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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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PhD in Medical Sciences
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WORKING PROGRAM OF THE DISCIPLINE (MODULE)

PHYSICAL CULTURE AND SPORT

Field of Training:	31.05.01 General Medicine
Year of Commencement:	2026
Type of Training:	Full-time
Delivered in Semester	1

DEVELOPED BY:
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1. Aim and Objectives of Mastering the Discipline (Module)

The aim of mastering the discipline **Physical Culture and Sport** is the development of the individual's physical culture, the development of skills and abilities for the special use of various means of physical culture and sports aimed at maintaining and improving health, as well as ensuring full social and professional activity.

Objectives

- Raising awareness of the social significance of physical culture and its role in personal development and preparation for professional activity;
- Developing the student's intellectual and general cultural level, contributing to the moral and physical improvement;
- Getting to know the scientific-biological, pedagogical, and practical foundations of physical culture and a healthy lifestyle;
- Shaping a motivation & value-based attitude towards physical culture, a commitment to a healthy lifestyle, physical improvement, and self-education skills for regular physical exercise and sports;
- Mastering a system of practical skills and abilities that ensure the maintenance and improvement of health and psychological well-being;
- Developing and improving psychophysical abilities, qualities, and personality traits for self-orientation in the social sphere;
- Acquiring personal experience in increasing motor and functional capacities;
- Employing the methods and means of physical culture aiming to ensure full social and professional activity and life activity as a whole.

2. Place of the Discipline (Module) in the Educational Program Structure

The **Physical Culture and Sport** discipline belongs to the mandatory (core) part of Block 1.

3. List of Planned Learning Outcomes for the Discipline (Module), Coordinated with the Planned Outcomes of the Educational Program

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	AI-1 UC-7 determines the personal level of physical	Reveals the personal level of development of physical

physical fitness to ensure full social and professional activity	development and fitness indicators	development and fitness indicators taking into account the physiological features of the organism at a high level, as well promotes knowledge about physical improvement
UC-7 Capable of maintaining an appropriate level of physical fitness to ensure full social and professional activity	AI-2 UC-7 has a command of the technologies for a healthy lifestyle and health preservation, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening	Reveals a high-level command of the technologies of a healthy lifestyle and health maintenance, selects a set of physical exercises in view of their impact on functional and motor capabilities, adaptive resources of the body, and on health strengthening, and promotes the healthy lifestyle standards

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

Volume of classes: total: 2 ECTS credits, 72 academic hours	Full-time (acad. hrs)	Part-time (acad. hrs)	Full/Part-time (astr. hrs)
Face-to-face interaction	18.00	6.0	6.0
	6.0	2.0	2.0
	12.00	4.00	4.00
Independent work	54.0	66.0	66.0
Control			
Pass/fail test	Semester 1	Semester 1	Semester 1

* The discipline (module) provides for the use of e-learning and remote learning technologies (unless otherwise set by the education standard)

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	Competen- cies 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		
1.	Physical culture in the hierarchy of general culture values Organization of the educational process in physical culture. Social significance and functions of physical culture	UC-7	2.0			4.0	2.0			5.0	2.0			5.0	Interview Test

2.	Historical stages of physical culture evolution Theories of the origin of physical culture. Main periods of the development of physical culture. Physical culture in ancient Greece	UC-7				5.0				6.0				6.0	Interview Test
3.	Historical and sociocultural conditions for the development of physical culture and sport Elements of physical culture and sport in Russian civilization from ancient times to the 18th century. Development of physical culture and sport in Russia from the 18th to the 20th century	UC-7		2.0		4.0				5.0				5.0	Interview Test
4.	The olympic movement: history, principles, traditions, rules Myths and legends. Development of the Olympic movement in Russia and the world. History of the origin and revival of the Olympic Games	UC-7		2.00		4.0				5.0				5.0	Interview Test

5.	Socio -biological foundations of physical culture The body as a single self-developing and self-regulating system. Functional changes in the body under physical stress	UC-7				5.0				6.0				6.0	Interview Test
6.	Scientifically-proven arrangement of labor and physical culture for students Content of socio-psychological and psychophysical characteristics of student age. Features of students' mental work	UC-7		2.0		4.0				5.0				5.0	Interview Test
7.	Healthy lifestyle basics Main aspects of a healthy lifestyle (HLS). Biosocial problems of a healthy lifestyle. Longevity	UC-7	2.0			5.0				6.0				6.0	Interview Test
8.	Research-based and theoretical foundations of physical education Physical culture as a social system. The concept of human physical qualities and their development. Means and methods of physical education	UC-7				5.0				6.0				6.0	Interview Test

9.	Health-improving and recreational physical culture Effect of physical exercise on human health. Main forms of physical culture and health-improving classes. Monitoring during classes of health-improving physical culture	UC-7		2.0		4.0				5.0				5.0	Interview Test
10.	Specific features of physical education for students having various health issues Basics of arranging physical culture classes with students of special medical groups. Assigning students to groups for physical culture classes	UC-7		2.0		4.0		2.0		5.0		2.0		5.0	Interview Test
11.	Sports training and its place in the system of physical education Aim, objectives, and means of sports training. Principles of sports training. Methods of sports training	UC-7		2.0		5.0		2.0		6.0		2.0		6.0	Interview Test

12.	Professional & Applied Physical Culture (PAPC) Current views on professional & applied physical training for people employed in industrial production. General provisions of PAPC for students	UC-7	2.0			5.0				6.0				6.0	Interview Test
	Semester 1, total		6.0 0	12.0		54	2.0	4.00		66.0	2.0	4.00		66.0	
	TOTAL		6.0 0	12.0		54	2.0	4.00		66.0	2.0	4.00		66.0	

6. Assessment Tools Fund for the Discipline (Module)

The assessment tools fund (ATF) for the discipline (module) relies on the list of the competencies with the indicators. The ATF offers an objective control over the achievement of the planned learning outcomes. The ATF includes:

- description of indicators and criteria for evaluating competencies at various stages of their formation, description of evaluation scales;
- methodical materials determining the procedures for evaluating knowledge, skills, abilities, and (or) work experience describing the stages of competency development (included in the guidelines for those types of work provided for by the curriculum and providing for the assessment of competency formation);
- standard assessment tools to assessing knowledge, skills, and the level of competency.

The ATF is an appendix to this program of the discipline (module).

7. Methodological Instructions

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

The discipline is theme-based; each topic represents a logically completed section.

Lecture stuff focuses on considering key, basic provisions of the courses and explaining educational assignments brought out to the students' independent work.

Practical classes aim to consolidate the assimilated information, to acquire skills applying the knowledge when solving practical problems in the respective subject area.

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

Successful mastery of the discipline takes completing all types of independent work, using the recommended sources of information.

8. Academic & Methodological and Informational Support

8.1. List of Main and Additional Literature

8.1.1. Main Literature:

1. Basic Physical Culture [Electronic resource] : textbook. - Izhevsk : Izhevsk State Agricultural Academy, 2020. - 132 p., unlimited copies.
2. Zenkova, T. A. Professionally Applied Physical Culture of Students [Electronic resource] / Zenkova T. A. : textbook. - 2nd ed., enlarged. - Rostov-on-Don : RSTU, 2020. - 152 p. - Approved

by the Academic-Methodological Council of the University. - ISBN 978-5-88814-921-8, unlimited copies.

8.1.2. List of Additional Literature:

1. Vetkov, N.E. Sports and Moving Games / N.E. Vetkov : educational-methodical manual [Electronic resource] : Interregional Academy of Safety and Survival (MABIV) ; Orel, 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 (GTO) – the path to health and physical perfection / P.A. Vinogradov / A.V. Tsarik / Yu.V. Okunkov : practical manual [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 : textbook for universities / [S. N. Komarov, K. A. Tsaturova, Yu. F. Kuramshin et al.] ; ed. by S. N. Komarov. - Moscow : Academy, 2013. - 239 p. ; 22. - (Higher Professional Education. Physical Culture and Sport. Bachelor's Degree). - Stamp: Rec. UMO. - Bibliogr.: p. 236. - ISBN 978-5-7695-9565-3, unlimited copies.
5. Nikolaev, V. S. Motor Activity and Human Health : (theoretical-methodological foundations of health-improving physical training) / V.S. Nikolaev ; A.A. Schankin. - 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 outline (1896–2012) / Sunik A. B. - Moscow : Sovetsky 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 SPSUACE Students / R.M. Kadyrov / V.D. Getman / A.V. Karavan : textbook [Electronic resource] : Saint Petersburg State University of Architecture and Civil Engineering, EBS ASV ; Saint Petersburg, 2015. - 150 p. - The book is in the basic version of EBS IPRbooks. - ISBN 978-5-9227-0620-9, unlimited copies.

8.2. List of Academic-Methodological Support for Independent Work

1. Methodological instructions for the execution of practical works in the discipline Physical Culture and Sport / comp. Grudnitskaya N.N. – NCFU, 2022. – Electronicversion
2. Methodological guidelines for arranging independent work in the discipline of Physical Culture and Sport / comp. Grudnitskaya N.N. – NCFU, 2022. - Electronicversion

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8.3. List of Internet Resources Required

1. <http://www.iprbookshop.ru> — Electronic Library System IPRbooks
2. <http://www.biblioclub.ru> — University Library online
3. <http://elibrary.ru/defaultx.asp> — Scientific Electronic Library eLIBRARY.RU
4. <http://www.rsl.ru/ru/s97/s339> — Russian State Library
5. <http://www.consultant.ru/> — ConsultantPlus
6. <http://www.teoriya.ru/ru/taxonomy/term/3> — Theory and Practice of Physical Culture
7. http://cnit.ssau.ru/kadis/ocnov_set/ — Foundations of Physical Culture in a Higher Educational Institution
8. <http://grinchenko.teach.obr55.ru> — Website of a physical culture teacher
9. <http://www.k-yroky.ru/load/153> — For the lesson, physical culture
10. <http://www.openclass.ru/sub/Физическая> культура — Open class, physical culture

9. List of Information Technologies Used through Delivering the Discipline (Module), Including the List of Software and Information Reference Systems

When reading lectures, computer equipment along with multimedia materials are used. In practical classes, students present a set of practical works, presentations prepared during of independent work.

Information Reference Systems (Information reference and information legal systems employed while studying the discipline):

1. <http://catalog.ncstu.ru> | catalog – Official website of the library of FSAEI HE NCFU.
2. <http://www.consultant.ru> – Official website of Consultant Plus
3. <http://www.minfin.ru> – Official website of the Ministry of Finance of the Russian Federation
4. <http://www.gks.ru> – Official website of the Federal State Statistics Service of the Russian Federation
5. <http://www.cbr.ru> - Official website of the Central Bank of the Russian Federation (Bank of Russia).

Software:

1. Licensed software: Microsoft Office Standard 2013

10. Description of the Material and Technical Resources Required for the Educational Process within the Discipline (Module)

Lectures	Rooms 21-704 21-706 21-708 21-712	- Short-throw multimedia projector Epson EB-536Wi c wall mount ELPMB45 and a set of cables; - LCD Monitor 21.5 DELL E2216H / 216H-1941 / DELL E2216H 21/5 LED monitor TN VGA DP 1920*1080; - PC for lecture classrooms Dell OptiPlex 3040 i3-6100 (3.7GHz, 3M, DC, 4(1*4)GB DDR3L 1600MHz, GMA HD4400, DVD+RW), black with a keyboard with a smart card reader. - LCD Monitor 24 DELL black DELL E2416H / 416H-1965 / DELL E2416 24 TN 1920x1080, 5ms, 250cd/m2, 1000:1, 160/170 Tilt VGA, DP, 3Y; - Thin client Dell Wyse 5030 for desktop virtualization systems based on VMWare Horizon with hardware implementation of PCoIP protocol, DELL E2416H monitor, keyboard with smart card reader.
Practical classes	Rooms 21-704 21-706 21-708 21-712	- Short-throw multimedia projector Epson EB-536Wi with wall mount ELPMB45 and a set of cables; - LCD Monitor 21.5 DELL E2216H / 216H-1941 / DELL E2216H 21/5 LED monitor TN VGA DP 1920*1080; - PC for lecture classrooms Dell OptiPlex 3040 i3-6100 (3.7GHz, 3M, DC, 4(1*4)GB DDR3L 1600MHz, GMA HD4400, DVD+RW), black with a keyboard with a smart card reader - LCD Monitor 24 DELL black DELL E2416H / 416H-1965 / DELL E2416 24 TN 1920x1080, 5ms, 250cd/m2, 1000:1, 160/170 Tilt VGA, DP, 3Y; - Thin client Dell Wyse 5030 for desktop virtualization systems based on VMWare Horizon with hardware implementation of PCoIP protocol, DELL E2416H monitor, keyboard with smart card reader.
Independent work	Rooms 21-710	- Short-throw multimedia projector Epson EB-536Wi with wall mount ELPMB45 and a set of cables; - LCD Monitor 21.5 DELL E2216H / 216H-1941 / DELL E2216H 21/5 LED monitor TN VGA DP 1920*1080; - PC for lecture classrooms Dell OptiPlex 3040 i3-6100 (3.7GHz, 3M, DC, 4(1*4)GB DDR3L 1600MHz, GMA HD4400, DVD+RW), black with a keyboard with a smart card reader. - LCD Monitor 24 DELL black DELL E2416H / 416H-1965 / DELL E2416 24 TN 1920x1080, 5ms, 250cd/m2, 1000:1, 160/170 Tilt VGA, DP, 3Y; - Thin client Dell Wyse 5030 for desktop virtualization systems based on VMWare Horizon with hardware implementation of PCoIP protocol, DELL E2416H monitor, keyboard with smart card reader.

Classrooms are equipped with hardware and technical means of instruction. Rooms for independent work of learners are equipped with computer technology with the possibility of connecting to the Internet network and providing access to the electronic information and educational environment. Specialized furniture and technical training means are used for presenting educational information.

The material and technical base allows for all types of disciplinary and interdisciplinary preparation, laboratory, and research work (portable laptop, portable projector, computers with the necessary software and the Internet access).

The premises for independent work are equipped with computer technology, with access to the Internet as well as to the electronic information and educational environment of the academic organization.

11. Features of Mastering the Discipline (Module) by Persons with Disabilities

Students with disabilities are offered special textbooks, teaching aids and materials, as well as special technical training means for shared and individual use, the help from an assistant, as well as the services of sign language interpreters and tactile sign language interpreters.

The training for students with disabilities can be arranged jointly with other students, as well as in separate groups.

The training for students with disabilities is to be carried out in view of the specific features of psychophysical development, individual capabilities, and health status.

In order to ensure the accessibility of higher education (within the educational program) for persons with disabilities, the following is to be provided through the discipline (module):

1) for persons with visual impairments:

- an assistant offering the required technical assistance, taking into account individual specifics (help taking the seat, moving around, reading, etc., including writing under dictation),
- written assignments, as well as instructions, are offered in an enlarged font,
- special textbooks, teaching aids, and didactic materials (with a large font or audio files) are provided,
- individual uniform lighting of at least 300 lux,
- if necessary, a magnifying device is to be offered to the student to complete the assignment;

2) for persons with hearing impairments:

- an assistant offering the required technical assistance, taking into account individual specifics (help taking the seat, moving around, reading, etc., including writing under dictation),
- sound-amplifying equipment for collective use is ensured; if necessary, the learner is provided with sound-amplifying equipment for individual use;
- proper sound means for reproducing information are to be provided;

3) for persons with musculoskeletal issues (including severe motor function disorders of the upper limbs or absence of upper limbs):

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

12. Specific Features of Delivering the Discipline Employing Remote Learning Technologies and E-Learning

Subject to Part 1 of Article 16 of the Federal Law of December 29, 2012 # 273-FZ On Education in the Russian Federation, e-learning is viewed as the organization of educational activity using information contained in databases and used in the implementation of educational programs, and information technologies, technical means, as well as information and telecommunications networks that ensure its processing and transmission via communication lines of the specified information, and interaction of learners 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 between students and pedagogical staff.

The discipline can be delivered through distance learning technologies and e-learning fully or in part. The components of the Academic-Methodological Complex (AMC) of the discipline (working program of the discipline, assessment and methodological materials, forms of attestation) implemented with distance learning technologies and e-learning contain an indication of their use.

When arranging educational activities employing distance learning technologies and e-learning, asynchronous and synchronous methods of interaction via the Internet may be provided.

When applying distance learning technologies and e-learning, the schedule for the discipline indicates: methods of interaction via the Internet (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 via the Internet; for synchronous learning – the time of online classes and teachers; for asynchronous learning – authors of online courses.

When arranging intermediate attestation distance learning technologies and e-learning, Methodological Recommendations on the use of technical means ensuring the reliability of results when conducting intermediate and state final attestation for higher education educational programs - Bachelor's programs, Specialist's programs, and Master's programs with distance learning technologies are used (Letter of the Ministry of Science and Higher Education of Russia of December 7, 2020, # MN-19/1573-AN On sending methodological recommendations).

The implementation of the discipline with e-learning and distance learning technologies is to be carried out using the electronic information and educational environment of NCFU, to which learners are offered access via the Internet, or using the resources of other organizations, including platforms offering services for video conferences, online meetings, and distance learning (MTS Link), as well as using the social networks to carry out communication between students and teachers.

The educational and methodological support of the discipline implemented with e-learning and distance learning technologies shall include the working program presented in electronic form,

educational and methodological manuals or a course of lectures, methodological guidelines for completing various types of educational activities envisaged by the discipline, and other educational and methodological materials available in the information and educational environment of NCFU.