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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

Individual 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
Including:
Classes 304
Self-study 24

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

Course outline in terms

Academic year (Term)	**2 (1.2)**		**3 (2.1)**		**4 (2.2)**		**5 (3.1)**		**6 (3.2)**		Total	
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
Individual 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.

Physical Education 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.

2. COURSE OVERVIEW	
Course code (in curriculum)	Б1.О.03.ДВ.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. STRUCTUREANDCONTENTS OF THE COURSE (MODULE)

Class Code	Topics/Class type	Term / Academic year	Academic hours	Competences	Literature	Interactive
	Section 1. Sports orientation stage					
1.1	Propaedeutics in sports, types of physical activity **/pr/**	2	40	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.2	General physical training **/pr/**	2	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.3	General physical training /**Self-study**/	2	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
1.4	**Credit**	2	0	UC-7.3		
	Section 2. Stage of sport specialisation					
2.1	The history of the emergence and current state of development of the sport /**Self-study**/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.2	Technical and tactical training by sport **/pr/**	3	32	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.3	General and special physical training for the type of sport **/pr/**	3	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.4	Integral training by sport **/pr/**	3	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.5	Structure and content of a training session in a sport discipline **/pr/**	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.6	Fundamentals of refereeing competitions in a sport **/pr/**	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.7	Fundamentals of refereeing competitions in a sport /**Self-study**/	3	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.8	**Credit**	3	0	UC-7.3		

2.9	Technical and tactical training by sport **/pr/**	4	32	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.10	General and special physical training for the type of sport **/pr/**	4	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.11	Integral training by sport **/pr/**	4	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.12	Structure and content of a training session in a sport discipline **/pr/**	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.13	Structure and content of a training session in a sport discipline /**Self-study**/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.14	General and special physical training for the type of sport **/pr/**	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.15	General and special physical training for the type of sport /**Self-study**/	4	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
2.16	**Credit**	4	0	UC-7.3		
	Section 3. Sports improvement stage					
3.1	Technical and tactical training by sport **/pr/**	5	22	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.2	Specialised physical training **/pr/**	5	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.3	General physical training **/pr/**	5	12	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.4	Integral training by sport **/pr/**	5	14	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.5	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport **/pr/**	5	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.6	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport /**Self-study**/	5	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.7	**Credit**	5	0	UC-7.3		
3.8	Technical and tactical training by sport **/pr/**	6	22	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.9	Special physical training by sport **/pr/**	6	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.10	General physical training **/pr/**	6	8	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.11	Integral training by sport **/pr/**	6	16	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.12	Organization and methodology of competitions in a sport. Refereeing of competitions in a sport **/pr/**	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.13	Organization and methods of conducting a training session in a type of sport **/pr/**	6	4	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	

3.14	Requirements for planning and control of independent physical culture and sports activities of different target orientation **/pr/**	6	2	UC-7.3	1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.15	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, 1.5, 1.6, 2.1, 2.2, 2.3. E1 E2 E3 E4 E5	
3.16	**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	Barchukov I. S., Nazarov Yu. N., Kikot V. Ya.	Physical Education and Physical Training: Textbook	Moscow: UNITY DANA, 2012	1
1.2	Shestakov V.B., Eregina S. B.	Theory and practice of judo: Textbook	Moscow: Sovetsky Sport, 2011	1
1.3	Strikhanov M. N., Savinkov V. I.	Physical Education and Sport in Higher Education Institutions: Textbook	Moscow: Yurait Publishing House, 2018	1
1.4	Garnik V.S.	Martial arts and martial arts in psychophysical training of students: Textbook	Moscow: Moscow State Construction University, EBS ASV, 2012	1
1.5.	Bulgakova N. J., Popov O. I., Nikitina S. M., Pavlova T. N.	Swimming: Textbook	Moscow: LLC "INFRA-M Research and Publishing Centre", 2017	1
1.6.	Apokin V. V.	Applied swimming: training manual	Surgut: Publishing Centre of Surgut State University, 2012	2
		6.1.2. Supplementary		
2.1	Zabelina L.G., Nechunaeva E.E.	Athletics: Textbook	Novosibirsk: Novosibirsk State Technical University, 2010	1
2.2	Losev V. Yu.	Theory and Methodology of Physical Culture (Theory and Methodology of Sport): Educational and Methodological Man	Surgut: Publishing Centre of Surgut State University, 2016	2
2.3	Svishchev I.D., Eregina S.B.	Complex assessment of athletes' and coaches' preparedness in judo: Training Manual	Moscow: Sovetsky Sport, 2013	1

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	Gymnasium 1, equipped with the necessary equipment: basketball hoops, volleyball stands and net, futsal gates, Swedish walls, hanging combined horizontal bars, bleachers, benches, table, balls for various sports
7.2	Gymnasium 2 with the necessary equipment: basketball hoops, volleyball posts and net, futsal gates, wall bars, hanging combined horizontal bars, benches, table, balls for various sports
7.3.	A martial arts room with the necessary equipment: tatami, wall bars, hanging combination horizontal bars, mirrors, dumbbells. Physical rehabilitation room, with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, dumbbells, benches, mirrors, sports equipment for fitness
7.4.	Swimming pool: 25m pool tub, 6 lanes, equipment required for teaching swimming