

Документ подписан простой электронной подписью
 Информация о владельце:
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 Должность: и.о. директора Института цифрового развития
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Annotation to the Work program of the disciplines (module)

Discipline (module) name	Физическая культура и спорт / Physical training and sports
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 training 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 different groups of trainees. Fundamentals of the methodology for training physical qualities with different groups of trainees.
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.	2c. u.
Reporting Forms	Credit - 1st semester
List of essential and supplementary literature necessary for mastering the discipline (module)	
Essential literature	1. Bychenkov, S. V. Physical culture / Electronic source: Textbook for secondary vocational education / S. V. Bychenkov, O. V. Vezennitsyn. - Saratov: Vocational Education, IPR Media, 2018. - 122 p. - The book is in the premium version of IPR BOOKS ELS. - ISBN 978-5-4486-0374-7, 978-5-4488-0195-2, unlimited copies 2. Katkova, A. M. Physical culture and sports / Electronic source: 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 IPR BOOKS ELS. - ISBN 978-5-4263-0617-2, unlimited copies
Supplementary literature	1. Vetkov, N. E. Sports and outdoor games / N. E. Vetkov: teaching aid / Electronic source: Interregional Academy of Security and Survival (MABIV); Oryol, 2016. - 126 p. - The book is in the basic version of IPRbooks ELS, 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: a practical guide / Electronic source: Sport ; Moscow, 2016. - 234 p. - The book is in the basic version of IPRbooks ELS. - 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 IPRbooks ELS. - ISBN 978-5-9906734-7-2, unlimited copies

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| | <p>4. History of physical culture: a textbook for universities / [S. N. Komarov, K. A. Tsaturova, Yu. F. Kuramshin and others]; ed. by S. N. Komarova. - Moscow: Academia, 2013. - 239 p.; 22. - (Higher professional education. Physical training and sports. Bachelor's degree). – Stamp: recommended by Academic and Methodological Association. - Bibliography: p. 236. - ISBN 978-5-7695-9565-3, unlimited copies</p> <p>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</p> <p>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 IPRbooks ELS. - ISBN 978-5-9718-0590-8, unlimited copies</p> <p>7. Kadyrov, R. M. Theory and methods of physical training of students of SPbUACE / R. M. Kadyrov / V. D. Getman / A. V. Caravan: textbook / Electronic resource: St. Petersburg State University of Architecture and Civil Engineering, ASV ELS; St. Petersburg, 2015. - 150 p. - The book is in the basic version of IPRbooks ELS. - ISBN 978-5-9227-0620-9, unlimited copies.</p> |
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