

**МИНОБРНАУКИ РОССИИ**

**Федеральное государственное бюджетное образовательное  
учреждение высшего образования "Пермский  
государственный национальный исследовательский  
университет"**

**Кафедра физической культуры и спорта**

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**Рабочая программа дисциплины  
APPLIED PHYSICAL CULTURE**

**Код УМК 93044**

**Утверждено  
Протокол №4  
от «19» июня 2020 г.**

**Пермь, 2020**

## **1. Наименование дисциплины**

Applied physical culture

## **2. Место дисциплины в структуре образовательной программы**

Дисциплина входит в Блок « С.1 » образовательной программы по направлениям подготовки (специальностям):

Специальность: **33.05.01** Фармация

направленность Программа широкого профиля (для иностранных граждан)

### **3. Планируемые результаты обучения по дисциплине**

В результате освоения дисциплины **Applied physical culture** у обучающегося должны быть сформированы следующие компетенции:

**33.05.01** Фармация (направленность : Программа широкого профиля (для иностранных граждан))

**ОК.12** понимать и стремиться соблюдать нормы здорового образа жизни, владеть средствами самостоятельного использования методов физического воспитания и укрепления здоровья

#### 4. Объем и содержание дисциплины

<b>Направления подготовки</b>	33.05.01 Фармация (направленность: Программа широкого профиля (для иностранных граждан))
<b>форма обучения</b>	очная
<b>№№ триместров, выделенных для изучения дисциплины</b>	7,8,9,10,11,12,13,14
<b>Объем дисциплины (з.е.)</b>	9.1
<b>Объем дисциплины (ак.час.)</b>	328
<b>Контактная работа с преподавателем (ак.час.), в том числе:</b>	
<b>Самостоятельная работа (ак.час.)</b>	328
<b>Формы промежуточной аттестации</b>	Зачет (7 триместр) Зачет (8 триместр) Зачет (10 триместр) Зачет (11 триместр) Зачет (13 триместр) Зачет (14 триместр)

## 5. Аннотированное описание содержания разделов и тем дисциплины

### **Applied physical culture. First academic period**

In the first trimester, students independently study sections of the discipline such as:

- track and field training;
- stretching;
- cross-country training;
- sports games;
- ski training;
- general physical training.

At the end of the trimester, students receive credit.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

### **General physical training**

General Exercises are specially designed movements for the arms, legs, torso, neck, and Other parts of the body, which can be performed with different muscle tension, different speed, amplitude, in a different rhythm and tempo.

General physical training includes the study of exercises aimed at the development of motor skills and the development of physical qualities. General physical training includes such exercises as:

- raising the bent knees in the hanging on the wall;
- raising the torso from a position lying on your back with your hands behind your head;
- "grouping" from the initial position - lying on the floor with your hands up;
- Crouch support.

### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

### **Applied physical culture. Second academic period**

In the second trimester, students independently study such sections of the discipline as:

- general physical training;
- stretching;
- skiing;
- track and field training;
- sports games.

At the end of the trimester, students receive credit.

### **General physical training**

General Exercises are specially designed movements for the arms, legs, torso, neck, and Other parts of the body, which can be performed with different muscle tension, different speed, amplitude, in a different rhythm and tempo.

General physical training includes the study of exercises aimed at the development of motor skills and the development of physical qualities. General physical training includes such exercises as:

- raising the bent knees in the hanging on the wall;
- raising the torso from a position lying on your back with your hands behind your head;
- "grouping" from the initial position - lying on the floor with your hands up;
- Crouch support.

### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a

sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

### **Applied physical culture. Third academic period**

In the third trimester, students independently study sections of the discipline such as:

- track and field training;
- stretching;
- cross-country training;
- sports games;
- general physical training.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **General physical training**

General Exercises are specially designed movements for the arms, legs, torso, neck, and other parts of the body, which can be performed with different muscle tension, different speed, amplitude, in a different rhythm and tempo.

General physical training includes the study of exercises aimed at the development of motor skills and the development of physical qualities. General physical training includes such exercises as:

- raising the bent knees in the hanging on the wall;
- raising the torso from a position lying on your back with your hands behind your head;
- "grouping" from the initial position - lying on the floor with your hands up;
- Crouch support.

### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Final certification**

#### **Applied physical culture. The Fourth academic period**

In the fourth trimester, students independently study sections of the discipline such as:

- track and field training;
- ski training;
- cross-country training;
- sports games.

At the end of the trimester, students receive credit.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and

toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

### **Applied physical culture. The Fifth academic period**

In the fifth trimester, students independently study such sections of the discipline as:

- general physical education;
- skiing;
- track and field training;
- cross-country training;
- sports games.

At the end of the trimester, students receive credit.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **General physical training**

General Exercises are specially designed movements for the arms, legs, torso, neck, and other parts of the body, which can be performed with different muscle tension, different speed, amplitude, in a different rhythm and tempo.

General physical training includes the study of exercises aimed at the development of motor skills and the development of physical qualities. General physical training includes such exercises as:

- raising the bent knees in the hanging on the wall;
- raising the torso from a position lying on your back with your hands behind your head;
- "grouping" from the initial position - lying on the floor with your hands up;
- Crouch support.

### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

### **Applied physical culture. The Sixth academic period**

In the sixth trimester, students independently study sections of the discipline such as:

- track and field training;
- stretching;
- cross-country training;

- sports games.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game.

Studying the technique of the game.

### **Final certification**

#### **Applied physical culture. The Seventh academic period**

In the seventh trimester, students independently study sections of the discipline such as:

- track and field training;
- stretching;
- cross-country training;
- sports games;
- ski training;
- general physical training.

At the end of the trimester, students receive credit.

### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

### **Cross-country training**

Cross-country training includes:

The study of the basic techniques of running for medium, long, ultra-long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Study of the basic techniques of cross-country running (high start, running tactics, finishing).

### **General physical training**

General Exercises are specially designed movements for the arms, legs, torso, neck, and Other parts of the body, which can be performed with different muscle tension, different speed, amplitude, in a different rhythm and tempo.

General physical training includes the study of exercises aimed at the development of motor skills and the development of physical qualities. General physical training includes such exercises as:

- raising the bent knees in the hanging on the wall;
- raising the torso from a position lying on your back with your hands behind your head;
- "grouping" from the initial position - lying on the floor with your hands up;
- Crouch support.

### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the

student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

### **Applied physical culture.Eighth academic period**

In the eighth trimester, students independently study sections of the discipline such as:

- track and field training;
- stretching;
- sports games;
- ski training.

At the end of the trimester, students receive credit.

#### **Stretching**

Exercises for the development of flexibility. Active and passive flexibility is developed. Stretching exercises, wing exercises, and exercises with the help of a partner. Dynamic and static exercises to develop flexibility.

#### **Ski training**

Ski training includes:

Training in the maintenance of ski equipment. Studying the sport of skiing. The study of formation techniques with skis in hand and on skis. Learning how to carry skis. Studying movements on skis: a stepping step, a sliding step, alternating and simultaneous moves. Studying turns on the spot by stepping around the heels and toes of the skis, jumping, swinging, turns in motion and stepping. Studying ways of braking: a stop, a plow. Learning the technique of ski moves. Learning the technique of the classic stroke. Teaching a technique of braking.

Learning a technique of turns on the spot. Teaching a technique of an alternating double step. Teaching the technique of simultaneous moves.

#### **Track and field training**

Athletics training includes:

Teaching students the technique of recreational walking and running. Studying the basics of running techniques for short distances (low start, acceleration, running on the distance, finishing);

Studying the basic techniques of running for medium and long distances (high start, running on the 1st, 2nd and 3rd stage of the distance, finishing);

Learning the technique of long jump from a run-up and from a place (run-up, push-off phase, flying phase, landing). Learning the basic starting positions. General developmental exercises.

#### **Sports games**

Sports games include:

A study of the history of the origin of sports games. The study of collective and individual actions in playing sports. Studying the rules of various sports games: soccer, basketball, rugby. Studying the tactics of the game. Studying the technique of the game.

#### **Final certification**

During the trimester, the student must attend classes in the chosen type of sports specialization or general physical training. The hours typed by the student during the trimester are entered by the teacher into the

specially designed book "Applied Physical Culture". In the event that the number of hours recruited by the student per trimester is less than the one determined by the program, then the student does not receive a credit. For students with disabilities, classes in the sports section "Chess" are provided as an alternative to classes with increased motor activity.

## **6. Методические указания для обучающихся по освоению дисциплины**

Освоение дисциплины требует систематического изучения всех тем в той последовательности, в какой они указаны в рабочей программе.

Основными видами учебной работы являются аудиторские занятия. Их цель - расширить базовые знания обучающихся по осваиваемой дисциплине и систему теоретических ориентиров для последующего более глубокого освоения программного материала в ходе самостоятельной работы. Обучающемуся важно помнить, что контактная работа с преподавателем эффективно помогает ему овладеть программным материалом благодаря расстановке необходимых акцентов и удержанию внимания интонационными модуляциями голоса, а также подключением аудио-визуального механизма восприятия информации.

Самостоятельная работа преследует следующие цели:

- закрепление и совершенствование теоретических знаний, полученных на лекционных занятиях;
- формирование навыков подготовки текстовой составляющей информации учебного и научного назначения для размещения в различных информационных системах;
- совершенствование навыков поиска научных публикаций и образовательных ресурсов, размещенных в сети Интернет;
- самоконтроль освоения программного материала.

Обучающемуся необходимо помнить, что результаты самостоятельной работы контролируются преподавателем во время проведения мероприятий текущего контроля и учитываются при промежуточной аттестации.

Обучающимся с ОВЗ и инвалидов предоставляется возможность выбора форм проведения мероприятий текущего контроля, альтернативных формам, предусмотренным рабочей программой дисциплины. Предусматривается возможность увеличения в пределах 1 академического часа времени, отводимого на выполнение контрольных мероприятий.

Процедура оценивания результатов обучения инвалидов и лиц с ограниченными возможностями здоровья по дисциплине предусматривает предоставление информации в формах, адаптированных к ограничениям их здоровья и восприятия информации.

При проведении текущего контроля применяются оценочные средства, обеспечивающие передачу информации, от обучающегося к преподавателю, с учетом психофизиологических особенностей здоровья обучающихся.

## **7. Перечень учебно-методического обеспечения для самостоятельной работы обучающихся по дисциплине**

При самостоятельной работе обучающимся следует использовать:

- конспекты лекций;
- литературу из перечня основной и дополнительной учебной литературы, необходимой для освоения дисциплины (модуля);
- текст лекций на электронных носителях;
- ресурсы информационно-телекоммуникационной сети "Интернет", необходимые для освоения дисциплины;
- лицензионное и свободно распространяемое программное обеспечение из перечня информационных технологий, используемых при осуществлении образовательного процесса по дисциплине;
- методические указания для обучающихся по освоению дисциплины.

## 8. Перечень основной и дополнительной учебной литературы

### Основная:

1. Dionigi Rylee A., Gard Michael Sport and Physical Activity across the Lifespan. London: Palgrave Macmillan, 2018. Online ISBN 978-1-137-48562-5. Текст электронный: // <https://link.springer.com/book/10.1057/978-1-137-48562-5#toc> <https://link.springer.com/book/10.1057/978-1-137-48562-5>

### Дополнительная:

1. Elsey Brenda, Pugliese Stanislao G. Football and the Boundaries of History. Critical Studies in Soccer. New York: Palgrave Macmillan, 2017. Online ISBN 978-1-349-95006-5. Текст электронный: // <https://link.springer.com/book/10.1057/978-1-349-95006-5#toc> <https://link.springer.com/book/10.1057/978-1-349-95006-5#toc>

## **9. Перечень ресурсов сети Интернет, необходимых для освоения дисциплины**

<https://www.minsport.gov.ru/documents/> Министерство спорта РФ (документы)

<http://government.ru/docs/> Министерство образования и науки РФ (документы)

## **10. Перечень информационных технологий, используемых при осуществлении образовательного процесса по дисциплине**

Образовательный процесс по дисциплине **Applied physical culture** предполагает использование следующего программного обеспечения и информационных справочных систем:

When implementing the discipline, the use of licensed (or freely available) software.

При освоении материала и выполнения заданий по дисциплине рекомендуется использование материалов, размещенных в Личных кабинетах обучающихся ЕТИС ПГНИУ ([student.psu.ru](http://student.psu.ru)).

При организации дистанционной работы и проведении занятий в режиме онлайн могут использоваться:

система видеоконференцсвязи на основе платформы BigBlueButton (<https://bigbluebutton.org/>).

система LMS Moodle (<http://e-learn.psu.ru/>), которая поддерживает возможность использования текстовых материалов и презентаций, аудио- и видеоконтент, а так же тесты, проверяемые задания, задания для совместной работы.

система тестирования Indigo (<https://indigotech.ru/>).

## **11. Описание материально-технической базы, необходимой для осуществления образовательного процесса по дисциплине**

The equipment of the material and technical base is as follows:

- a gaming hall with an area for storing equipment is equipped with shields with basketball rings, volleyball racks and a net, a net for playing tennis;
- the aerobics room with a dressing room is equipped with gymnastic machines, musical equipment, dumbbells, weighting materials, gymnastic mats, fitballs, step platforms;
- the weightlifting room is equipped with simulators and equipment for performing strength exercises for all muscle groups;
- in the sambo wrestling hall there are two wrestling carpets, Swedish walls, exercise machines for performing strength exercises;
- the athletics arena includes 95-meter running tracks with rubber coating, Swedish walls with portable crossbars, gymnastic benches;
- the audience for conducting classes in chess is equipped with a demonstration board and chess sets.

Помещения научной библиотеки ПГНИУ для обеспечения самостоятельной работы обучающихся:

1. Научно-библиографический отдел, корп.1, ауд. 142. Оборудован 3 персональными компьютера с доступом к локальной и глобальной компьютерным сетям.

2. Читальный зал гуманитарной литературы, корп. 2, ауд. 418. Оборудован 7 персональными компьютерами с доступом к локальной и глобальной компьютерным сетям.

3. Читальный зал естественной литературы, корп.6, ауд. 107а. Оборудован 5 персональными компьютерами с доступом к локальной и глобальной компьютерным сетям.

4. Отдел иностранной литературы, корп.2 ауд. 207. Оборудован 1 персональным компьютером с доступом к локальной и глобальной компьютерным сетям.

5. Библиотека юридического факультета, корп.9, ауд. 4. Оборудована 11 персональными компьютерами с доступом к локальной и глобальной компьютерным сетям.

6. Читальный зал географического факультета, корп.8, ауд. 419. Оборудован 6 персональными

компьютерами с доступом к локальной и глобальной компьютерным сетям.

Все компьютеры, установленные в помещениях научной библиотеки, оснащены следующим программным обеспечением:

Операционная система ALT Linux;

Офисный пакет Libreoffice.

Справочно-правовая система «КонсультантПлюс»

**Фонды оценочных средств для аттестации по дисциплине  
Applied physical culture**

**Планируемые результаты обучения по дисциплине для формирования компетенции и  
критерии их оценивания**

<b>Компетенция</b>	<b>Планируемые результаты обучения</b>	<b>Критерии оценивания результатов обучения</b>
<p><b>ОК.12</b> понимать и стремиться соблюдать нормы здорового образа жизни, владеть средствами самостоятельного использования методов физического воспитания и укрепления здоровья</p>	<p>The student knows and understands how to comply with the norms of a healthy lifestyle, knows how and owns the means of independent use of physical education methods and health promotion.</p>	<p align="center"><b>Неудовлетворител</b> The student does not know and does not understand how to observe the norms of a healthy lifestyle, does not own the means of independent use of physical education methods and health promotion.</p> <p align="center"><b>Удовлетворительн</b> The student knows and has an idea how to observe the norms of a healthy lifestyle, knows the means of independent use of physical education methods and health promotion.</p> <p align="center"><b>Хорошо</b> The student knows and understands how to comply with the norms of a healthy lifestyle, knows how to use the means of independent use of physical education methods and health promotion.</p> <p align="center"><b>Отлично</b> The student owns compliance with the norms of a healthy lifestyle, the ability to use means of independent use of physical education methods and health promotion.</p>
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Компетенция	Планируемые результаты обучения	Критерии оценивания результатов обучения
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### Оценочные средства

Схема доставки : Базовая

**Вид мероприятия промежуточной аттестации :** Зачет

**Способ проведения мероприятия промежуточной аттестации :** Устное собеседование по вопросам

**Продолжительность проведения мероприятия промежуточной аттестации :**  
время отводимое на подготовку 15

### Показатели оценивания

The student for the academic trimester must dial the required number of hours provided by the curriculum for the development of the discipline. The teacher of the Department of FC and C conducts analysis, accounting and counting the number of hours scored for the trimester on the basis of the book on "Applied physical culture", which contains notes on the type of sports activities, the number of hours, the name and signature of the coach. In the case that the number of hours less than stipulated by the curriculum, the classification the student receives.	<b>Незачтено</b>
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