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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
_____ / Trankovskaya L.V./
"9" марта 2025

DISCIPLINE WORK PROGRAM

Б1.О.41 Physical education and sports

Specialty	**31.05.01 General Medicine** for international students (in English)
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**
Department	of Physical Education and Sports

Vladivostok, 2025

Program of the discipline Б1.О.41 Physical education and sports is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Ministry of Science and Higher Education of the Russian Federation
dated August 12, 2020 No. 988

2) Curriculum for the 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), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia
March 31, 2025, Report No. 8/24-25.

Work program for the discipline Б1.О.41 Physical education and sports was developed by the writing team of the department of Physical Education and Sports of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the head of the department Kaerova E.V., Candidate of Pedagogical Sciences

Developed by:

Head of Department	Candidate of Pedagogical Sciences, Associate Professor	Kaerova E.V.
Assistant Professor		Shestyora A.A.
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Assistant Professor		Sturova E.V.

1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering Б1.О.41 Physical education and sports

The purpose of mastering the discipline is to develop worldview and culture of a person with an active civic position, moral qualities, a sense of responsibility, independence in decision-making, initiative, tolerance, the ability to successfully socialize in society, the ability to use various forms of physical culture and sports, including using IT, in everyday life to preserve and strengthen their health and the health of their loved ones, family, and colleagues. As well as maintaining fitness level that facilitates efficient future professional activity.

Objectives of mastering the discipline:

1. Understanding the role of physical culture and sports in their personal development and preparation for professional activities.
2. Developing a motivation-and-values-based attitude to physical culture and sports, aim towards a healthy lifestyle, and understand the necessity of regular exercise, including using IT (digital online services, mobile applications, and social media).
3. Mastering special knowledge and skills, including using IT (digital online services, mobile applications, and social media), that help to preserve and improve one's physical and mental health; acquire knowledge of compensatory processes and correction of existing deviations in the state of health; skills of development and improvement of psychophysical abilities, the formation of professionally significant qualities and personality traits.
4. Mastering the methodology for the formation and implementation of health-improving exercises for independent workouts, methods of self-control when performing physical activities of various types, rules of personal hygiene, rational work-life balance, including using IT (such as digital online services, mobile applications, and social media).

2. DISCIPLINE AS PART OF THE BASIC EDUCATIONAL PROGRAM

Discipline Б1.О.41 Physical education and sports is included in the Mandatory part of the Unit 1 of the basic educational program for the 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), and is part of the 1st and 2nd semesters' curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline Б1.О.41 Physical education and sports is aimed at the development of students' competencies. The discipline facilitates the development of students' competencies corresponding to the types of professional activity.

Name of the category (group) of universal competencies	Code and Name of universal competency of the graduate	Competency Indicators
Universal Competencies		
Self-organization, self-development (including health protection)	UC-7. Is able to maintain physical fitness to ensure fulfilling social and professional activity	CI.UC-7_1- estimates level of physical fitness sufficient to ensure fulfilling social and professional activity CI.UC-7_2- plans activities and their duration based on the concept of health protection CI.UC-7_3- explores ways to achieve an optimal physical fitness and applies them to correct changes if necessary
General Professional Competencies		

Healthy lifestyle	GPC-3. Is capable of counteracting use of performance-enhancing drugs in sports	CI.GPC-3_1- has a grasp of pharmacological support in sports medicine CI.GPC-3_2- differentiates between performance-enhancing drugs and allowed drugs CI.GPC-3_3- has a grasp of measures against the use of performance-enhancing drugs in sports

3.2. Types of professional activity corresponding to competencies developed over the course of mastering Б1.О.41 Physical education and sports:

Types of professional activity objectives

Medical

Kinds of professional activity objectives

a. Diagnostics
b. Treatment
c. Rehabilitation
d. Disease prevention
e. Administrative work

3.3. Planned learning outcomes of mastering the discipline are represented by knowledge, skills, abilities and/or 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 competency indicators.

4. SCOPE AND CONTENT OF THE DISCIPLINE

4.1. Scope of the Discipline and Types of Academic Work

Type of Academic Work		**Total Hours**	**Semesters**	
			1	**2**
			hours	**hours**
1		2	3	4
Classroom hours (total), including:		**72**	**36**	**36**
Lectures (L)		**2**	2	
Practical classes (C)		**70**	34	36
Electronic educational resource (EER): including online asynchronous lectures				
Independent work of the student (IW), including:				
Electronic educational resource (EER)				
Preparing for classes (CP)				
Preparing for continuous assessment (CAP)				
Preparation for interim assessment (IAP)				
Interim assessment				
Type of interim assessment	pass/fail test (T)		**T**	**T**
	exam (E)			
TOTAL: TOTAL credit value	hrs.	**72**	36	36
	credits	**2**	1	1

4.2. Contents of the Discipline

4.2.1. Topics of Discipline Lectures and Academic Hours per Semester

No.	**Lecture Topic**	**Hours**
1	2	3
	Semester No. 1	
1.	Physical education and sports in Russia. IT in Physical education and sports. Digital transformation strategy in Physical education and sports in Russia.	2
	Hours per semester total	**2**

4.2.2. Topics of Discipline Practical Classes and Academic Hours per Semester

No.	**Practical Class Topic**	**Hours**
1	2	3
	Semester No. 1	
1.	*Material- and method-based health-improvement technologies in Physical education*. Health-improvement technologies using graded walking and running	4
2.	*Main physical qualities.* Endurance. Methods of development and control, using mobile applications	4
3.	*Material- and method-based health-improvement technologies in Physical education*. Health-improvement technologies using movement-oriented games	4

	and sports	
4.	*Main physical qualities.* Agility. Methods of development and control	4
5.	*Control and self-control*. Physical condition (fitness) assessment. IT aimed at control and self-control of physical condition (fitness)	4
6.	*Main physical qualities.* Dexterity. Methods of development and control	4
7.	*Material- and method-based health-improvement technologies in Physical education*. Health-improvement technologies using respiratory gymnastics (breathing exercises)	4
8.	*Material- and method-based health-improvement technologies in Physical education*. Health-improvement technologies using fitness workouts	6
	Hours per semester total	**34**
	Semester No. 2	
1.	*Main physical qualities*. Flexibility. Methods of development and control, using mobile applications	4
2.	Traditional Asian health-improvement systems	4
3.	*Main physical qualities.* Power. Methods of development and control, using mobile applications	4
4.	Old Russian health-improvement systems	4
5.	*Control and self-control*. Assessment of functional status. IT aimed at control and self-control of physical preparedness	4
6.	*Control and self-control.* Optimal movement regimen and rational nutrition of people of different ages. IT aimed at control and self-control of physical preparedness	4
7.	*Control and self-control.* Determination of physical performance of students during exercise. IT aimed at control and self-control of physical preparedness	4
8.	Professional and Applied Physical Training (PAPT).	8
	Hours per semester total	**36**

4.2.3. Independent Work of the Student

Independent work of the students is not outlined in Federal State Educational Standard of Higher Education for Specialist's degree program, 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), discipline Б1.О.41 Physical education and sports.

5. REQUIREMENTS FOR IMPLEMENTATION OF DISCIPLINE

5.1. Discipline 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	Физическая культура: учебник для вузов	И. А. Письменский, Ю. Н. Аллянов	Москва: Издательство Юрайт, 2025. — 450 с. URL: https://urait.ru/bcode/560410	Unlimited access
2	Физическая культура : учебник и практикум для	А. Б. Муллер, Н. С. Дядичкина,	Москва : Издательство Юрайт, 2025. —	Unlimited access

	вузов	Ю. А. Богащенко	424 с. URL: https://urait.ru/bcode/559943	
3	Физическая культура и спорт в вузах: учебник	М. Н. Стрихано, В. И. Савинков	2-е изд. — Москва : Издательство Юрайт, 2025. — 160 с. URL: https://urait.ru/bcode/564215	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	Теоретические основы физической культуры : учебник для вузов	А. А. Горелов, О. Г. Румба, В. Л. Кондаков, Е. Н. Копейкина	2-е изд., перераб. и доп. — Москва : Издательство Юрайт, 2025. 194 с. URL:https://urait.ru/bcode/567748	Unlimited access
2	Самостоятельная работа студента по физической культуре: учебник для вузов	под редакцией В. Л. Кондакова	2-е изд., испр. и доп. — Москва : Издательство Юрайт, 2025. 148 с. URL: https://urait.ru/bcode/566502	Unlimited access
3	Двигательные способности и физические качества. Разделы теории физической культуры: учебник для вузов	Г. Н. Германов	2-е изд., перераб. и доп. — Москва: Издательство Юрайт, 2025. — 224 с. URL: https://urait.ru/bcode/563330	Unlimited access
4	Оздоровительные технологии в системе физического воспитания: учебник для вузов	В. Г. Никитушкин, Н. Н. Чесноков, Е. Н. Чернышева	3-е изд., перераб. и доп. — Москва: Издательство Юрайт, 2025. — 279 с. — URL: https://urait.ru/bcode/563115	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)

5.2. Discipline Requirements for Facilities and Resources

Information on the facility and resource availability and requirements of the discipline is available on the Facility and resource availability and requirements. FSBEI HE PSMU of the Ministry of Health of Russia (tgmu.ru)" page of the official website of the university.

5.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software):

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)

6. ASPECTS OF THE IMPLEMENTATION OF THE DISCIPLINE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

6.1. Availability of Accessible Environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. 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 lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

6.2. Ensuring Compliance with General Requirements

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

6.3. Availability of the Internal Policies and Procedures of FSBEI HE PSMU of the Ministry of Health of Russia to Students with Disabilities in a Format Accessible to Them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a format accessible to them.

6.4. Increase in the Time Limit of Interim Assessment for Students with Disabilities and Special Needs in Relation to the Established duration

Format of the interim assessment of academic performance within the scope of the discipline conducted for students with disabilities and special needs is selected taking into account individual characteristics of the students (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.

7. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the 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 Discipline Б1.О.41 Physical education and sports 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. Public sports events, festivals, competitions aimed at developing motivation and interest in physical education.	Portfolio describing participation in talks, discussions, conferences, and competitions Assessment of proactive attitude and personal progress in the development of healthy habits
	Covert – creating atmosphere and infrastructure. Discipline Б1.О.41 Physical education and sports Developing a culture of healthy lifestyle through systematic exercise and disciplinary events. Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline.	
Civic position and values	Overt Discipline Б1.О.41 Physical education and sports 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 describing participation in civic and public events Self-analysis reports and essays on topics of civic consciousness and sports
	Covert Discipline Б1.О.41 Physical education and sports Development of mindful civic position through cultivating respect towards national symbols, traditions, and cultural heritage. Cultivating active social and professional position.	
Social values	Overt Discipline Б1.О.41 Physical education and sports 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	Portfolio describing participation in team training sessions and events Evaluation of displayed

	risks. Arranging events aimed at developing ethical norms and norms of conduct in sports community.	social skills and ethical behavior
	Covert Discipline Б1.О.41 Physical education and sports Developing leadership skills, team spirit, and sense of personal responsibility for team result. Creating conditions for socializing and strengthening social bonds. Identification in social structure during period of education and in professional activity.	