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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
RUDN University**

Agrarian and Technological Institute

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

Applied physical education

course title

Recommended by the Didactic Council for the Education Field of:

36.05.01 Veterinary

field of studies / speciality code and title

The course instruction is implemented within the professional education programme of higher education:

Veterinary

higher education programme profile/specialisation title

1. GOALS AND OBJECTIVES OF THE COURSE

The aim of mastering the course " **Applied physical education** " is the formation of the physical culture of the individual students, the ability to direct the use of physical culture, sport and tourism for psychophysical training and self-preparation for future professional activities.

2. REQUIREMENTS FOR LEARNING OUTCOMES

The implementation of the course "**Applied physical education**" is aimed at creating the following competencies (parts of competencies) for students:

Table 2.1. List of competencies formed by students during the development of the course (results of the development of the course)

Competence code	Competence descriptor	Indicators of competence accomplishment (within the course)
GC-7	Is able to maintain an appropriate level of physical fitness to ensure full social and professional activity	GC-7.1 Chooses health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body;
		GC-7.2 Plans his or her work and free time to optimally balance physical and mental demands and performance;
		GC-7.3 Observes and promotes a healthy lifestyle in various life situations and professional activities

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course "**Applied physical education**" belongs to the part formed by the participants of educational relations of the block B1 of the Educational Program of Higher Education.

As part of the Educational Program of Higher Education, students also master other courses and /or practices that contribute to achieving the planned results of mastering the course "**Applied physical education**".

Table 3.1. List of Higher Education Program components courses that contribute to expected learning outcomes

Competence code	Competence	Previous Courses (Modules)	Subsequent Courses (Modules)
GC-7	The ability to maintain a proper level of physical fitness to ensure a full-fledged social and professional activity.	Physical education	Preparation for and passing the state exam

4. COURSE WORKLOAD AND TRAINING ACTIVITIES

Course workload of the course "**Applied physical education**" is 0 credits.

Table 4.1. Types of academic activities during the period of the HE program mastering for full-time study

Types of academic activities		HOURS	Semesters						
			1	2	3	4	-	-	
Contact academic hours		328	51	54	54	54	-	-	
including									
Lectures		-	-	-	-	-	-	-	
Lab work		-	-	-	-	-	-	-	
Seminars (workshops/tutorials)		170	51	34	51	34	-	-	
Self-study		158	31	48	31	48	-	-	
Evaluation and assessment (exam/pass/fail grading)		-	-	-	-	-	-	-	
Course workload		Academic hour	328	82	82	82	82	-	-
		Credit unit	-	-	-	-	-	-	-

5. COURSE CONTENTS

Table 5.1 Content of the course (module) by type of academic work

Modules	Content of the modules (topics)	Types of academic activities
Module 1. Practice Section	Topic 1.1. Athletics	Seminar classes
	Topic 1.2. Sports games	Seminar classes
	Topic 1.3. Gymnastics	Seminar classes
	Topic 1.4 Ski training	Seminar classes
	Topic 1.5 Independent work of students (extracurricular activities)	Seminar classes

6. COURSE EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Material and technical support of the course

<i>Classroom for Academic Activity Type</i>	<i>Equipping the classroom</i>	Specialized educational/laboratory equipment, software and materials for the development of the course (if necessary)
Seminary	An auditorium for conducting seminar-type classes, group and individual consultations, ongoing monitoring and interim certification, equipped with a set of specialized furniture and multimedia presentation equipment.	<i>Sports hall for physical education classes, a hall for recreational physical education classes in the sports club (SC) "Druzhba</i>

Self-studies	An auditorium for independent work of students (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with access to an electronic information and educational environment.	-
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7. RESOURCES RECOMMENDED FOR COURSE STUDIES

Main readings:

1. N., Pismensky I. A. Physical Culture: Textbook for Bachelors. - M.: Yurait, 2014.
2. Antipov, O. V. Physical culture and sports (Course of lectures): textbook / O. V. Antipov, A. M. Surkov, E. Sukhanova. - Moscow : K.I. Skryabin Moscow State Academy of Biology and Agriculture, 2021. - 118 c.
3. Vilensky M.Y. Physical training and healthy lifestyle of a student: Textbook. - 4th ed. stereotyped. - M. :Knorus, 2016. - 239 c..
4. Muller A.B., Diadichkina N.S., Bogashchenko Y.A. Physical Culture: Textbook for Bachelors. - M.: Yurite, 2016.

Additional Readings:

1. Brunina A.V., Malchenko A.D. Features of physical education of students of special medical group. Methodical recommendations for practical exercises. Moscow: PFUR, 2014.
2. Buchnev S.S. Student soccer. Textbook. Moscow: PFUR, 2015.
3. Gonzalez S.E. Variation of the content of classes in the course of physical culture. Monograph. Moscow: RUDN Publishing House, 2013.
4. Zhuravleva Y.S. Recreational aerobics in the educational process of the University. Textbook. Moscow: PFUR, 2014.
5. Kislitsyn Y.L., Pobyvanets V.S., Burmistrov V.N. Physical training in socio-biological adaptation of students. Reference Manual. Moscow: RUDN Publishing House, 2013.

Internet sources

1. Electronic libraries (EL) of RUDN University and other institutions, to which university students have access on the basis of concluded agreements:

- RUDN Electronic Library System (RUDN ELS) <http://lib.rudn.ru/MegaPro/Web>
- EL "University Library Online" <http://www.biblioclub.ru>
- EL "Yurayt" <http://www.biblio-online.ru>
- EL "Student Consultant" www.studentlibrary.ru
- EL "Lan" <http://e.lanbook.com/>
- EL "Trinity Bridge"

2. Databases and search engines:

- electronic foundation of legal and normative-technical documentation <http://docs.cntd.ru/>

- Yandex search engine [https:// www.yandex.ru/](https://www.yandex.ru/)
- Google search engine <https://www.google.ru/>

- Scopus abstract database <http://www.elsevierscience.ru/products/scopus/>

Educational and methodological materials for independent work of students during the development of the course/ module*:

1. A course of lectures on the course "**Applied physical education**".
2. Seminary workshop on the course "**Applied physical education**".

* - The training toolkit and guidelines for the internship are placed on the internship page in the university telecommunication training and information system under the set procedure.

8. ASSESSMENT TOOLKIT AND GRADING SYSTEM* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL AS COURSE RESULTS

The assessment toolkit and the grading system* to evaluate the level of competences (competences in part) formation as the course results are specified in the Appendix to the course syllabus.

* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

DEVELOPER:

Associate Professor, Department of Physical
Education and Sports

Position, Basic curriculum

Signature

Sergeeva Y.S.

Full name.

HEAD OF EDUCATIONAL DEPARTMENT:

Department of Physical Education and Sports

Name Basic Curriculum

Signature

Lebedeva T.R.

Full name.

HEAD OF HIGHER EDUCATION PROGRAMME:

Director of the Department of Veterinary Medicine

Position, Basic curriculum

Signature

Vatnikov Yu.A.

Full name