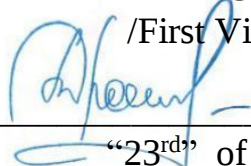


Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Стегний Кирилл Владимирович
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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY

/First Vice-Rector

 / Dvoynikova E.R./
“23rd” of June 2026

DISCIPLINE WORK PROGRAM

B1.C.41 Physical education and sports

Specialty	31.05.03 Dentistry for foreign students (English-language program)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing health care in patients with dental pathology)
Mode of study	Full-time
Period of mastering the BEP	5 years
Department	of Physical Education and Sports

Program of the discipline **B1.C.41 Physical education and sports** is based on:

1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 984 of Ministry of Science and Higher Education of the Russian Federation dated August 12, 2020.

2) Curriculum for the 31.05.03 Dentistry for foreign students (English-language program), profile 02 "Healthcare" (in the field of providing health care in patients with dental pathology), 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.

Work program for the discipline 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.

1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering B1.C.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 **B1.C.41 Physical education and sports** is included in the Compulsory part of the Block 1 of the basic educational program for the 31.05.03 Dentistry for foreign students (English-language program), profile 02 "Healthcare" (in the field of providing health care in patients with dental pathology), and is part of the 1st semester's curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline **B1.C.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 and self-development (including self care)	UC-7. Able to maintain the proper level of physical fitness to ensure efficient social and professional activities	AI.UC-7 ₁ - determines the appropriate level of physical fitness to ensure involvement in social and professional activities AI.UC-7 ₂ - plans activities and their duration applying a health-saving concept AI.UC-7 ₃ - explores how to achieve optimal physical fitness and makes necessary adjustments
General Professional Competencies		

Ethical and legal basis of professional activity	GPC-3. Able to prevent the usage of performance-enhancing substances in sports and actively fight against the use of such substances	AI.GPC-3 ₁ - recognizes performance enhancing substances in sports medicine AI.GPC-3 ₂ - differentiates between performance enhancing substances and permitted drugs AI.GPC-3 ₃ - has an understanding of anti-doping measures in sport
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3.2. Types of professional activity corresponding to competencies developed over the course of mastering **B1.C.41 Physical education and sports:**

Types of professional activity objectives

Medical

Research and development

Managerial and administrative

Pedagogical

Kinds of professional activity objectives

- a. *Examination of the patient in order to make a diagnosis;*
- b. *Prescribing pharmacological and non-pharmacological treatment and monitoring its efficiency and safety;*
- c. *Implementation and monitoring of the effectiveness of individual medical rehabilitation programs;*
- d. *Implementation of anti-epidemic and other measures of public health protection as well as monitoring their effectiveness;*
- e. *Implementation of health and hygiene education measures in general population and professionals aimed at development of a healthy lifestyle*
- f. *Management, 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
			hours
1		2	3
Classroom hours (total), including:		72	72
Lectures (L)		4	4
Practical classes (C)		68	68
Independent work of the student (IW), including:		-	-
<i>Preparing for classes (CP)</i>			
<i>Preparing for continuous assessment (CAP)</i>			
<i>Preparation for interim assessment (IAP)</i>			
Interim assessment			
Type of interim assessment	pass/fail test (T)	T	T
	exam (E)		
TOTAL: TOTAL credit value	hrs.	72	72
	credits	2	2

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
2.	Psychophysiological basis of academic activity and intellectual labor. Means of physical education in performance regulation	2
	Hours per semester total	4

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.	<i>Material- and method-based health-improvement technologies in physical education.</i> Health-improvement technologies using graded walking and running	4
2.	<i>Main physical qualities.</i> Endurance. Methods of development and control, using mobile applications	4
3.	<i>Material- and method-based health-improvement technologies in physical education.</i> Health-improvement technologies using movement-oriented games and sports	4
4.	<i>Main physical qualities.</i> Agility. Methods of development and control	4
5.	<i>Control and self-control.</i> Physical condition (fitness) assessment. IT aimed at	4

	control and self-control of physical condition (fitness)	
6.	<i>Main physical qualities.</i> Dexterity. Methods of development and control	4
7.	<i>Material- and method-based health-improvement technologies in physical education.</i> Health-improvement technologies using respiratory gymnastics (breathing exercises)	4
8.	<i>Material- and method-based health-improvement technologies in physical education.</i> Health-improvement technologies using fitness workouts	4
9.	<i>Main physical qualities.</i> Flexibility. Methods of development and control, using mobile applications	4
10.	Traditional Asian health-improvement systems	4
11.	<i>Main physical qualities.</i> Power. Methods of development and control, using mobile applications	4
12.	Old Russian health-improvement systems	4
13.	<i>Control and self-control.</i> Assessment of functional status. IT aimed at control and self-control of physical preparedness	4
14.	<i>Control and self-control.</i> Optimal movement regimen and rational nutrition of people of different ages. IT aimed at control and self-control of physical preparedness	4
15.	<i>Control and self-control.</i> Determination of physical performance of students during exercise. IT aimed at control and self-control of physical preparedness	4
16.	Professional and Applied Physical Training (PAPT).	8
	Hours per semester total	68

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 31.05.03 Dentistry, profile 02 "Healthcare" (in the field of providing health care in patients with dental pathology), discipline **B1.C.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 вузов	А. Б. Муллер, Н. С. Дядичкина, Ю. А. Богащенко	Москва : Издательство Юрайт, 2025. — 424 с. URL: https://urait.ru/bcode/559943	Unlimited access
3	Физическая культура и спорт в вузах: учебник	М. Н. Стриханов, 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/5665 02	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/5633 30	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/5631 15	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 \(tgmu.ru\)](http://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 \(tgmu.ru\)](http://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 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. 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 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 Development of mindful civic position through cultivating respect towards national symbols, traditions, and cultural heritage. Cultivating active social and professional position.	
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. Arranging events aimed at developing ethical norms and norms of conduct in sports community.	Portfolio describing participation in team training sessions and events Evaluation of displayed social skills and ethical behavior
	Covert 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.	