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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 Dean of the Faculty
Physical Culture and Sports
Cand. ped. Sci., Associate Professor
K.M. Smyshkov

WORK PROGRAM OF THE DISCIPLINE

PHYSICAL EDUCATION AND SPORTS

Areas of training	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	1-2

DEVELOPED BY:

Senior Lecturer of the Department of
Educational Technologies of Physical Culture
and Sports of the Faculty of Physical Culture
and Sports

Kochergin M.I.

Stavropol 2026

1. Purpose and objectives of mastering the discipline (module)

The purpose of mastering the discipline "Physical Culture and Sports" is the formation of physical culture of the individual, the acquisition of skills and abilities for the directed use of various means of physical culture, sports aimed at preserving and strengthening health, ensuring full-fledged social and professional activities.

Objectives of the discipline:

- understanding of the social significance of physical culture and its role in the development of personality and preparation for professional activity;
- development of the intellectual and general cultural level of the student, to contribute to the moral and physical improvement of the personality;
- 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;
- development and improvement of psychophysical abilities, qualities and properties of the personality for self-determination in the social sphere;
- acquisition of personal experience of increasing motor and functional capabilities;
- the use of methods and means of physical culture to ensure full-fledged social and professional activities and life in general.

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

The discipline "Physical Culture and Sports" belongs to the mandatory part of Block 1.

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

Code, formulation of competence	Indicator code, wording	Planned learning outcomes in the discipline (module), characterizing the stages of the formation of competencies, indicators
UK-7 Is able to maintain the proper level of physical fitness to ensure full-fledged social and professional activities	ID-1 UK-7 chooses 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-2 UK-7 plans his working and free time for the optimal combination of physical and mental load and ensuring working capacity and professional activity	Rationally combines physical and mental load and ensures performance in professional activities
	ID-3 UK-7 maintains the proper level of physical fitness to ensure full-fledged social and professional activities and observes the norms of a healthy lifestyle	Demonstrates knowledge of the norms of a healthy lifestyle and maintains the proper level of physical fitness to ensure full social and professional activities

4. Scope of the academic discipline (module) and forms of control *

Scope of classes: total: 2 EC, 72 academic hours.	OFO, in astros. hours
Contact work:	32.00
Lectures/from them practical training	0
Laboratory work/from them practical training	0
Practical training/of which practical training	32.00
Independent work	40.00
Forms of control	
Exam	-
Credit	Yes
Credit with a grade	-
Course work	no

* The discipline (module) provides for the use of e-learning, distance learning technologies
(unless otherwise established by the educational standard)

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			Independent work, hours	Forms of current control
			Contact work of students with the teacher / of them in the form of practical training, hours				
			Lectures	Practical exercises	Laboratory work		
1.	Physical Culture in the Hierarchy of Values of General Culture Organization of the educational process in physical education. Social significance and functions of physical education.	UK-7				4	Interview, Test

2.	Historical stages of the development of physical culture Theories of the emergence of physical culture. The main periods of the development of physical culture. Physical culture in ancient Greece. Practical lesson No1 Historical and socio-cultural conditions for the development of physical culture and sports	UK-7		6		2	Interview, Test
3.	Historical and socio-cultural conditions for the development of physical culture and sports Elements of Physical Culture and Sports in Russian Civilization from Ancient Times to the 18th Century. The Development of Physical Culture and Sports in Russia from the 18th to the 20th Centuries	UK-7				4	Interview, Test

4.	The Olympic Movement: History, Principles, Traditions, Rules Myths and legends. The development of the Olympic movement in Russia and the world. The history of the emergence and revival of the "Olympic Games". Practical lesson No 2 The Olympic Movement: History, Principles, Traditions, Rules	UK-7		6		2	Interview, Test
5.	Socio-biological foundations of physical culture The body is like a single self-developing and self-regulating system. Functional changes in the body during physical exertion.	UK-7				4	Interview, Test

6.	Scientific Organization of Labor and Physical Culture of a Student The content of socio-psychological and psychophysical features of student age. Features of students' mental work. Practical lesson No 3 Scientific Organization of Labor and Physical Culture of a Student	UK-7		4		4	Interview, Test
	TOTAL for 1 semester			16.0		20.0	
7.	Basics of a healthy lifestyle Main aspects of a healthy lifestyle. Biosocial problems of a healthy lifestyle. Longevity issues.	UK-7				4	Interview, Test
8.	Scientific and theoretical foundations of physical education of students Physical culture as a social system. The concept of physical qualities of a person and their development. Means and methods of physical education.	UK-7				2	Interview, Test

9.	Health-improving and recreational physical education The influence of physical exercises on human health. The main forms of physical education and recreational activities. Control in recreational physical education classes. Practical lesson No 4 Health-improving and recreational physical education	UK-7		6		4	Interview, Test
10.	Features of Physical Education of Students with Various Deviations in Health Basics of organizing physical education classes with students of special medical groups. Distribution of students into groups for physical education classes. Practical lesson No 5 Features of Physical Education of Students with Various Deviations in Health	UK-7		6		2	Interview, Test

11.	Sports training and its place in the system of physical education of students Purpose, objectives and means of sports training. Principles of sports training. Methods of sports training. Practical lesson No 6 Sports training and its place in the system of physical education of students.	UK-7		4		4	Interview, Test
12.	Professionally Applied Physical Education (PPFC) of Students Modern Understanding of Professionally Applied Physical Training of Industrial Workers. General Position of PPFC Students.	UK-7				4	Interview, Test
	TOTAL for the 2nd semester			16.0		20.0	
	TOTAL			32.0		40.0	

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

The Assessment Tools Fund (WF) for a discipline (module) is based on a list of mastered competencies with an indication of indicators. 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) work experience that characterize the stages of competence formation (included in the methodological guidelines for those types of work that are provided for by the curriculum and provide for the assessment of the formation of competencies);
- standard assessment tools necessary for assessing knowledge, skills and the level of competence formation.

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

7. Methodical instructions for students on the development of the discipline

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

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

The lecture material is devoted to the consideration of the key, basic provisions of the courses and the explanation of educational tasks submitted for independent work of students.

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

8.1.1. List of basic literature:

1. Basic Physical Culture Elektronnyi resurs : uchebnoe posobie [Basic physical culture]. - Izhevsk : Izhevsk State Agricultural Academy, 2020. - 132 p., unlimited copies
2. Zenkova, T. A.
 Professional-applied physical culture of students Elektronnyi resurs / Zenkova T. A. : uchebnoe posobie. - 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, unlimited copies

8.1.2. List of additional literature:

1. Vetkov N.E. Sportivnye i podvizhnye igry [Sports and Active Games] / N.E. Vetkov : Uchebno-metodicheskoe posobie Elektronnyi resurs : Mezhhregional'noe Akademiya bezopasnosti i survivala (MABIV) ; Orel, 2016. - 126 p. - The book is in the basic version of EBS IPRbooks., unlimited copies
2. Vinogradov P.A. Vserossiyskoy fizkul'turno-sportivno-sportivnogo kompleks «Gotov k trudu i oborone» (GTO) – put' k zdorov'yu i fizicheskomu sovershenstvu [All-Russian physical culture and sports complex "Ready for labor and defense" (GTO) – the way to health and physical perfection] / P.A. Vinogradov / A.V. Tsarik / Yu.V. Okounkov : practical manual Elektronnyi resurs : Sport ; Moscow, 2016. - 234 p. - The book is in the basic version of the 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 the EBS IPRbooks. - ISBN 978-5-9906734-7-2, unlimited copies

4. History of Physical Culture: Textbook for Higher Educational Institutions / [S. N. Komarov, K. A. Tsaturova, Y. F. Kuramshin et al.] ; edited by S. N. Komarov. - Moscow : Academy, 2013. - 239 p. ; 22. - (Higher Professional Education. Physical Culture and Sport. Bachelor's Degree). - Grif: Rek. UMO. - Refs.: p. 236. - ISBN 978-5-7695-9565-3, unlimited copies

5. Nikolaev V.S. Dvigatel'naya aktivnosti i zdorov'e cheloveka : (teoretiko-metodicheskie osnovy zdorovennoy fizicheskoy treneniya) [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. Sovremennye olimpiyskie igry: kratkiy istoricheskie ocherk (1896–2012 gg.) [Modern Olympic Games: A Brief Historical Essay (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. Teoriya i metodika fizicheskogo kul'tury studentov SPbGASU / R.M. Kadyrov / V.D. Getman / A.V. Karavan : uchebnoe posobie Elektronnyi resurs : St. Petersburg State University of Architecture and Civil Engineering, EBS ASV; St. 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 educational and methodological support for students' independent work in the discipline

1. Metodicheskie ukazaniya po vypolnenii prakticheskikh raboty po distsipline "Fizicheskoy kul'tura i sport" [Guidelines for the performance of practical work on the discipline "Physical Culture and Sport"]. Grudnitskaya N.N. – NCFU, 2022. - [Electronic version].

2. Metodicheskie ukazaniya po organizatsii samostoyatel'noy raboty po distsipline "Fizicheskoy kul'tura i sport" [Guidelines for the organization of independent work in the discipline "Physical Culture and Sport"]. Grudnitskaya N.N. – NCFU, 2022. - [Electronic version].

8.3. List of resources of the information and telecommunication network "Internet" necessary for mastering the discipline

1. <http://www.iprbookshop.ru> IPRbooks Electronic Library System
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/ – Fundamentals of Physical Culture at the University;
8. <http://grinchenko.teach.obr55.ru> – Physical Education Teacher's Website
9. <http://www.k-yroky.ru/load/153> - To the lesson, physical education.
10. <http://www.openclass.ru/sub/Physical> Education – Open Class, Physical Education;

9. List of information technologies used in the implementation of the educational process in the discipline (module), including a list of software and information reference systems

When reading lectures, computer equipment is used, demonstrations of presentation multimedia materials are used. In practical classes, students present a set of practical works, presentations prepared by them during the hours of independent work.

Information reference systems:

Information and reference and information and legal systems used in the study of the discipline:

1	http://catalog.ncstu.ru/catalog – Official website of the library of the Federal State Autonomous Educational Institution of Higher Education of NCFU.
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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	Viola Workstation 10
2	Alt Workstation K
3	Viola "Server"
4	Office software package - P7-Office

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

Lectures	21-704 21-706 21-708 21-712	- Short focus. multimedia projector EpsonEB-536Wi with wall mount ELPMB45 and embankment; - LCD Monitor 21.5 DELL DELL E2216H/216H-1941/DELL E2216H21/5 LED monitor TN VGA DP 1920*1080; - PC for lectures. audit Dell OptiPlex3040i3-6100(3.7GHz.3M.DC)4(1*4) GBDDR3L1600MHz.GMAHD4400.DVD+RW) black with keyboard with smart card reader. - LCD Monitor 24 DELL Black DELL E2416H/416H-1965/DELL E2416 24 TN 1920x180.5ms.250cd/m2.1000:1.160/170Tilt VGA. DP.3Y; - Thin client Dell Wyse5030for desktop virtualization system based on VMWare Horizon with hardware implementation. protocol PCoIP monitor DELLE2416Hkeyboard with readers. smart cards.
Practical exercises	21-704 21-706 21-708 21-712	- Short focus. multimedia projector EpsonEB-536Wi with wall mount ELPMB45 and embankment; - LCD Monitor 21.5 DELL DELL E2216H/216H-1941/DELL E2216H21/5 LED monitor TN VGA DP 1920*1080; - PC for lectures. audit Dell OptiPlex3040i3-6100(3.7GHz.3M.DC)4(1*4) GBDDR3L1600MHz.GMAHD4400.DVD+RW) black with keyboard with smart card reader. - LCD Monitor 24 DELL Black DELL E2416H/416H-1965/DELL E2416 24 TN 1920x180.5ms.250cd/m2.1000:1.160/170Tilt VGA. DP.3Y; - Thin client Dell Wyse5030for desktop virtualization system based on VMWare Horizon with hardware implementation. protocol PCoIP monitor DELLE2416Hkeyboard with readers. smart cards.
Independent work	21-710	- Short focus. multimedia projector EpsonEB-536Wi with wall mount ELPMB45 and embankment; - LCD Monitor 21.5 DELL DELL E2216H/216H-1941/DELL E2216H21/5 LED monitor TN VGA DP 1920*1080; - PC for lectures. audit Dell OptiPlex3040i3-6100(3.7GHz.3M.DC)4(1*4) GBDDR3L1600MHz.GMAHD4400.DVD+RW) black with keyboard with smart card reader. - LCD Monitor 24 DELL Black DELL E2416H/416H-1965/DELL E2416 24 TN 1920x180.5ms.250cd/m2.1000:1.160/170Tilt VGA. DP.3Y; - Thin client Dell Wyse5030for desktop virtualization system based on VMWare Horizon with hardware implementation. protocol PCoIP monitor DELLE2416Hkeyboard with readers. smart cards.

Classrooms for training sessions are equipped with equipment and technical means of training. Rooms for independent work of students, equipped with computer equipment with the

ability to connect to the Internet and provide access to the electronic information and educational environment. Specialized furniture and technical training aids used to present educational information.

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

Rooms for independent work of students are equipped with computer equipment with the ability to connect to the Internet and provide access to the electronic information and educational environment of the educational organization.

11. Features of mastering the discipline (module) 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.