and adheres to the norms of a healthy lifestyle	Possesses skills in using the means and methods of basic types of physical culture, sports, and health-improving activities to maintain a proper level of physical fitness to ensure full-fledged social and professional activity

4. Volume of the Academic Discipline (Module) and Types of Control*

Volume of classes: total: 0 credits, 328 academic hours	Full-time education (OFO), in academic hours
Contact work:	324
Lectures / including practical training	
Laboratory work / including practical training	
Practical classes / including practical training	324
Independent work	4
Type of control	
(Pass/Fail Test	+

*The number of hours of face-to-face and independent work may vary depending on the structure of the curriculum.

5. Content of the Discipline (Module), Structured by Topics (Sections) Indicating the Number of Hours and Types of Classes															
#	Section (Topic) of Discipline and Brief Outline	Competenci es shaped & indicators	Full-time				Part-time				Full/Part-time				Type of operational control
			Face-to-face with teacher /of them as practical classes, hrs			Independent, hrs*	Face-to-face with teacher /of them as practical classes, hrs			Independent, hrs*	Face-to-face with teacher /of them as practical classes, hrs			Independent, hrs*	
			Lectures	Practical classes	Laboratory work		Lectures	Practical classes	Laboratory work		Lectures	Practical classes	Laboratory work		
Semester 2															
2	Teaching the technique of motor actions in basic types of physical culture, sports, and health-improving activities. Safety briefing during training sessions. Diagnostics of students’ physical fitness. The concepts of method, methodological technique, methodology. Description of the method of learning as a whole and the method of teaching motor actions by parts. Rules for applying methods when teaching the technique of motor actions. Their advantages and disadvantages.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		48		4									Interview Test
	Total in Semester 2			48		4									

Semester 3															
3	Teaching the technique of motor actions in basic types of physical culture, sports, and health-improving activities. Safety briefing during training sessions. Diagnostics of students' physical fitness. The concepts of method, methodological technique, methodology. Description of the method of learning as a whole and the method of teaching motor actions by parts. Rules for applying methods when teaching the technique of motor actions. Their advantages and disadvantages.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		72											Interview Test
	Total in Semester 3			72											
Semester 4															
4	Improving the technique of motor actions in basic types of physical culture, sports, and health-improving activities. Safety briefing during training sessions. Diagnostics of students' physical fitness. The concept of physical exercise technique. Sports, reference technique. Motor composition and structure of the technique. The basis of the technique, the main link of the technique, details of the technique, rules for performing motor actions in basic types of physical culture, sports, and health-improving activities.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		64											Interview Test
	Total in Semester 4			64											

5	Improving the technique of motor actions in basic types of physical culture, sports, and health-improving activities. Safety briefing during training sessions. Diagnostics of students' physical fitness. The concept of physical exercise technique. Sports, reference technique. Motor composition and structure of the technique. The basis of the technique, the main link of the technique, details of the technique, rules for performing motor actions in basic types of physical culture, sports, and health-improving activities.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		72											Interview Test
	Total in Semester 5			72											
Semester 6															
6	Development of physical and morphofunctional capacities of the body through basic types of physical culture, sports, and health-improving activities. Safety briefing during training sessions. Diagnostics of students' physical fitness. Concepts of physical qualities (abilities). Basic patterns of physical qualities development: movement is the leading factor; dependence of development on the regime of motor activity; stages of development; unevenness and heterochrony; transfer of physical abilities.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		32											Interview Test

	Total in Semester 6			32											
Semester 7															
7	Maintaining a proper level of physical fitness to ensure full-fledged social and professional activity. Safety briefing during training sessions. Diagnostics of students' physical fitness. Factors determining the magnitude of training workloads. Volume of training workloads. Intensity of training workloads. Their relationship. Classification of loads. Types of dynamics of training workload development. Character and types of rest. Methods of load regulation.	AI-1 UC-7 AI-2 UC-7 AI-3 UC-7		36											Interview Test
	Total in Semester 6			36											
	TOTAL			324		4									
*the number of hours of face-t-face and independent work in semesters may vary depending on the structure of the curriculum															

6. Assessment Tools Fund for the Discipline (Module)

The Assessment Tools Fund (ATF) for Elective Disciplines (Modules) in Physical Culture and Sport relies on the list of mastered competencies, indicating the stages of their development in the process of mastering the discipline (module). The ATF ensures objective control over the achievement of planned learning outcomes. The ATF includes:

- description of indicators and criteria for evaluating competencies at various stages of their formation, description of rating scales;
- methodological materials defining the procedures for evaluating knowledge, skills, abilities, and (or) activity experience characterizing the stages of competence formation;
- typical 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 ATF is an appendix to this program of the discipline (module).

7. Methodological Guidelines for Students on Mastering the Discipline

When starting work, each student must take into account the following points:

The discipline (module) is structured according to a thematic principle; each topic represents a logically completed section.

Practical classes are conducted to consolidate the learned information, to acquire skills in applying it when solving practical problems in the relevant subject area.

Students' independent work is aimed at independent study of additional material, preparation for practical classes, as well as the completion of all types of independent work.

For the successful mastery of the discipline, it is important to complete all types of independent work using the recommended sources of information.

8. Teaching-Methodological and Informational Support

8.1. List of Main and Additional Literature

8.1.1. Main Literature

1. Zenkova, T. A. Professional-Applied Physical Culture of Students [Electronic resource] / Zenkova T. A. : study guide. – 2nd ed., expanded – Rostov-on-Don : RGUPS, 2020. – 152 p. – Approved by the educational and methodological council of the university. – ISBN 978-5-88814-921-8
2. Physical Culture and Sports: textbook for undergraduate and specialist students in all UGSN implemented by NRU MGSU / V. A. Nikishkin, N. N. Bumarskova, S. I. Kramskoy [et al.]. – Physical Culture and Sports, 2026-08-04. – Electron. data (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. Additional Literature:

1. Athletic Gymnastics. Powerlifting. Features of the Organization of Classes at a Higher Educational Institution [Electronic resource] / Vaseltsova I. A., Belov D. O., Brodetsky A. B., Mostovaya N. V., Averyasova Yu. O. : study guide. – Samara: SamGUPS, 2019. – 186 p., unlimited copies.
2. Grishina, Yu. I. General Physical Training. To Know and to Be Able to: [study guide for students of higher educational institutions] / Yu. I. Grishina. – Rostov-on-Don: Phoenix, 2016. – 250 p.: ill. – (Higher Education). – Classification stamp: Approved by UMO. – Bibliogr.: p. 244-245.
3. Grishina, Yu. I. Physical Culture of the Student: study guide: [for students of higher education institutions for the discipline Physical Culture] / Yu. I. Grishina. – Rostov-on-Don: Phoenix, 2019. – 284 p.: ill. – (Higher Education). – Classification stamp: Recommended by NMS. – App.: p. 271-277. – Bibliogr.: p. 269-270. – ISBN 978-5-222-31286-5
4. Nebytova L.A. Physical Culture: Study Guide (Course of Lectures). / L.A. Nebytova, M.V. Katrenko, N.I. Sokolova – Stavropol: NCFU, 2017. – 336 p.
5. Sapozhnikova, O.V. Fitness [Electronic resource]: study guide / O.V. Sapozhnikova. – Fitness, 2022-08-31. – Ekaterinburg: Ural Federal University, EBS ASV, 2015. – 144 p
6. Elective Courses in Physical Culture and Sports: study guide (practicum): specialty 10.05.01 Computer Security, specialization (profile) Information-Analytical and Technical Expertise of Computer Systems; specialty 10.05.03 Information Security of Automated Systems, specialization (profile) Protected Automated Control Systems; graduate qualification – specialist / Ministry of Science and Higher Education of the Russian Federation, Federal State Autonomous Educational Institution of Higher Education North Caucasus Federal University; compilers: M.V. Katrenko, D.I. Savin. – Stavropol: NCFU, 2020. – 152 p. : ill.

8.2. List of Teaching and Methodological Support for Independent Work

1. Methodological recommendations for organizing independent work on the discipline Elective disciplines (modules) in physical culture and sports for students of all fields of study and specialties [Electronic version].
2. Methodological guidelines for performing practical work on the discipline Elective disciplines (modules) in physical culture and sports for students of all fields of study and specialties [Electronic version].

8.3. List of the Internet Resources

1. <http://www.iprbookshop.ru/> Electronic Library System IPRbooks
2. <http://elibrary.ru/defaultx.asp> Scientific Electronic Library eLIBRARY.RU
3. <http://www.fizkulturavshkole.ru/default.htm> Journal Physical Culture at School
4. <http://www.teoriya.ru/ru> Theory and Practice of Physical Culture

9. List of Information Technologies Required, Including the List of Software and Information Reference Systems

Information Reference Systems:

Information-reference and information-legal systems

1. <http://www.teoriya.ru/ru> Theory and Practice of Physical Culture
2. <http://elibrary.ru/defaultx.asp> Scientific Electronic Library eLIBRARY.RU
3. <http://www.iprbookshop.ru/> Electronic Library System IPRbooks
4. Professional database of Rosstat // Access mode:
http://www.gks.ru/wps/wcm/connect/rosstat_main/rosstat/ru/statistics/databases/

List of Software:

1. Alt Workstation 10
2. Alt Workstation K
3. Alt Server
4. Office software package – R7-Office

10. Material and Technical Base Required

Type of classes	Location and description of the facilities and equipment
Practical classes	Swimming Pool of the North Caucasus Federal University Stavropol, block 70, Pushkina str., 1, bldg. 3 List of basic equipment: Gym (Weight Room): Gym wall – 1 pc.; ST-101 back muscle machine (lat pulldown) – 1 pc.; ST-102 back muscle machine (seated row) – 1 pc.; ST-103 cable crossover machine – 1 pc.; FT-103 Smith machine – 1 pc.; FT-202 45-degree leg press – 1 pc.; FT-203 Hack squat machine – 1 pc.; FT-213 seated calf raise – 1 pc.; FT-215 T-bar row with chest support – 1 pc.; FT-218 leg extension machine – 1 pc.; FT-219 leg curl machine – 1 pc.; FT-302 adjustable bench – 1 pc.; FT-303 Scott bench (preacher curl) – 1 pc.; FT-304 horizontal bench press with spotter platform – 1 pc.; FT-311 adjustable abdominal bench – 1 pc.; FT-312 power tower (combined machine) – 1 pc.; FT-313 angled hyperextension bench – 1 pc.; FT-314 universal press bench – 1 pc.; FT-316 squat rack – 1 pc.; FT-327 powerlifting bench press rack – 1 pc.; FT-410 rack with a set of chrome dumbbells from 0.5 to 10 kg – 1 pc.; FT-109 hip adductor/abductor machine – 1 pc.; ST-501.1 behind-the-neck pulldown handle – 1 pc.; ST-503 classic triceps pressdown

Type of classes	Location and description of the facilities and equipment
	handle – 1 pc.; ST-504 seated row attachment handle – 1 pc.; ST-506 parallel grip back attachment handle – 1 pc.; ST-508 open delta (biceps, triceps) attachment handle – 1 pc.; ST-509 triceps rope attachment with rubber ends – 1 pc.; ZSO powerlifting barbell bar, D-50, L2200, smooth sleeve, up to 680 kg, spring collars – 6 pcs.; ZSO BLACK barbell bar, D-50, L2200, smooth sleeve, up to 500 kg, spring collars – 1 pc.; ZSO barbell bar, D-50, L1250, smooth sleeve, spring collars – 1 pc.; ZSO barbell bar, D-50, EZ-curl bar, spring collars – 1 pc.; ZSO barbell bar, D-50, W-curl bar, spring collars – 1 pc.; collar with lock for PREMIUM ZSO, for barbell bar D-50 MM, 2.5 KG – 2 pcs.; MB 1.16 storage rack for 10 pairs of professional dumbbells – 1 pc.; solid black dumbbells 10 pairs (11/13/16/18/21/23/26/28/31/33); 1.25 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 2.5 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 5 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 10 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 15 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 20 kg rubberized weight plate, black, Euro-classic – 10 pcs.; 25 kg rubberized weight plate, black, Euro-classic – 10 pcs.; FITEX PRO P-4T Prof professional treadmill – 2 pcs.; FITEX PRO – U upright stationary exercise bike – 4 pcs.; hand chalk container (magnesium stand) – 1 pc.; MB BARBELL rack for plate storage – 4 pcs.; wall mirrors (20 sq.m.).
	Educational and Sports Building Stavropol, Pushkina str., 1 (lit. U) Outdoor Track and Field Facilities: Polanik high jump uprights – 1 set; carbon fiber high jump crossbar – 2 pcs.; foam landing mats – 1 set; Olympic competition starting blocks, ASG10RT4806 – 6 pcs; Asport track and field hurdles – 6 pcs; Polanik relay batons – 2 sets; long jump sector with a runway; Polanik men's and women's javelins – 20 pcs.; Analitika men's and women's throwing grenades – 40 pcs.; men's and women's shots (shot put) – 20 pcs.; Casio electronic stopwatch – 2 pcs.; TORRES stopwatches – 10 pcs.
	Sports Hall Stavropol, Pushkina str., 1 (lit. S) Physical Therapy (Gymnastics) Hall: Gymnastic mats – 10 pcs.; gymnastic wall (stall bars) – 10 pcs; LINER exercise bike – 10 pcs.; HOUSEFIT exercise bike – 6 pcs.; KETTLER treadmill (magnetic, folding) – 3 pcs.; HOUSEFIT multifunctional home gym – 2 pcs.; ballet barre (5 m) – 1 pc.; gymnastic bench – 5 pcs.; neoprene body bar 2 kg – 10 pcs., 3 kg – 10 pcs., Koremat camping mat – 20 pcs; HOUSEFIT step platform – 10 pcs.; TORRES medicine ball 1 kg – 17 pcs., 2 kg – 2 pcs.; dumbbells 2 kg – 36 pcs., 3 kg – 10 pcs.; wall mirrors (5 sq.m.). Fitness Gym Hall:

Type of classes	Location and description of the facilities and equipment
	Gymnastic mats – 10 pcs.; gymnastic wall – 10 pcs.; gymnastic bench – 5 pcs.; hanging pull-up bar – 5 pcs.; Thigh Master expander – 2 pcs.; Vasil Gym arm muscle machine – 2 pcs.; Vasil Gym leg muscle machine – 3 pcs.; Vasil Gym upper shoulder girdle machine – 1 pc.; Vasil Gym hip flexor-extensor machine – 1 pc.; Vasil Gym back muscle machine (lat pulldown) – 1 pc.; HOUSEFIT treadmill (magnetic, folding) – 1 pc.; Vasil home line incline bench press – 2 pcs.; Vasil home line sit-up bench – 2 pcs.; Vasil home line universal hanging bench – 3 pcs.; barbell bar – 6 pcs., barbell weight plates 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.; neoprene body bar 2 kg – 7 pcs., 3 kg – 15 pcs.; kettlebells 16 kg – 2 pcs., 32 kg – 2 pcs.; TORRES medicine ball 2 kg – 17 pcs.
	Educational Building Stavropol, pr. Kulakova, 2 (lit. B) Gym (Weightlifting Room): Mirrors – 20 pcs.; gymnastic mat – 40 pcs.; HOUSEFIT multifunctional trainer – 1 pc.; gymnastic wall – 6 pcs.; HOUSEFIT stationary bike – 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 Premises for students' independent work equipped with computer hardware with access to the Internet and to the electronic information and educational environment of the university.

11. Specific Features of Mastering the Discipline by Persons with Disabilities and Health Issues

Students with health issues are to be offered special textbooks, study guides, and didactic materials, special technical means of collective and individual training, the services of an assistant (helper) providing students with the necessary technical assistance, as well as the services of sign language interpreters and tactile sign language interpreters.

The mastery of the discipline (module) by students with health issues can be arranged jointly with other students, as well as in separate groups.

The mastery of the discipline (module) by students with health issues is to be carried out in view of their psycho-physical development, individual capabilities, and health status.

In order to ensure accessibility of higher education under the educational program for persons with health issues, the following is provided during the mastery of the discipline (module):

- 1) For visually impaired individuals:
 - the presence of an assistant who provides the student with required support, taking into account individual characteristics (helps to take a workplace, move around, read and complete the task, including writing under dictation);
 - written assignments, as well as instructions, are prepared in a larger font;
 - special textbooks, study guides, and didactic materials (having a large font or audio files);

- individual uniform lighting of at least 300 lux;
- if necessary, a magnifying device is provided to the student to complete the task.

2) For hearing-impaired individuals:

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

3) For individuals with musculoskeletal disorders (including severe motor impairments of the upper limbs or lack of upper limbs):

- written assignments are performed on a computer with specialized software or dictated to an assistant;
- at the student's request, assignments can be performed orally.

12. Features of the Discipline Implementation with Distance Learning 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 using 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 the specified information via communication lines, and the interaction of students and pedagogical workers. Distance learning technologies are understood as educational technologies implemented mainly with the use of information and telecommunications networks with indirect (at a distance) interaction of students and pedagogical workers.

The implementation of the discipline can be carried out with the use of distance learning technologies and e-learning in full or in part. Components of the teaching materials of the discipline (work program of the discipline, assessment and methodological materials, forms of certification) implemented with the use of distance learning technologies and e-learning contain an indication of their use.

When arranging educational activities using distance learning technologies and e-learning, asynchronous and synchronous ways of interaction between participants in educational relations through the Internet information and telecommunication network may be provided.

When applying distance learning technologies and e-learning, the schedule for the discipline indicates: ways of interaction between participants in educational relations through the Internet information and telecommunication network (VCS – video conferencing, 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 Internet information and telecommunication network; for synchronous learning – the time of online classes and teachers; for asynchronous learning – the authors of online courses.

When arranging mid-term assessment using distance learning technologies and e-learning, the Methodological Recommendations on the use of technical means ensuring objectivity of results during mid-term and state final assessment for higher education educational programs – bachelor's programs, specialist programs, and master's programs with the use of distance learning technologies are used (Letter of the Ministry of Science and Higher Education of the Russian Federation dated December 7, 2020, # MN-19/1573-AN On sending methodological recommendations).

The implementation of the discipline with the use of e-learning and distance learning technologies is carried out using the electronic information and educational environment of NCFU, to which students are provided access through the Internet information and telecommunication network, or using the resources of other organizations, including platforms providing services for video conferencing, online meetings, and distance learning (MTS link), as well as using the features of social networks to carry out communication between students and teachers.

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