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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
/First Vice-Rector
_____ / Dvoynikova E.R./
"23rd" of June 2026

PRACTICAL TRAINING WORK PROGRAM

Type of practical training Academic (educational) training

B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)

Credit value	3 credits / 2 weeks (credit points/ weeks)
Format of practical training	continuous (continuous/ discrete)
Practical training method	stationary (stationary/on-site)
Specialty	**31.05.01 General Medicine (English-language program)**
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	Full-time
Period of mastering the BEP	**6 years** (nominal length of study)
Institute	of Clinical Neurology and Medical Rehabilitation

Vladivostok, 2026

Academic training program for **B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)** is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 988 of Ministry of Science and Higher Education of the Russian Federation
dated August 12, 2020.

2) Curriculum for the 31.05.01 General Medicine (English-language program), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia, Report No. 1-7/25-26 dated March 27, 2026.

Practical training work program was developed by the writing team of the Institute of Clinical Neurology and Medical Rehabilitation of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the director of the institute, Candidate of Medical Sciences Shestopalov E.Yu.

Developed by:

Assistant professor	Candidate of Medical Sciences, Associate professor	Kuzmina T.N.
(position held)	(academic degree, academic title)	(full name)
Assistant professor	Candidate of Medical Sciences	Pavlushchenko E.V.
(position held)	(academic degree, academic title)	(full name)
Assistant professor	Candidate of Medical Sciences	Kuznetsova G.V.
(position held)	(academic degree, academic title)	(full name)

1. GENERAL PROVISIONS

1.1. Purpose and Objectives of the Practical Training *B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)*

Purpose Consolidation and deeper insight into knowledge gained during theoretical training, acquisition of skills necessary for handling medical equipment, gaining experience of independent professional activity, as well as development of competencies necessary for performing work activities within the framework of labor functions of ***02.009 Physician, M.D. (primary care physician, district doctor) Occupational standard.***

In addition, the ***objectives*** of academic training ***B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)*** are

- consolidation and deepening of knowledge on using the International Classification of Functioning, Disability and Health (ICF), identifying impaired and abnormal conditions;
- development of practical skills in assessment of the functional state of the body using functional tests, questionnaires, scores; identifying abnormal conditions in patients during rehabilitation;
- development of competencies in the field of monitoring the efficacy of the medical rehabilitation of a patient.

1.2 Practical Training *B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)* as a Part of the Basic Educational Program of Higher Education of the Specialty 31.05.01 General Medicine (English-language program), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system).

1.2.1 ***B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)*** is a part of Block 2 “Academic (educational) training / practical placement” of the 31.05.01 General Medicine (English-language program) specialty curriculum.

1.2.2 Practical training is carried out during semester No. 10.

Type of practical training: academic training;

Practical training category: introduction to medical rehabilitation and disease prevention;

Practical training method: stationary;

Practical training format: continuous.

1.3 Planned learning outcomes of practical training, correlated with the planned outcomes of mastering the basic educational program of higher education for specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system).

Name of Competency Category (Group)	Code and Name of Competency	Competency Indicators
General Professional Competencies		
Medical rehabilitation	GPC-8. Able to implement and monitor medical rehabilitation of a patient, including implementation of individual rehabilitation programs and habilitation programs for people with disabilities, as well as assess ability to work of a patient	AI.GPC-8_1- decides on the type of medical rehabilitation AI.GPC-8_2- evaluates the results of rehabilitation measures, selects methods of monitoring the implementation of individual rehabilitation programs and habilitation programs for people with disabilities AI.GPC-8_3- assesses the patient's ability to work, determines

Planned learning outcomes of practical training are represented by knowledge, skills, abilities

and experience, characterize the stages of developing competencies and ensure achievement of the planned outcomes of mastering the basic educational program. Learning outcomes of a discipline are correlated with indicators of achieving the competence.

2. SCOPE AND CONTENTS OF THE PRACTICAL TRAINING

2.1 Scope of *B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)*

Type of Activity		Total Hours	Semesters
			No. 10
			hours
1		2	3
Safety briefing			
Work within departments overseen by practical training supervisor		48	48
Completing an individual task		42	42
Preparation of sketches of leaflets on developing healthy lifestyle skills and correcting risk factors of the most common diseases		4	4
Preparation for presenting a report on carrying out a part of a research activity		4	4
Filling out the Practical Training Log		6	6
Preparation for interim assessment		4	4
Type of interim assessment	graded test (GT)	GT	GT
TOTAL: TOTAL credit value	hrs.	**108**	**108**
	credits	**3**	**3**

2.2. Sections of Practical Training, Types of Activities

No.	Sections of Practical Training, Types of Activities	Hours
1	2	3
	Semester No. 10	
1	**Safety briefing**	
2	**Work within departments overseen by practical training supervisor**	**48**
2.1	Assessment of the functional state of the body, using scores implemented as a part of rehabilitation process	8
2.2	Measurement and assessment of anthropometric data	4
2.3	Measurement of range of motion in the major joints	4
2.4	Functional tests (Frenchay Arm Test, exercise tolerance tests)	8
2.5	Choosing rehabilitation equipment and teaching the patient to use it	4
2.6	Introduction to rehabilitation methods (physiotherapy, physical therapy, reflexotherapy, manual therapy, occupational therapy)	8

2.7	Mechanotherapy in rehabilitation of patients with impaired mobility (force platform, kinesiotherapy systems with body weight support)	4
2.8	Mechanotherapy in rehabilitation of patients with impaired mobility (robotized local mechanotherapy equipment, treadmills)	4
2.9	Introduction to rehabilitation methods in patients with cerebrovascular event (stroke) (patient verticalization)	4
3	**Independent work of the student**	**60**
3.1	Completing an individual task	42
3.2	Preparation of sketches of leaflets on developing healthy lifestyle skills and correcting risk factors of the most common diseases	4
3.3	Preparation for presenting a report on carrying out a part of a research activity	4
3.4	Filling out the Practical Training Log	6
3.5	Preparation for interim assessment	4
	Total:	**108**

2.3 Practical Training Report Forms:

Practical training log

Research activity summary

Individual assignment result (educational film)

Sketches of leaflets on developing healthy lifestyle skills and correcting risk factors of the most common diseases (in digital format)

Subject guide

3. REQUIREMENTS FOR IMPLEMENTATION OF PRACTICAL TRAINING

3.1 Practical Training Requirements for Educational Materials and Provided Information

Essential reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	**2**	**3**	**4**	**5**
1	Медицинская реабилитация : учебник для вузов. [Электронный ресурс]	под ред. В. А. Епифанова, А. Н. Разумова, А. В. Епифанова	- 3-е изд., перераб и доп. - М. : ГЭОТАР- Медиа, 2023. - 688 с. URL: http://studentlibrary.ru	Unlimited access
2	Медицинская реабилитация. Практикум: учебное пособие для вузов. [Электронный ресурс]	И.В. Ильина	2-е изд., перераб. и доп. - М. : Издательство Юрайт, 2024. - 242 с. - URL: https://urait.ru	Unlimited access
3	Physical therapy : tutorial guide [Электронный ресурс]	V. A. Epifanov, A. V. Epifanov	- M. : GEOTAR-Media, 2022. - 576 p. : ill. - 576 с. - ЭБС «Консультант студента» URL: http://studentlibrary.ru	Unlimited access
4	Medical rehabilitation : textbook [Электронный ресурс]	/ edited by A. V. Epifanov, E. E. Achkasov, V. A. Epifanov	- M. : GEOTAR-Media, 2022. - 664 p. - ЭБС «Консультант студента» URL: http://studentlibrary.ru	Unlimited access
5	Медицинская реабилитация: учебник для	И.В. Ильина	2-е изд., перераб. и доп. - М. : Издательство Юрайт, 2025. - 333 с. URL: https://urait.ru/	Unlimited access

	вузов. [Электронный ресурс]			
6	Основы восстановительной медицины и физиотерапии: учеб. пособие [Электронный ресурс]	В. В. Александров, С. А. Демьяненко, В. И. Мизин	- 2-е изд., доп. - М. : ГЭОТАР-Медиа, 2018. - 208 с. http://www.studentlibrary.ru	Unlimited access

Supplementary reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	**2**	**3**	**4**	**5**
1	Общая физиотерапия: учебник 5-е изд., перераб. и доп. - 368 с. [Электронный ресурс]	Г.Н. Пономаренко	М.: ГЭОТАР-Медиа, 2020. http://www.studentlibrary.ru	Unlimited access
2	Технические средства реабилитации инвалидов и безбарьерная среда : : учеб. пособие [Электронный ресурс]	под ред. Е. Е. Ачкасова, С. Н. Пузина, Е. В. Машковского	М. : ГЭОТАР-Медиа, 2018. - 128 с. URL: http://studentlibrary.ru/	Unlimited access
3	Физическая и реабилитационная медицина: национальное руководство [Электронный ресурс]	под ред. Г. Н. Пономаренко	М : ГЭОТАР-Медиа, 2020. - 688 с. http://www.studentlibrary.ru	Unlimited access

Online resources

1. Electronic library system "Student Consultant" http://studmedlib.ru/
2. Electronic library system "University Library Online"http://www.biblioclub.ru/
3. Electronic library system "Urait" https://urait.ru/
4. Electronic library system "BookUp" https://www.books-up.ru/
5. Resources owned by the Library and Information Center of FSBEI HE PSMU of the Ministry of Health of Russia https://tgmu.ru/university/bibliotechno-informacionnyj-centr/resursy-bic/sobstvennye/

Online resources and respective user guides are available on the Library and Information Center website Library and Information Center — PSMU (tgmu.ru)

3.2 Practical Training Requirements for Facilities and Resources

Practical training is carried out on the basis of contracts with specialized organizations that fit the following requirements: able to provide facility and resource that comply with the current fire safety rules and regulations and facilitate all types of disciplinary and interdisciplinary training, practical work and research activities of students within the scope of practical training; operate in a way that corresponds to the occupational competencies acquired within the framework of the educational program.

Practical training aimed at obtaining primary occupational skills and professional experience is carried out on specific premises that meet requirements for facilities, resources, and educational materials and include the following:

Premises and subdivisions of a medical facility fitted with medical equipment and suitable for independent work within the scope of practical training, as well as continuous assessment.

Classroom for interim assessment is equipped with specialized (classroom) furniture, teaching aids for studying and assessment of practical skills.

Equipment status of selected premises and premises for independent work is reflected on the page for facility and resource requirements of the basic educational program of higher education (specialist's degree program) on the educational organization website.

3.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software) Used for Education During Practical Training Period:

1. PolycomTelepresence M100 Desktop Conferencing Application (Videoconference system)
2. SunRav Software tTester
3. 7-PDF Split & Merge
4. ABBYYFineReader
5. Kaspersky Endpoint Security
6. INDIGO online testing system
7. Microsoft Windows 7
8. Microsoft Office Pro Plus 2013
9. 1C:University
10. GARANT system
11. MOODLE (Modular Object-Oriented Dynamic Learning Environment)

4. ASPECTS OF IMPLEMENTATION OF PRACTICAL TRAINING FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

4.1 Requirements of Practical Training for Students with Disabilities and Special Needs.

Students with disabilities are provided with printed and/or electronic educational materials that are adapted to their individual needs and abilities.

4.2 Aspects of Implementation of Practical Training for Students with Disabilities and Special Needs

For students with disabilities and special needs, if a written application is submitted, the practical training is carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Location of practical training for people with disabilities and special needs is selected at the personal request of the student, taking into account the accessibility requirements. Academic training/practical placement location for people with disabilities and special needs is chosen taking into account the recommendations of the medical and social assessment that are reflected in the individual rehabilitation program with consideration of working conditions and kinds of labor.

Compliance with the following general requirements is ensured: teaching aids for collective and individual use are provided, required technical assistance is provided by an assistant, buildings and premises where the practical training is carried out meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to complete the practical training are made.

When practical training is carried at the written application of the student, the following general requirements are met: practical training for students with disabilities and special needs is carried out at the same location as for students who do not have disabilities, if this does not cause difficulties for the latter; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided at the written application; necessary teaching aids are provided, taking into account individual characteristics of the student.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia on the implementation of practical training are made available to students with disabilities in a form accessible to them.

Format of the interim assessment of academic performance within the scope of practical training conducted for students with disabilities and special needs is selected taking into account individual characteristics (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours.

5. STAFFING REQUIREMENTS OF PRACTICAL TRAINING

Academic teaching personnel that ensure the implementation of **B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)** meet the requirements of the Federal State Educational Standard of Higher Education for the 31.05.01 General Medicine (English-language program) specialty; list of the aforementioned personnel is available on the website of the educational organization.

8. TUTORIAL WORK

Type of tutorial work	Forms and approaches to tutorial work	Assessment criteria
Assistance in personal growth	Overt Talks and problem-centric debates aimed at promotion of healthy lifestyle. Participation in interdepartmental conferences aimed at formation of healthy lifestyle and development of skills necessary to preserve and improve health.	Portfolio
	Covert – creating atmosphere and infrastructure. Developing a culture of healthy lifestyle, the ability to preserve and improve health. Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline.	
Civic position and values	Overt Conducting events that facilitate development of civil culture (roundtable discussions, discussions/debates, and talks). Short discussions on current significant events in case the latter occur.	Portfolio
	Covert Focusing on civic values-oriented position and legal awareness. Cultivating mindful social position during professional activity.	
Social values	Overt Highlighting aspects of organization of healthy lifestyle based on health-preserving technologies. Highlighting ecology-related questions, environmental issues as a factor affecting population health and select population risks.	Portfolio
	Covert Identification in social structure during period of education and in professional activity.	

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PRACTICAL TRAINING LO G

B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)

_____

_____

(Full name of the student)

__ Year, group No. _____, specialty 31.05.01. General Medicine
(English-language program)

Location of practical training: _____

_____

_____

_____

_____

Full name and address of the practical training location

Duration of practical training:

from “ ” _____ until “ ” _____

training supervisor (provided by FSBEI HE PSMU of the Ministry of Health of Russia) _____

signature *(surname, initials)*

Grade _____

very good, good, satisfactory, unsatisfactory

Vladivostok
2026

1. Students in the specialty 31.05.01 General Medicine (English-language program) master the practical training program in semester No.10.
Purpose: Consolidation and deeper insight into knowledge gained during theoretical training, acquisition of skills necessary for handling medical equipment, gaining experience of independent professional activity, as well as development of competencies necessary for performing work activities within the framework of labor functions of 02.009 Physician, M.D. (primary care physician, district doctor) Occupational standard.

2. Content of practical training:
- Safety briefing
- Work in an educational and scientific laboratory under the supervision of the internship supervisor
- Working with information resources
- Completing scientific assignments
- Collecting material for scientific research
- Preparation for presenting a report on carrying out a part of a research activity
- Preparation for interim assessment
- Interim assessment

3. Planned practical training outcomes:
Requirements for the results of mastering **B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)** include formation of the following competencies among students:

Name of Competency Category (Group)	Code and Name of Competency	Competency Indicators
General Professional Competencies		
Medical rehabilitation	GPC-8. Able to implement and monitor medical rehabilitation of a patient, including implementation of individual rehabilitation programs and habilitation programs for people with disabilities, as well as assess ability to work of a patient	AI.GPC-8_1- decides on the type of medical rehabilitation AI.GPC-8_2- evaluates the results of rehabilitation measures, selects methods of monitoring the implementation of individual rehabilitation programs and habilitation programs for people with disabilities AI.GPC-8_3- assesses the patient's ability to work, determines

When mastering the practice, the student must
Know:
- scores implemented as a part of rehabilitation process;

Be able to:
- assess the physical development of a patient, measure the range of motion in the major joints, conduct functional tests;

Master:
- skills of monitoring medical rehabilitation process.

3. Assessment criteria for the level of professional competencies developed during the practical training period.
Practical training results is written into the student's transcript by the practical training supervisor (provided by FSBEI HE PSMU of the Ministry of Health of Russia); the final grade is based on the results of interim assessment in the form of test, evaluation of the Practical Training Log, characteristics of the student's work, and the results of the interview conducted by the practical training supervisor.

Forms of assessment of the level of professional competencies implemented during the practical training period:
1. Practical Training Log;
2. Review of the training supervisor.
3. Test results.
4. Research activity results (report on research activity results)

"Very good" - threshold or high level of competence formation in period of practice, high level of competency achievement indicators, active approach to solving professional tasks of varying degree of complexity provided for by a program of practice in accordance with the FSES HE and occupational standard.
"Good" - threshold or high level of competence formation, in period of practice, adequate level of competency achievement indicators, adequate degree of practical skills, adequate ability to solve standard professional tasks provided for by the practice program in accordance with the FSES HE and occupational standard.
"Satisfactory" - threshold level of competence formation in period of practice, threshold level of competency achievement indicators, degrees practical skills are sufficient to solve typical professional tasks provided for by the practice program in accordance with the FSES HE and occupational standard and/or qualification characteristics.
"Unsatisfactory" - threshold or lower level of formation competencies during the practice period, low level of competency achievement indicators, the level of knowledge and the degree of practical skills are not enough to solve standard professional tasks provided for by the program of practice in accordance with professional standard.

Individual assignment
Content of practical training
Planned practical training outcomes
Practice training schedule

"Approved by"
Practical training supervisor
(provided by FSBEI HE PSMU of the
Ministry of Health of Russia)

Signature Full name

Practical training work schedule

Types of activities implemented during the practical training

No.	Type of work based within the scope of the practical training	Date																Total
1	Safety briefing																	
2	Using scores implemented as a part of rehabilitation process																	
3	Measurement of range of motion in the major joints																	
4	Measurement and assessment of anthropometric data																	
5	Functional tests																	
6	Choosing rehabilitation equipment																	
7	Teaching the patient to use rehabilitation equipment																	
8	Completing an individual task																	
9	Assessment of risk factors of a patient's lifestyle																	
10	Preparation of sketches of leaflets on developing healthy lifestyle skills and correcting risk factors of the most common diseases																	
11	Preparing report documents on the results of the practical training																	
	Signature of the Practical training supervisor provided by the organization																	

INDIVIDUAL ASSIGNMENT

Individual assignment:

- Create an algorithm for assessment of range of motion in major joints (checklist)
- Provide a conclusion on a score implemented in the rehabilitation process
- Film an educational video on the selected topic
- Conduct assessment of risk factors of a patient's lifestyle
- Prepare sketches of leaflets on developing healthy lifestyle skills and correcting risk factors of the most common diseases

Research report: fill in the report forms provide a brief description of the survey results

Independent work of the student

Date	**Type and form of work performed, the title of literary source studied**

FEEDBACK

On the work and conduct of the student _____
(Full name of the student)

of group No. _____, specialty 31.05.01 General Medicine (English-language program), who attended the **B2.C.03(E) Introductory practical training (Medical rehabilitation and disease prevention)**
from "___" _____ 20__ until "__" _____ 20__.

Over the course of the practical training (discipline, diligence, appearance, manifestation of interest in the specialty, regularity of managing a diary, individual characteristics, moral and volitional qualities, honesty, initiative, poise, endurance etc.):

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Conclusions, recommendations:

_____
_____
_____
_____
_____
_____

Practice leader from FSBEI HE
PSMU of
Ministry of Health of Russia _____ _____
(signature) *(surname, initials)*

Interim examination results

1. Practical Training Log quality _____
2. Test control: date_____ result _____
3. Development of practical skills ____ function according to the practical training type _____
4. Fulfillment of an individual assignment _____
5. Research activity_____
6. Interview results: _____

Final grade: _____

Training supervisor _____/_____/
signature *Full name*

Date:_____

Appendix 1

RESEARCH ACTIVITY SUMMARY "Assessment of physical development and risk factors"

Full name_____
Age_____
Sex_____
Marital status _____
Hereditary diseases _____
Tobacco consumption _____(y/n)
Age of beginning tobacco consumption _____
Amount of cigarettes smoked in a day_____
Use of e-cigarettes or vaping_____
Alcohol consumption _____(y/n)
Hard liquor (strong alcoholic drinks): occasionally, rarely, frequently, amount
Low-alcohol beverages: occasionally, rarely, frequently, amount

Diagnosis_____

ANTHROPOMETRIC DATA
Height_____
Weight_____
Waist circumference_____
Upper arm circumference _____
Hip circumference _____
Chest circumference _____
Body Mass Index (BMI)_____

HEMODYNAMIC PARAMETERS
Blood pressure (mmHg)_____
Pulse: heart rate_____
rhythm_____

Conclusion on the results: (analysis and assessment of risk factors, anthropometric data, and hemodynamic parameters)

Recommendations on disease prevention: