

Новгородский государственный университет имени Ярослава Мудрого  
Институт непрерывного педагогического образования

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Кафедра физической культуры

Распоряжение

О подготовке к реализации  
англоязычной образовательной программы

С целью своевременной и полной подготовки к реализации  
англоязычной образовательной программы по специальности 31.05.01  
Лечебное дело (31.05.01 General Medicine)

1. Назначить для разработки программ и фондов оценочных средств:
  - по дисциплине «Физическая культура и Спорт» базовой части учебного плана Максимова А.И., Демченко Д.Л.
  - по дисциплине «Физическая культура и Спорт» элективный курс вариативной части учебного плана Яковенко Д.В., Базай Г.А.
2. Контроль за исполнением данного распоряжения возложить на и.о. зав.кафедрой ФК Е.Г. Чистякову.

и.о. зав.кафедрой ФК

05.03.2020

Е.Г. Чистякова

### РАСПОРЯЖЕНИЕ

- 1) Предоставить отчет по разработке РП «Физическая культура и спорт», направление 31.05.01 Лечебное дело (иностранцы студенты) 20 марта 2020г. Ответственные: Базай Г.А., Демченко Д.Л., Максимов А.Н., Яковенко Д.Н.
- 2) Назначить рабочую группу по разработке положения о проведении открытого конкурса НовГУ «Лучший специалист в области физической культуры» (по стандартам WorldSkills) в составе: старшие преподаватели Максимов А.Н., Ефимова Е.В.

И.о. зав. кафедрой ФК



Е.Г. Чистякова

16.03.2020 г.

Ministry of Education and Science of the Russian Federation  
Federal State Budgetary Educational Institution of Higher Education  
" Yaroslav-the-Wise Novgorod State University "  
Institute of Continuing Pedagogical Education

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Department of Physical Education

I APPROVE  
Director of ICPE

\_\_\_\_\_ A.G. Shirin

«\_\_\_\_\_» \_\_\_\_\_ 20

PHYSICAL CULTURE AND SPORT  
Training module with specialty  
31.05.01 General Medicine  
Specialty (Profile) General Medicine in English  
Working programm

AGREED

Head of the quality control department

\_\_\_\_\_ A.N. Kolpakova  
Signature

\_\_\_\_\_ 20 г.  
Day Month

DEVELOPED

Associate Professor of the department of PE

\_\_\_\_\_ D.V. Yakovenka

Assistant Professor of the department of PE

\_\_\_\_\_ G.A. Bazai

Adopted at the meeting of the department

Protocol № \_\_\_\_\_ Dated \_\_\_\_\_ 2019 г.

By the Head of Department

\_\_\_\_\_ Chistyakova E.G.  
Signature

\_\_\_\_\_ 20 г.  
Day Month

### 1. Goals and objectives of the training module (discipline)

The goal of mastering the training module (discipline) is the formation of competencies in physical education aimed at developing the student's personality and the ability to use physical culture and sports tools and methods to maintain and strengthen health.

Tasks:

- To strengthen the health of students, promote harmonious physical development, improve and maintain physical and mental performance at the optimal level;
- To develop and improve the basic physical qualities of future medical workers that are significant in their future professional activities;
- to contribute to the development of practical skills and experience in physical education and sports activities to maintain and enhance health.

### 2. The place of the training module in the structure of the educational program

The training module (discipline) "Physical Education and Sports" refers to the variable part of the block N°1 (Elective course) of the curriculum of the specialty 05.31.01 General Medicine Specialty (Profile) "General Medicine in English" and is studied from 1st to 7th semester inclusive. The training module (discipline) includes practical courses in physical education.

### 3. Requirements for the results of the development of the training module

As a result of the development of the educational module (discipline), the student must know, be able and possess:

Competency Code	Level of competency	Know	Be able to	Master
OK-6 - the ability to use methods and tools of physical education to ensure full social and professional activity	Threshold	The methodological foundations of physical education, the basics of self-improvement of physical qualities and personality traits.	Independently maintain and develop basic physical qualities in the process of physical exercises.  carry out the selection of necessary applied physical exercises to adapt the body to various working conditions and specific environmental influences.	The methods of independent choice of a sport or system of physical exercises to promote health, health-saving technologies.  Organizing life in accordance with socially significant ideas about a healthy lifestyle.

	Basic	The principles and laws of education and improvement of physical qualities	Distinguish between factors that determine human health, the concept of a healthy lifestyle and its components.	The methods of self-diagnosis, self-esteem, recovery means for self-correction of health by various forms of physical activity
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#### 4. Structure and content of the training module

##### 4.1 The complexity of the training module (discipline)

Educational work (EW)	Total	semester							Competency Codes
		1	2	3	4	5	6	7	
The total complexity of the discipline in credit units									
Total labor input (in hours) <i>practical lessons</i>	342	36	36	54	54	54	54	54	OK - 6
certification		no	no	offset	offset	offset	offset	offset	

##### 4.2 The content and structure of sections of the training module (discipline)

1st Semester. Outdoor games.	
1 - 2	Safety precautions in physical education classes. Key points: emphasis (crouching, lying, bending, lying behind, etc.); squat (on the heels, at an angle, etc.). Flexibility exercises.
3 - 4	GDE without items. Outdoor games: " Who will throw further ", "Throwers", "Race of basketballs".
5 - 6	The main regulations of gymnastics. Grouping from various starting positions. Coordination development exercises.
7 - 8	Learning the technique of performing basic control exercises. Outdoor games with volleyball elements
9 - 10	Gymnastic exercises of an applied nature: moving along the gymnastic wall up and down, horizontally face and back to the support; crawling on the belly. Outdoor games with football elements. Training of power endurance.
11 - 12	Gymnastic exercises of an applied nature: overcoming an obstacle course with climbing elements, climbing alternately with a right and left foot swing, walking on a gymnastic bench; exercises on the low bar: hanging standing in front, behind. Relays with elements of a basketball.
13 - 14	Outdoor games "Game of tag", "Snake", " Right on target "
15 - 16	GDE with items. Gymnastic exercises of an applied nature.
17 - 18	On the material of the section "Sports Games" Basketball: catching the ball in place and in motion: low flying and flying at head level; throws of the ball with two hands while standing still (ball from below, ball at chest, ball behind behind head); passing the ball (from below, from the chest, from the shoulder); outdoor games: "Drop - catch", "Shootout", "Hunters and ducks".
2nd Semester. Outdoor games with elements of sports and athletics	

1 – 2	Outdoor games. Track and field elements.
3 – 4	GDE with items. SRE. Regular running. Jumping rope.
5 – 6	Track and field elements. Running: Regular running with subsequent acceleration, shuttle running 3 x 10 m, running with changing the frequency of steps. SRE. Developing overall endurance.
7 – 8	Regular running. GDE with items. Outdoor games. Training the implementation technique of the SRE. Developing overall endurance.
9 – 10	Regular running. SRE. Outdoor games with football elements.
11 – 12	Stuffed ball exercises. Throwing a small ball at a range from behind the head. Jumping: from position and with a turn of 90 ° and 100 °, according to the markings, through obstacles; through the rope.
13 – 14	Circuit training. Outdoor games and basketball elements.
15 – 16	GDE with a rope. Jumping rope. Relay races with volleyball elements.
17 – 18	GDE with a hoop, with a gymnastic stick and without objects. Developing flexibility. Outdoor games with volleyball elements.

<b>2nd Year 3rd Semester Volleyball</b>	
1	Safety measures for volleyball lessons. Rules for a warm-up in volleyball. Learning the technique of a player's rack, moving in a rack. Volleyball Rules
2	Learning techniques for moving in a rack, stopping, accelerating. Learning the technique of passing the ball from above with two hands. The game of pioneer ball.
3	Developing coordination abilities: shuttle running. Learning pass techniques from above with two hands in place and after moving forward. Pioneer ball game with volleyball elements.
4	GDE with items. Taking the control standard-test. Pioneer ball game with volleyball elements.
5	Learning the technique of lower direct passes. Improving the technique of passing the ball from above with two hands above the head. Pioneer ball game with volleyball elements.
6	Developing coordination abilities. Taking the control standard-test. Elements of a circuit workout.
7	Learning the technique of receiving and passing with two hands from below. Learning the technique of lower direct passes from 3-6 meters from the grid. Pioneer ball game with volleyball elements.
8	Taking the control standard-test. Circuit training. Pioneer ball game with volleyball elements.
9	Taking the control standard-test. Improving the technique of receiving the ball from above and below. Improving the technique of lower direct passes.
10	Learning the technique of receiving the ball from below with two hands, in place and after motion. Pioneer ball game with volleyball elements.
11	Taking the control standard-test. Speed-power training.
12	Learning the technique of receiving the ball from the bottom after serving. Pioneer ball game with volleyball elements.
13	Delivery of the control standard. Teaching a technique to a direct attacking strike. Pioneerball game.
14	Learning a technique for a direct hit after a throw of the ball by a partner. Pioneer ball game with volleyball elements.
15	Taking the control standard-test. Speed-power training.
16	Upper-direct pass training. "Hunters and ducks" game.
–	Learning the technique of single-blocking. Direct pass training.
17	Pioneerball game with volleyball elements.
18	Taking the control standard-test.
<b>4th Semester Basketball</b>	
1	Safety precautions in basketball lessons. Rules for holding basketball warm-ups. Mobility

	training, jump stop. Relays with various objects.
2	Improving the technique of movement, jump stops. Learning the technique of passing the ball in pairs, triples. Relays with elements of basketball.
3	Taking the control standard-test. Relays with elements of basketball.
4	Learning the techniques for dribbling the ball with the right and left hand. Improving the technique of passing the ball in pairs, triples. A basketball game with simplified rules.
5	Taking the control standard-test. Relays with various objects.
6	Learning the techniques of moving with crossover side steps, right and left side. Improving the technique of dribbling the ball with the right and left hand. Relays with elements of basketball.
7	Taking the control standard-test. A game of basketball with simplified rules.
8	Learning the technique of throwing inside the ring with one hand from position. Improving the technique of passing the ball in pairs, triples. A game of basketball with simplified rules.
9	Taking the control standard-test. Learning the techniques of moving with crossover side steps, right and left side.
10	Learning stopping techniques in two steps, by leap. Mastering - dribbling techniques with the right and left hand.
11	Taking the control standard-test. Improving the technique of passing the ball in pairs, triples. A game of basketball with simplified rules.
12	Learning the technique of turning without and with the ball. Learning the technique of taking, knocking out the ball. Educational game with simplified rules 3 * 3.
13	Learning techniques for passing the ball in position and on the move. Learning techniques for fast breakthrough attack (1: 0). Training game with simplified rules 5 * 5
14	Taking the control standard-test. Learning techniques for fast breakthrough attack (1: 0). Training game with simplified rules 5 * 5
15	Training in throwing techniques from various starting positions. Relays with various objects.
16	Taking the control standard-test. The implementation of the combinations of the mastered elements: catching, passing, dribbling.
17	
18	Taking the control standard-test. Educational game with simplified rules 5x5.
<b>5th Semester Fitness</b>	
1	Safety in fitness classes. Learning the technique of basic technical elements. Technical training of students.
2	Technical training of students. (Interval training, functional training, basic principles training). Development of flexibility and mobility of joints.
3	Taking the control standard-test. Education of flexibility and mobility of joints.
4	Increase of motor activity and decrease of emotional and mental tension.
5	Dance aerobics with shaping elements: general-developmental exercises in combination with dance movements based on basic steps with musical accompaniment.
6	Taking the control standard-test. General-developmental exercises combined with dance moves.
7	Taking the control standard-test. Learning the technique of dance movements based on the basic steps for musical accompaniment.
8	Dance aerobics with objects. General-developmental exercises with objects in combination with dance movements.
9	Taking the control standard-test. Development of joint flexibility and mobility.
10	Training in a set of exercises aimed at developing strength and strength endurance of various leg muscles.
11	Taking the control standard-test. Learning exercises for various muscle groups with fitball.
12	Training in a set of exercises aimed at developing strength and strength endurance of various muscle groups.
13	Taking the control standard-test. Circuit training
14	Fitball-aerobics: Features of the content of classes in fitball-aerobics. Learning exercises for

	various muscle groups with fitball.
15	Taking the control standard-test. Stretching: the basics of flexibility.
16	Stretching: the basics of flexibility development techniques. Learning and mastering exercises
17	from various types of stretching: passive and active static; passive and active dynamic.
18	Taking the control standard-test. Mastering exercises from various types of stretching:
<b>6th Semester Athletics</b>	
1	Safety rules for athletics classes. Rules of warm-ups. Drill exercises. High start technique training.
2	High start technique training with one-hand support. Middle-distance running training. Game "Lapta".
3	Taking the control standard-test. Short-distance running training.
4	Shuttle running training. Speed-power training.
5	Taking the control standard-test. Middle distance running training. Speed-power training.
6	Learning the technique of throwing the ball at a distance. Development of speed-power abilities.
7	Taking the control standard-test. Learning the technique of the final throwing effort.
8	Learning the technique of long jump from position. Throwing technique training. Speed-power training.
9	Taking the control standard-test. Landing training. Speed-power training.
10	Training in middle-distance running techniques (starting acceleration, distance running, finishing). Mastering the technique of high start. Game « Lapta ».
11	Low start training. Development of speed-power qualities: running segments 30m-60m-30m. Jumping from position.
12	Taking the control standard-test. Training in middle distance running. Development of overall endurance.
13	Training in short-distance running techniques (start, starting acceleration, distance running, finishing). Development of speed.
14	Taking the control standard-test. Learning the technique of jumping from position. Development of speed.
15	Mastering the technique of high start. Training in long-distance running techniques. Development of overall endurance.
16	Mastering long-distance running techniques.
17	Cross training.
18	Improving the technique of long jump from position. Development of speed-power abilities.
<b>7th Semester General Physical Fitness</b>	
1	Safety precautions in classes of general physical preparation. Training in the technique of motor actions during the development of basic physical qualities. Means and methods of general physical training: drill, general developmental exercises without objects, with objects.
2	Taking the control standard-test. Development of general endurance.
3	Developing strength. Training in the technique of performing strength exercises ( bodyweight exercises, exercises with weights corresponding to bodyweight, with weights: dumbbells, stuffed balls.
4	Taking the control standard-test. Exercises for the development of muscle strength of the lower extremities with loading.
5	Developing overall endurance. Long run, circuit training. Outdoor games.
6	Taking the control standard-test. Strength exercise for the back and arms muscles.
7	Developing flexibility. Flexibility training methods: active (basic, springy, swinging), passive (with self-grab or with the help of a partner).
8	Taking the control standard-test. Flexibility exercises.
9	Circuit training. GDE with items.
10	Agility exercises. Agility training methods. Use of outdoor games, gymnastic exercises.



11	Taking the control standard-test. Strength exercises for the muscles of the upper limbs and pectoral muscles, with bodyweight
12	Speed training. Exercises with resistance. Running 30m, 60m, 100m segments. Mastering motor
13	reactions by repeated reaction to various (visual, sound, tactile) signals.
14	Taking the control standard-test. Strength exercises in pairs.
15	
16	Development of strength. Training in the technique of performing strength exercises (exercises with bodyweight, with weights corresponding to the bodyweight, with weights: dumbbells, stuffed balls.
17	Taking the control standard-test. Circuit training.
18	Taking the control standard-test. Flexibility exercises.

### 4.3 Organization of the study of the training module (discipline)

Guidelines for organizing the study of the training module (discipline) are presented in Appendix A.

### 5. Monitoring and evaluation of the quality of development of the educational module (discipline)

The quality control of students mastering the training module (discipline) is carried out continuously throughout the entire period of studying using a point-rating system (PRS), which is mandatory for use by all structural units of the university.

To assess the quality of mastering the training module (discipline), the following forms of control are used: current - regularly throughout the semester; mid-term (transitional certification); semester (transitional certification).

Quality assessment is carried out using the fund of assessment tools developed for this discipline, according to all forms of control in accordance with the regulation "On the organization of the educational process in educational programs of higher education", the regulation "On the fund of assessment funds for ongoing monitoring of academic performance, transitional certification of students and final certification of graduates. "

The content of the types of control and their schedule are reflected in the technological map of the training module (discipline) (Appendix B).

The evaluation tools and means of knowledge control in the development of the training module (discipline) "Physical Education and Sports" have the characteristics listed in the table.

Brief description of the used valuation tools.

Evaluation tool	Type of control	MAX Amount of points	Criteria for evaluation	Number of weeks
Benchmark	current	5	– When performing, the result is taken into account, according to points.	during the school day
Class attendance accounting	Mid-term	5	«5» - 100 – 90 % «4» - 89 – 70 % «3» - 69-50 % «2» - less than 50%	during the school day

### 6. Educational-methodical and informational support of the educational module

(discipline) “Physical Education and Sport” is presented by the Map of educational-methodological support (Appendix B)

### ***Main literature***

1. Barchukov I.S. Physical Education: methods of practical training: textbook. for universities / I. S. Barchukov. - M.: Knorus, 2014. -- 297 p.: Ill. - (Undergraduate). - Bibliography: p. 296-297. - The electron. version of the book. Knorus Media - ISBN 978-5-406-02735-6: (per.): 429.00. - 428.00, 1000 copies.
2. Physical Education: textbook and workshop for prikl. undergraduate: for universities / A. B. Muller [et al.]; Sib. Feder. un-ty - M.: Yurayt, 2014. - 424, [2] p.: ill. - (Bachelor, Applied Course). - Bibliography: p. 421-424. - available at EBS biblio-online.ru. - Choice of Russian universities 2013. - ISBN 978-5-9916-3778-7: (in trans.): 447.92, 1000 copies.

### ***additional literature***

3. Basic aspects of the theory and methods of physical education: a training method. allowance / A.N. Maksimov; Novgorod. state un-ty Yaroslav the Wise. - Veliky Novgorod, 2014. - 39, [1] p.
4. Methodological foundations of the physical education of students: ped. and a medical biolog. materials: in 2h / comp.: M. S. Tsvetkov, V. A. Goncharov; Novgorod. state un-t them. Yaroslav the Wise. - Veliky Novgorod, 2014. - 159, [1] p.
5. Socio-biological and methodological foundations of physical education: a course of lectures on physical education for 1-3 year students of NovSU / M. S. Tsvetkov; Novgorod state un-ty Yaroslav the Wise. - Veliky Novgorod, 2015. - 175, [1] p.

### **7. Material and technical support of the training module (discipline)**

Gym equipped with special equipment and inventory (basketball racks and rings, basketball balls, volleyball net and volleyball balls, football balls, football goals; jump ropes, gymnastic sticks, benches, mats, etc.)

### **Appendixes (required):**

- A - Guidelines for the organization of the study of the educational module (discipline)
- B - Technological map
- B - Map of educational and methodological support of the educational module (discipline)

## Appendix A (mandatory)

**Guidelines for the organization of the study of the educational module (discipline)  
"Physical Education and Sport"**

The study of the training module (discipline) "Physical Education and Sport" is based on the use of various tools of physical education, sports and professionally-applied physical training. Classes are recommended to be carried out throughout the educational process in the following forms:

- training sessions;
- physical exercises in a daily routine;
- independent exercising;
- lessons in sports clubs.

The use of various forms of physical education creates the conditions for the normal functioning of the body.

The focus of practical training in physical education is associated with providing the necessary motor activity, maintaining the optimal level of physical and functional fitness during the training period; the acquisition of personal experience in mastering and correcting individual physical development, functional and motor capabilities; with the development of vital skills.

At the training sessions, the development of cognitive and creative activity aimed at the use of physical sports and recreational facilities for physical self-improvement and physical self-education is provided. It is important to form vital and professionally significant qualities and personality traits, abilities and skills to ensure outdoor activities, prevention of general and occupational diseases, and injuries.

The selection of exercises in practical exercises involves learning new skills and abilities (motor actions). The development of physical qualities: strength, speed, endurance, flexibility and agility. The practical exercises use physical exercises from various sports and fitness systems.

To obtain credit for the training module (discipline) "Physical Education and Sports", the student must complete the program, namely: visiting and mastering the material of practical exercises; performance tests for physical and technical training.

Students who have attended at least 50% of the classes may be allowed to take control classes. Students who have missed classes without good reason are not allowed to set off.

## Appendix B (mandatory)

**The technological map** of the training module (discipline) "Physical Education and Sports"  
1<sup>st</sup> Semester,

type of certification - none, academical hours – 36

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)
		Auditory lessons		IWS	
		Lecture	Practical lessons		
	1-18		36		
Outdoor games	1-18		36		none
Class attendance					none
Mid-term certification					none
Class attendance					none

**Technological map** of the training module (discipline) "Physical Education and Sports"  
2<sup>nd</sup> Semester,

type of certification - none, Academical hours - 36

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)
		Auditory lessons		IWS	
		Lecture	Practical lessons		
	1-18		36		
Outdoor games	1-18		36		None
					None
Class attendance					None
Mid-term certification					
					None
Class attendance					

**Technological map** of the training module (discipline) "Physical Education and Sports"  
3<sup>rd</sup> Semester,

type of certification - offset, acad. hours - 54, rating points - 50

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)	Maxim. number of rating points
		Auditory lessons		IWS		
		Lecture	Practical lessons			
	1-18		54			50
Volleyball	1 - 9		27		Benchmark	20
Class attendance						5
Mid-term certification						25

Volleyball	10-18		27		Total	20
Class attendance						5
<b>Total</b>	- «Satisfactory» – 25-34 points. - «Good» – 35-44 points. - «Excellent» – 45-50 points.					50

**The technological map of the training module (discipline) "Physical Education and Sports"**  
4<sup>th</sup> Semester,

type of certification - offset, acad. hours - 54, rating points - 50

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)	Maxim. number of rating points
		Auditory lessons		IWS		
		Lecture	Practical lessons			
	1-18		54			50
Basketball	1-9		27		Benchmark	20
Class attendance						5
Mid-term certification						25
Basketball	10-18		27		Benchmark	20
Class attendance						5
Total	- « Satisfactory» – 25-34 points. - « Good » – 35-44 points. - « Excellent » – 45-50 points.					50

**Technological map of the training module (discipline) "Physical Education and Sports"**  
5<sup>th</sup> Semester,

type of certification - offset, acad. hours - 54, rating points - 50

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)	Maxim. number of rating points
		Auditory lessons		IWS		
		Lecture	Practical lessons			
	1-18		54			50
Fitness	1-9		27		Benchmark	20
Class attendance						5
Mid-term certification						25
Fitness	10 - 18		27		Benchmark	20
Class attendance						5
Total	- « Satisfactory» – 25-34 points. - « Good » – 35-44 points. - « Excellent » – 45-50 points.					50

**The technological map of the training module (discipline) "Physical Education and Sports"**  
6<sup>th</sup> Semester,

type of certification - offset, acad. hours - 54, rating points - 50

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)	Maxim. number of rating points
		Auditory lessons		IWS		
		Lecture	Practical lessons			
	1-18		54			50

Athletics	1-9		27		Benchmark	20
Class attendance						5
<b>Mid-term certification</b>						<b>25</b>
Athletics	10-18		27		Benchmark	20
Class attendance						5
<b>Total</b>	- « Satisfactory » – 25-34 points. - « Good » – 35-44 points. - « Excellent » – 45-50 points.					50

**The technological map of the training module (discipline) "Physical Education and Sports"**  
 7<sup>th</sup> Semester,

type of certification - offset, acad. hours - 54, rating points - 50

Types of educational work	semester № week	input, ac. hour			Form of current performance monitoring (in accordance with the passport FES)	Maxim. number of rating points
		Auditory lessons		Self work		
		Lecture	Practical lessons			
	1-18		54			50
General physical preparation	1-9		27		Benchmark	20
Class attendance						5
Mid-term certification						25
General physical preparation	10-18		27		Benchmark	20
Class attendance						5
Total		- « Satisfactory » – 25-34 points. - « Good » – 35-44 points. - « Excellent » – 45-50 points.				50

Appendix B (mandatory)

**Map of educational and methodological support**

Of the training module (discipline) *"Physical Education and Sports"*

specialty 05.31.01 – “General Medicine” specialty (Profile) “General Medicine in English”

Full-time form of education.

Year 1-4 Semester 1,2,3,4,5,6,7

Hours: total – 342, practical lessons – 342.

Providing Department - Department of Physical Culture

**Table B.1 - Providing the module with educational publications**

They must be in English

Bibliographic Description * of the edition (author, title, type, place and year of publication, num. of pages.)	N. of copies. in the library of NovSu	Availability in ELS
<i>Textbooks and teaching aids</i>		

1. Barchukov I.S. Physical education: methods of practical training: textbook for universities / I. S. Barchukov. - M.: Knorus, 2014. -- 297 p.: Ill. - (Undergraduate). - Bibliography: p. 296-297. - The electron. version of the book. Knorus Media - ISBN 978-5-406-02735-6: (per.): 429.00. - 428.00, 1000 copies.	4	
2. Physical education: textbook. and workshop for undergraduate: for universities / A. B. Muller [et al.]; Sib. Feder. un-ty - M.: Yurayt, 2014. - 424, [2] p.: ill. - (Bachelor, Applied Course). - Bibliography: p. 421-424. - available at ELS biblio-online.ru. - Choice of Russian universities 2013. - ISBN 978-5-9916-3778-7: (in trans.): 447.92, 1000 copies.	19	
3. Kholodov Zh. K. Theory and Methodology of physical education and sports: textbook. for students of institutions of higher education. prof. education, students in the field of training. "Pedagogical education" / J. K. Kholodov, V. S. Kuznetsov. - 11th ed. - M.: Academy, 2013. - 478, [2] c.	11	
<i>Educational publications</i>		
1. The work program of the training module "Physical Education and Sport" (Kirsanova O.N. under the leadership of E. Chistyakova, 2017)		
2. Methodological foundations of the physical education of students: ped. and a medical biologist. materials: in 2h / comp.: M. S. Tsvetkov, V. A. Goncharov; Novgorod. state un-ty Yaroslav the Wise. - Veliky Novgorod, 2014. - 138, [1] p.	10	
3. Socio-biological and methodological foundations of physical education - a course of lectures on physical education for 1-3 year students of NovSU: Methodological manual / comp.: M. S. Tsvetkov; Novgorod. state un-ty - Veliky Novgorod, 2015. - 176, [1] p.: ill.	10	

Table 2 - Module information support

Name of software product, Internet resource	Email address
Electronic publication based on: <b>Physical Education</b> / Yu. I. Evseev. - Ed. 8th, fix - Rostov n / a: Phoenix, 2012. - 444, [1] p.: ill. - (Higher education)	<a href="http://www.studentlibrary.ru/book/ISBN9785222194645.html">http://www.studentlibrary.ru/book/ISBN9785222194645.html</a>
Methodology of preparing students for passing control standards (tests) in the discipline "Physical Education" [Electronic resource]: Textbook. Method. allowance / Ainetdinov S.F. - M.: Publishing house of MSTU. N.E. Bauman, 2008.	<a href="http://www.studentlibrary.ru/book/bauman_0505.html">http://www.studentlibrary.ru/book/bauman_0505.html</a>
<b>Physical Education</b> : a textbook and a workshop for applied undergraduate / A.B. Muler, N.S. Dyadichkina, Yu.A. Bogashchenko, A.Yu. Yuliznevsky, S.K. Ryabinin. - M.: Yurayt Publishing House, 2017. -- 424 p. - Series: Bachelor. Applied course. ISBN 978-5-534-02483-8	<a href="https://www.biblio-online.ru/viewer/55A7A059-CBEC-44C9-AC81-63431889BBB7">https://www.biblio-online.ru/viewer/55A7A059-CBEC-44C9-AC81-63431889BBB7</a>
<b>Physical Education</b> : textbook for academic undergraduate / I.A. Pismensky, Yu.N. Allianov. - M.: Publishing house Yurayt, 2016. -- 493 p. - Series: Bachelor. Academic course. ISBN 978-5-9916-6934-4	<a href="https://www.biblio-online.ru/viewer/CCD19D71-F995-4A8F-B2BF-5FD786DD43BB">https://www.biblio-online.ru/viewer/CCD19D71-F995-4A8F-B2BF-5FD786DD43BB</a>

Table 3 - Additional literature

Bibliographic Description * of the edition (author, title, type, place and year of publication, num. of pages.)	N. of copies. in the library of NovSu	Availability in ELS
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1. <b>Physical Education:</b> textbook for universities / A. B. Muller [et al.]. - M.: Yurayt, 2013. - 424, [1] p.: ill. - (Bachelor, Basic Course). - Bibliography: p. 421-424. - In the region 3 auth. - ISBN 978-5-9916-2920-1: (in trans.): 378.95, 1000 copies.	15	
2. The physical culture of the student: textbook for universities / Edited by V.I. Ilyinich. - M.: Gardariki, 2001-2004. - 446, [1] p.: ill. - (Disciplines). - ISBN 5-8297-0010-7 (per.): 118.14	20	
3. <b>Physical education and a healthy lifestyle of a student:</b> textbook manual for universities / M. Ya. Vilensky, A. G. Gorshkov. - 3rd ed. - M.: Knorus, 2013-2016. - 238, [1] p.: ill. - (Undergraduate). - Bibliography: p. 229-230. - Glossary p. 227-228. - App.: p. 231-239. - The electron. version of the book. Knorus Media - ISBN 978-5-406-02935-0: (in trans.): 269.50, 2000 copies.	8	

Valid for the school year \_\_\_\_\_/\_\_\_\_\_

Head of the department \_\_\_\_\_  
Signature Full name

\_\_\_\_\_ 2020 year.

AGREED

SL NovSU: \_\_\_\_\_  
position signature Full name



Министерство науки и высшего образования Российской Федерации  
Федеральное государственное бюджетное образовательное учреждение высшего образования  
«Новгородский государственный университет имени Ярослава Мудрого»  
Институт непрерывного педагогического образования

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Кафедра физической культуры

УТВЕРЖДАЮ  
Директор ИНПО

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подпись Ширин А.Г.

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число \_\_\_\_\_ 202 \_\_\_\_\_ г.  
месяц

Физическая культура и спорт

Учебный модуль по направлению подготовки  
специальности 31.05.01 Лечебное дело  
направленность (профиль) «Лечебное дело на английском языке»  
Рабочая программа

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Протокол № \_\_\_\_\_ от \_\_\_\_\_ 2 \_\_\_\_\_ г.  
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Федеральное государственное бюджетное образовательное учреждение высшего  
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Институт (наименование)  
Кафедра (наименование)

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УТВЕРЖДАЮ  
Директор (наименование института)

_____	_____
подпись	И.О.Фамилия
_____	202
число	_____ г.
_____	_____
_____	_____

ФИЗИЧЕСКАЯ КУЛЬТУРА И СПОРТ

Учебная дисциплина для подготовки по направлению подготовки специалистов  
31.05.01 Лечебное дело

ФОНД ОЦЕНОЧНЫХ СРЕДСТВ

Принято на заседании ученого совета  
ИНПО

\_\_\_\_\_ Протокол №

Зам. Директора института  
\_\_\_\_\_ С.М. Ёлкин

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Ст. Преподаватель кафедры Ф.К.  
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Протокол № \_\_\_\_\_ от \_\_\_\_\_ 2 г.  
Заведующий кафедрой  
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\_\_\_\_\_ 2 г.

