

Документ подписан простой электронной подписью
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Khanty-Mansiysk Autonomous Okrug-Ugra
 "Surgut State University"

Approved by
 Deputy Rector for Academic Affairs

_____ E.V. Konovalova

11 June 2026 г., Record No

5

Intellectual sports

Syllabus

Department Physical Education

Curriculum s310501-ЛечДелоИн-25-1.plx
 Specialty 31.05.01 General Medicine

Qualification General Practitioner

Form of education **Full-time**

Total (in credits) **0**

Total academic hours 328

Control:

Including:

Credit 6th, 5th, 4th, 3rd, 2nd term

Classes 304

Self-study 24

Course outline in terms

Academic year (Term)	2 (1.2)		3 (2.1)		4 (2.2)		5 (3.1)		6 (3.2)		Total	
	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl
Weeks	17 2/6		17 2/6		17 2/6		17 2/6		17 2/6			
Types of classes	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl	Cur	Syl
Practical	48	48	64	64	64	64	64	64	64	64	304	304
Total	48	48	64	64	64	64	64	64	64	64	304	304
Classes	48	48	64	64	64	64	64	64	64	64	304	304
Self-study	8	8	4	4	4	4	4	4	4	4	24	24
Total	56	56	68	68	68	68	68	68	68	68	328	328

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 2026 г., Record No 5.

Approved by the Academic Council of Surgut State University,

Physical Education

1. COURSE OBJECTIVES

1.1	The aim of the course 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.
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2. COURSE OVERVIEW

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

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	Know:
3.1.1	the basics of exercise technique and methods of their application to maintain a proper level of physical fitness
3.2	Be able to:
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
Section 1. Initial training phase						
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	Credit	2	0	UC-7.3		
Section 2. Stage of sport specialisation						
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	Credit	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	Credit	4	0	UC-7.3		
Section 3. Sports improvement stage						
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	Credit	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	Credit	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	https://www.minsport.gov.ru/			
E2	http://www.fizkult-ura.ru/			
E3	http://kultura-fiz.vspu.ac.ru/			
E4	https://gto.ru/			
E5	http://www.teoriya.ru/ru			
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	http://www.garant.ru			
6.3.2.2	http://www.consultant.ru			

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.