

[illegible]

The Syllabus is compiled by:

Doctor of Education, Professor, Peshkova N.V

The Syllabus

**Intellectual sports**

Developed in accordance with Federal State Educational Standard:

Federal State Educational Standard of higher education in the specialty 31.05.01 General medicine  
(Order of the Ministry of Education and Science of the Russian Federation on August, 12, 2020 № 988)

Based on the Curriculum:

31.05.01 GENERAL MEDICINE

Specialization: General Medicine

Approved by the Academic Council of Surgut State University, 11 June 2025 г., Record No 5.

Approved by the Academic Council of Surgut State University,

**Physical Education**

**1. COURSE OBJECTIVES**

1.1	<b>The aim of the course</b> is to acquire practical experience of applying a variety of means and methods of physical culture and sport to preserve and strengthen health, maintain a proper level of physical fitness as a condition for ensuring full social and professional activity.
-----	--

**2. COURSE OVERVIEW**

Course code (in curriculum)	Б1.О.03.ДБ.01
2.1	<b>Assumed background:</b> Basic level of knowledge in high school subjects "Physical
2.2	<b>Post-requisite courses and practice:</b>

**3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)**

**UC-7.3 - Maintains the proper level of physical fitness to ensure full-fledged social and professional activity, regularly engaging in physical exercises**

**By the end of the course student must:**

3.1	<b>Know:</b>
3.1.1	the basics of exercise technique and methods of their application to maintain a proper level of physical fitness
3.2	<b>Be able to:</b>
3.2.1	apply physical exercises in the process of regular exercise in various types of motor activities

**4. STRUCTURE AND CONTENTS OF THE COURSE (MODULE)**

Class Code	Topics/Class type	Term / Academic year	Academic hours	Competences	Literature	Interactive
	<b>Section 1. Initial training phase</b>					
1.1	Technical and tactical training by sport /pr/	2	24	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.2	Integral training by sport /pr/	2	18	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.3	Fundamentals of refereeing competitions in a sport /pr/	2	6	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.4	Fundamentals of refereeing competitions in a sport /Self-study/	2	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.5	<b>Credit</b>	2	0	UC-7.3		
	<b>Section 2. Stage of sport specialisation</b>					
2.1	Technical and tactical training by sport /pr/	3	30	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.2	Integral training by sport /pr/	3	30	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.3	Organization and methods of conducting a training session in a type of sport /pr/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.4	Organization and methodology of competitions in the sport /pr/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.5	Organization and methodology of competitions in the sport /Self-study/	3	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.6	<b>Credit</b>	3	0	UC-7.3		

2.7	Technical and tactical training by sport /pr/	4	30	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.8	Integral training by sport /pr/	4	30	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.9	Organization and methods of conducting a training session in a type of sport /pr/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.10	Organization and methods of conducting a training session in a type of sport /Self-study/	4	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.11	Organization and methodology of competitions in the sport /pr/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.12	<b>Credit</b>	4	0	UC-7.3		
<b>Section 3. Sports improvement stage</b>						
3.1	Technical and tactical training by sport /pr/	5	26	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.2	Integral training by sport /pr/	5	26	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.3	Requirements for planning and control of independent physical culture and sports activities of different target orientation /pr/	5	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.4	Requirements for planning and control of independent physical culture and sports activities of different target orientation /Self-study/	5	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.5	<b>Credit</b>	5	0	UC-7.3		
3.6	Technical and tactical training by sport /pr/	6	26	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.7	Integral training by sport /pr/	6	26	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.8	Requirements for planning and control of independent physical culture and sports activities of different target orientation /pr/	6	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.9	Requirements for planning and control of independent physical culture and sports activities of different target orientation /Self-study/	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.10	<b>Credit</b>	6	0	UC-7.3		

## 5. ASSESSMENT TOOLS

### 5.1. Assessment tools for midterm assessment

Presented by a single document

### 5.2. Assessment tools for diagnostic testing

Presented by a single document

6. COURSE (MODULE) RESOURCES				
6.1. Recommended Literature				
6.1.1. Core				
	Authors	Title	Publish., year	Quantity
1.1	Averbakh Y.L., Suetin A.S.	A textbook of chess play	Moscow: Man, 2016	2
1.2	Strikhanov M. N., Savinkov V. I.	Physical Education and Sport in Higher Education Institutions: Textbook	Moscow: Yurait Publishing House, 2018	1
1.4	Zakharova L. V., Lyulina N. V., Kudryavtsev M. D., Moskovchenko O. N., Shubin D. A.	Physical Culture: Textbook	Krasnoyarsk: Siberian Federal University, 2017	1
6.1.2. Supplementary				
2.1	Bomin V. A., Sukhinina K.V.	Health-saving technologies in the preservation and formation of students' health: Educational and methodological manual	Irkutsk: Irkutsk Branch of the Russian State University of Physical Culture, Sports, Youth and Tourism, Irkutsk State Agricultural Academy, 2011	1
2.2	Bystrov S.M., Vasiliev A.A.	Student Chess: Educational and Methodological Ma	St. Petersburg: PSUPS, 2015	1
2.3.	Lehman A.I.	Theory of billiard game	Moscow: Man, 2007	2
6.2. Internet resources				
E1	<a href="https://www.minsport.gov.ru/">https://www.minsport.gov.ru/</a>			
E2	<a href="http://www.fizkult-ura.ru/">http://www.fizkult-ura.ru/</a>			
E3	<a href="http://kultura-fiz.vspu.ac.ru/">http://kultura-fiz.vspu.ac.ru/</a>			
E4	<a href="https://gto.ru/">https://gto.ru/</a>			
E5	<a href="http://www.teoriya.ru/ru">http://www.teoriya.ru/ru</a>			
6.3.1 Software				
6.3.1.1	Operational system Microsoft, applied programs pack Microsoft Office			
6.3.2 Information Referral systems				
6.3.2.1	<a href="http://www.garant.ru">http://www.garant.ru</a>			
6.3.2.2	<a href="http://www.consultant.ru">http://www.consultant.ru</a>			

7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)	
7.1	The classroom for seminars (practical classes), group and individual consultations, current control and interim certification is equipped with: a set of specialised teaching furniture, chalk board, chess sets. Technical means of training for presentation of
7.2	Room for billiard lessons. Billiard tables, cues, balls.