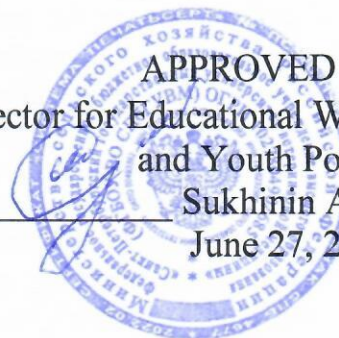


Документ подписан простой электронной подписью  
Информация о владельце:  
ФИО: Сухинин Александр Александрович  
Должность: Проректор по учебно-воспитательной работе  
Дата подписания: 20.11.2025 10:15:30  
Уникальный программный ключ:  
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**Ministry of Agriculture of the Russian Federation  
Federal State Budgetary Educational Institution of  
Higher Education  
"St. Petersburg State University of  
Veterinary Medicine"**

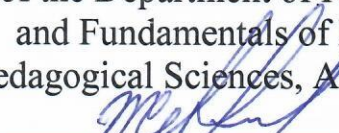
**APPROVED BY**  
Vice-rector for Educational Work  
and Youth Policy  
Sukhinin A.A.  
June 27, 2025



**Department of Physical Education and Fundamentals of Military Training**

**EDUCATIONAL WORK PROGRAM**  
for the discipline  
**" ELECTIVE COURSES IN PHYSICAL EDUCATION "**  
The level of higher education  
**SPECIALIST COURSE**  
**Specialty 36.05.01 Veterinary Medicine**  
**Profile: «General clinical veterinary medicine»**  
**Full-time education**  
Education starts in 2025

Reviewed and adopted  
at the meeting of the department  
on June 24, 2025.  
Protocol No. 12

Head of the Department of Physical Education  
and Fundamentals of Military Training,  
Candidate of Pedagogical Sciences, Associate Professor  
 A.V. Zhivoderov

Saint Petersburg  
2025

## 1. GOALS AND OBJECTIVES OF DISCIPLINE

The purpose of the discipline is: to develop in students the ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities; in maintaining and promoting health; in psychophysical preparation and self-preparation for future life and professional activities.

Tasks:

a) The general educational task is to in-depth familiarize and develop in students an understanding of the social significance of physical culture and its role in personal development and preparation for professional activity; understanding of knowledge on scientific, biological, pedagogical and practical foundations of physical culture and a healthy lifestyle; formation of a motivational and value-based attitude towards physical culture, an attitude towards a healthy lifestyle, physical improvement and self-education of the habit of regular exercise and sports.

b) The applied task consists of students mastering a system of practical skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports; ensuring general and professionally applied physical fitness, which determines the student's psychophysical readiness for the future profession.

c) The special task is to create a basis for students for the creative and methodologically sound use of physical education and sports activities for the purpose of subsequent life and professional achievements.

## 2. LIST OF PLANNED LEARNING RESULTS IN THE DISCIPLINE (MODULE), CORRELATED WITH THE PLANNED RESULTS OF MASTERING THE EDUCATIONAL PROGRAM

As a result of mastering the discipline, the student prepares for the following types of activities, in accordance with the educational standard of Federal State Educational Standard of Higher Education 36.05.01 "Veterinary Medicine" dated September 22, 2017. No. 974

Area of professional activity:

13 Agriculture

Types of professional activity tasks:

- Medical;
- Expert control;
- Scientific and educational

### Student competencies formed as a result of mastering the discipline

Studying the discipline should form the following competencies:

#### -a) Universal competencies (UC):

- ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities (UC-7).

ID – 1UC-7 Know the basic means and methods of physical education

ID – 2UC-7 Be able to select and apply methods and means of physical education to improve basic physical qualities

ID – 3UC-7 Master the methods and means of physical culture to ensure full social and professional activities

### Planned results of mastering competencies taking into account professional standards

Competence	Competency category	Categories			Experience
		Know	Be able to	Possess	

UC-7	Basic Skills	Basic means and methods of physical education ID – 1UC-7	Select and apply methods and means of physical culture to improve basic physical qualities ID – 2UC-7	Methods and means of physical culture to ensure full-fledged social and professional activities. ID – 3UC-7	Personal experience, skills and abilities to improve your functional and motor abilities
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### 3. THE PLACE OF DISCIPLINE IN THE STRUCTURE OF THE MPEP

In accordance with clause 2.3. Federal State Educational Standard of Higher Education in the field of training 05.36.01 Veterinary, approved by Order of the Ministry of Education and Science of the Russian Federation dated September 22, 2017 N 974, elective courses disciplines (modules) in physical culture are implemented within the framework of the mandatory part of Block 1 "Disciplines (modules)" B1.O.38 specialty program in the amount of 328 academic hours with final certification (1-3 courses, 1-6 semesters).

When teaching the discipline "Physical Culture," the knowledge and skills acquired by students in mastering the disciplines of biochemistry, physiology, and life safety are used.

## 4. SCOPE OF THE DISCIPLINE "ELECTIVE COURSES IN PHYSICAL EDUCATION"

### 4.1. SCOPE OF THE DISCIPLINE "ELECTIVE COURSES IN PHYSICAL EDUCATION" FOR FULL-TIME EDUCATION

Type of educational work	Total hours	Semesters					
		I	II	III	IV	V	VI
Practical lessons (PL)	328	51	51	51	51	51	51
Self-work		14	14	14	14	14	17
Type of intermediate certification (test, exam)	<i>test</i>	<i>test</i>	<i>test</i>	<i>test</i>	<i>test</i>	<i>test</i>	<i>test</i>
Total labor intensity, hours on EC for physical education	328						

## 5. CONTENTS OF THE DISCIPLINE “ELECTIVE COURSES IN PHYSICAL EDUCATION”

### 5.1. CONTENTS OF THE DISCIPLINE “ELECTIVE COURSES IN PHYSICAL EDUCATION” FOR FULL-TIME STUDY

NO.	NAME	FORMED COMPETENCIES	WELL	Types of educational work, including independent work of students and labor intensity (in hours)		
				LECTURE	PRACTICAL CLASSES	SELF-WORK
1.	Module No. 1	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	1		33	7
	Accelerated movement and athletics					
2.	Module No. 2	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			18	7
	Gymnastics and athletic training					
	<b>For 1 semester</b>				<b>51</b>	<b>14</b>
3.	Module No. 3	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			26	7
	Sports and outdoor games					
4.	Module No. 4	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			25	7
	Complex classes					
	<b>For 2nd semester</b>				<b>51</b>	<b>14</b>
5.	Module No. 5	UC-7	1		26	7

		ID – 1UC-7 ID – 2UC-7 ID – 3UC-7				
	Sports games (basketball), athletics					
6.	Module No. 6	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			25	7
	Complex classes (gymnastics, sports games – volleyball)					
	<b>For 3rd semester</b>		2		<b>51</b>	<b>14</b>
7.	Module No. 7	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			25	7
	Sports games (volleyball, athletics)					
8.	Module No. 8	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			26	7
	Sports games (basketball), gymnastics					
	<b>For 4th semester</b>		2		<b>51</b>	<b>14</b>
9.	Module No. 9	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			25	7
	Athletics					
10.	Module No. 10	UC-7 ID – 1UC-7 ID – 2UC-7			26	7

		ID – 3UC-7				
	Sports games (basketball, volleyball)					
	<b>For 5th semester</b>		3		<b>51</b>	<b>14</b>
11.	Module No. 11	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7			51	17
	Professional applied physical training					
	<b>For the 6th semester</b>		3		<b>51</b>	<b>17</b>
	<b>TOTAL for elective course</b>				<b>328</b>	<b>87</b>

### Practical section

No.	Discipline section	Practical classes
	<b>1 semester</b>	
	<b>Module No. 1</b> <b>Section 1. (accelerated movement and athletics)</b>	<b>33</b>
1.	Development of the physical quality of speed. Training and improvement of short-distance running technique.	4
2.	Development of the physical quality of speed. Education and improvement of straight running technique. Improving short-distance running.	4
3.	Development of speed endurance. Training in middle distance running techniques. High start technique. Standing long jump training.	5
4.	Development of speed and strength qualities. Improving middle distance running technique. Teaching the technique of running on a bend.	5
5.	Development of endurance. Long distance running technique training.	5
6.	Development of speed endurance. Improving running over various distances.	6
7.	Improving short-distance running. Training in 4x10m shuttle running technique.	4

	Total for section 1:	33
	<b>Module No. 2</b>	<b>18</b>
	<b>Section 2. (gymnastics, strength training)</b>	
1.	GPP. Developing strength and flexibility. Exercises on the Swedish wall. Pull-up training on the bar.	2
3.	General developmental exercises. Learning to flex and extend the arms while lying down.	4
6.	General developmental exercises. Holding the angle while hanging and supporting Pull-up on the bar (male); Low bar pull-up (women)	4
7.	General developmental exercises. Exercises together. Preparation for the test exercises.	4
8.	General developmental exercises.	4
	Total for section 2:	18
	<b>For 1 semester</b>	<b>51</b>
	<b>2nd semester</b>	
	<b>Module No. 3</b>	<b>26</b>
	<b>Section 3. (sports and outdoor games)</b>	
1.	Improving the technique of gymnastic exercises. Volleyball technique training. Outdoor game.	2
2.	Learning the techniques of movement, stopping, turning, stances in volleyball.	4
3.	Learning and improving catching and passing the ball from above with both hands and from below.	2
4.	Learning and improving the technique of passing the ball in volleyball.	2
5.	Improving the technique of juggling by passing the ball overhead.	4
6.	Improving defensive techniques in volleyball.	4
7.	Mastering the game and comprehensive development of psychomotor abilities. Outdoor games.	4
8.	Compliance with standards for qualifying exercises in volleyball	4
	Total for section 3:	26
	<b>Module No. 4</b>	<b>25</b>
	<b>Section 4. (sports games (volleyball, athletics))</b>	
1.	Development of special endurance. Teaching distance running techniques. Two-way volleyball game.	4



2.	GPP. Teaching the technique of running in a straight line. Two-way volleyball game.	3
3.	Training in short-distance running techniques. Two-way volleyball game.	4
4.	GPP. Development of speed-strength endurance. Two-way volleyball game.	3
5.	Preparation for meeting the qualifying standards for short-distance running. Two-way volleyball game.	2
6.	Fulfillment of qualifying standards for short-distance running.	3
7.	Preparation for meeting the test standards for middle and long distance running. Two-way volleyball game.	4
8.	Fulfillment of qualifying standards for middle and long distance running.	2
	Total for section 4:	25
	<b>For 2nd semester</b>	<b>51</b>
	<b>3rd semester</b>	
	<b>Module No. 5</b>	<b>26</b>
	<b>Section 5. (Athletics)</b>	
1.	Development of speed endurance. Special running exercises. Preparing to participate in athletics competitions.	4
2.	Improving short-distance running technique.	2
3.	Improving straight line running technique.	4
4.	Monitoring the level of development of the physical quality of speed. Compliance with control standards in short-distance running.	2
5.	Improving the technique of running on a bend. Middle distance running training.	4
6.	Improving the technique of running on a bend. Long distance running training.	4
7.	Monitoring the level of development of the physical quality of endurance. Compliance with control standards in middle and long distance running.	2
8.	Training in standing long jump and shuttle running.	2
9.	Standing long jump and shuttle running training.	2
	Total for section 5:	26
	<b>Module No. 6</b>	<b>25</b>
	<b>Section 6. (Comprehensive lessons)</b>	

1.	Circuit training to develop strength endurance. Improving the technique of volleyball elements, game.	2
2.	General developmental exercises, improving the technique of volleyball elements, game.	2
3.	Exercises to develop the physical qualities of strength and flexibility. Improving the technique of volleyball elements, game.	4
4.	Learning the technique of doing pull-ups on the bar. Improving the tactical and technical actions of playing volleyball.	3
5.	Power training. Exercises to develop the abdominal and back muscles. Two-way volleyball game.	3
6.	GPP. Development of speed endurance. Exercises with a gymnastic rope. Two-way volleyball game.	3
7.	General developmental exercises. Learning to flex and extend the arms while lying down. Improving the tactical and technical actions of playing basketball.	4
8.	General developmental exercises. Holding the angle while hanging and supporting Pull-up on the bar (male); Low bar pull-up (women) Improving the tactical and technical actions of playing basketball.	4
	Total for section 6:	25
	<b>For 3rd semester</b>	<b>51</b>
	<b>4th semester</b>	
	<b>Module No. 7</b> <b>Section 7. (Sports games)</b>	<b>25</b>
1.	Improving the performance of tactical and technical actions in the game of volleyball.	5
2.	Improving the technique of serving the ball (upper straight, lower straight and lateral). Volleyball game.	5
3.	GPP. Development of jumping ability, jumps, multi-jumps. Studying and improving the technique of passing the ball while standing still and in motion. Basketball game.	5
4.	GPP. Development of speed and strength qualities. Study and improve dribbling while standing still and in motion. Basketball game.	5
5.	Improving the tactical and technical actions of playing basketball.	5
	Total for section 7:	25
	<b>Module No. 8</b> <b>Section 8. (Athletics)</b>	<b>26</b>

1.	Development of speed endurance. Special running exercises. Preparing to participate in athletics competitions.	4
2.	Improving short-distance running technique.	4
3.	Improving straight line running technique.	4
4.	Monitoring the level of development of the physical quality of speed. Compliance with control standards in short-distance running.	4
5.	Improving the technique of running on a bend. Middle distance running training.	6
6.	Improving the technique of running on a bend. Long distance running training.	4
	Total for section No. 8	26
	<b>For 4th semester</b>	<b>51</b>
	<b>5th semester</b>	
	<b>Module No. 9</b>	<b>25</b>
	<b>Section 9. (Athletics)</b>	
1.	Development of speed endurance. Special running exercises. Preparing to participate in athletics competitions.	4
2.	Improving sprint running technique. 1. Running 100 m, 400 m (men, women)	4
3.	Improving the technique of stayer running. 1. Running 3000 m (husband.) 2. Running 2000 m (female)	3
4.	Development of endurance.	3
5.	Development of speed and strength abilities.	3
6.	Development of speed abilities.	4
7.	Improving running long jump technique. Run 100 m (men, women)	4
	Total for section 9:	25
	<b>Module No. 10</b>	<b>26</b>
	<b>Section 7. Sports games (basketball, volleyball)</b>	
1.	Improving the performance of tactical and technical actions in the game of volleyball.	2

2.	Improving the technique of serving the ball (upper straight, lower straight and lateral). Volleyball game.	2
3.	GPP. Development of jumping ability, jumps, multi-jumps. Studying and improving the technique of passing the ball while standing still and in motion. Basketball game.	4
4.	GPP. Development of speed and strength qualities. Study and improve dribbling while standing still and in motion. Basketball game.	4
5.	GPP. Speed development. Shuttle run. Learning and improving basket shots on the move and in place. Basketball game.	4
6.	Improving the tactical and technical actions of playing basketball.	2
7.	Performing physical exercises to develop physical qualities in sports games. Double sided games.	4
8.	Comprehensive training of physical qualities in sports games. Two-way game.	4
	Total for section 10:	26
	<b>For 5th semester</b>	<b>51</b>
	<b>6th semester</b>	
	<b>Module No. 11</b>	<b>51</b>
	<b>Section 11. (Vocational applied physical training)</b>	
1.	Improving speed and strength qualities. Training for standing long jump and shuttle run 4x10 m. Sports games according to simplified rules.	4
2.	Improving the physical quality of strength.Holding the angle while hanging and supporting Pull-up on the bar (male); on a low crossbar (women). Sports and outdoor games.	4
3.	Improving coordination abilities. Performing self-insurance techniques when falling in sports games. Two-way volleyball game.	4
4.	Improving coordination abilities. Performing self-insurance techniques when falling in sports games. Exercises together. Two-way basketball game.	4
5.	Preparation for testing the level of development of speed-strength abilities. Training in standing long jump, shuttle run 4x10 m, pull-ups on the crossbar and flexion and extension of the arms while lying down. Two-sided games with simplified rules.	4
6.	Monitoring the level of development of speed and strength. Double-sided outdoor games.	4
7.	Speed development. Improving short-distance running. Low start. Outdoor games.	4

8.	Development of speed and strength qualities. Improving middle distance running technique. Low and high start. Outdoor games.	4
9.	Development of endurance. Improving the technique of long-distance running, straight and curved running. Sport games.	4
11.	Development of endurance. Improving long-distance running technique. Improving high start techniques. Sport games.	4
12.	Development of strength. Improving long jump technique. Improving short-distance running technique. Relay races.	4
13.	Development of speed and strength qualities. Improving running technique. Improving long jump technique.	4
14.	General developmental exercises.	3
	Total for section 11:	51
	<b>For the 6th semester</b>	<b>51</b>
	<b>TOTAL:</b>	<b>328</b>

## **6. LIST OF EDUCATIONAL AND METHODOLOGICAL SUPPORT FOR INDEPENDENT WORK OF STUDENTS IN THE DISCIPLINE**

### **6.1. Methodological recommendations for independent work**

1. Metodicheskie rekomendacii dlya studentov IV funkcional'noj gruppy zdorov'ya po vypolneniyu samostoyatel'noj raboty i oformleniyu referativnoj raboty po uchebnoj discipline "Fizicheskaya kul'tura i sport" [Methodological recommendations for students of the IV functional group of health on performing independent work and completing a paper on the academic discipline "Physical culture and sport"] / comp.: S. G. Kruglov, E. A. Gavrilova, N. M. Zharinov, E. N. Zharinova; Ministry of Agriculture of the Russian Federation, SPbGAVM. - Saint Petersburg : SPbGAVM, 2017. – URL: <https://search.spbguvvm.informsystema.ru/viewer.jsp?aWQ9NjM4JnBzPTI2> (access date: 06/24/2025) - 25 p. - Access mode: for authors. EB SPbGUVVM users. - Text : electronic.

2. Zharinov, Nikolai Mikhailovich. Methodological recommendations on the discipline "Physical culture and sport" for students with disabilities, training area 36.05.01 – "Veterinary Medicine", higher education level - specialty / N. M. Zharinov, E. N. Zharinova ; Ministry of Agriculture of the Russian Federation, SPbGAVM. - Saint Petersburg : FSBEI HE SPbGAVM, 2016. - 32 p. – URL: <https://search.spbguvvm.informsystema.ru/viewer.jsp?aWQ9NjkyJnBzPTM0> Access mode: (access date: 06/24/2025) - for authors. EB SPbGUVVM users. - Text : electronic.

### **6.2. Literature for independent work**

1. Zhivoderov, Alexey Valerievich. Vypolnenie i oformlenie referativnoj raboty po uchebnoj discipline "Fizicheskaya kul'tura" [Execution and design of the abstract work on the academic discipline "Physical culture" : an educational and methodical manual] / A.V. Zhivoderov, S. G. Kruglov, E. A. Gavrilova ; Ministry of Agriculture of the Russian Federation, SPbGUVVM. - Saint Petersburg : Publishing House of SPbGUVVM, 2025. - 88 p. – URL: <https://search.spbguvvm.informsystema.ru/viewer.jsp?aWQ9MjA2MjYmcHM9ODg> (access date: 06/24/2025) - Access mode: for authors. EB SPbGUVVM users. - Text : electronic.

## **7. LIST OF BASIC AND ADDITIONAL LITERATURE REQUIRED FOR MASTERING THE DISCIPLINE**

### **a) basic literature:**

1. Zharinov, Nikolai Mikhailovich. Fizicheskaya kul'tura i sport : metodicheskie rekomendacii po podgotovke i oformleniyu referatov dlya studentov funkcional'nyh grupp zdorov'ya vseh special'nostej i napravlenij podgotovki [Physical culture and sport : methodological recommendations for the preparation and design of research papers for students of functional health groups of all specialties and areas of study] / N. M. Zharinov. - St. Petersburg : Center for Strategic Studies, 2019. - 16 p. – URL: <https://search.spbguvvm.informsystema.ru/viewer.jsp?aWQ9NTMwJnBzPTE2> (access date: 06/24/2025) - Access mode: for authors. EB SPbGUVVM users. - Text : electronic.

### **b) additional literature:**

1. Rol' i mesto fizicheskoy kul'tury v sisteme vysshego obrazovaniya : sbornik nauchnyh statej [The role and place of physical culture in the higher education system : a collection of scientific articles] / editors: S.M. Ashkinazi, N.M. Zharinov, E.N. Zharinova [et al.] ; Ministry of Agriculture of the Russian Federation, St. Petersburg State University. - St. Petersburg : SPbGUVVM, 2024. - 372 p. – URL: <https://search.spbguvvm.informsystema.ru/viewer.jsp?aWQ9MTk4NTlmcHM9Mzc0> (access date: 06/24/2025) - Access mode: for authors. EB SPbGUVVM users. - Text : electronic.

## **8. LIST OF RESOURCES OF THE INTERNET INFORMATION AND TELECOMMUNICATION NETWORK NECESSARY FOR MASTERING THE DISCIPLINE**

To prepare for practical classes and perform independent work, students can use the following Internet resources:

Electronic library systems:

1. Electronic resources of St. Petersburg State University of Mathematics and Mathematics -<http://ebs.spbguv.ru/MarcWeb2/Default.asp>
2. Doe (access mode: <http://www.spbguv.ru/ebs-izdatelstva-lan.html>, free entry from any registered academy computer).
3. Scientific electronic library [www.eLIBRARY.RU](http://www.eLIBRARY.RU)
4. EBS "Student Consultant"
5. Legal reference system "ConsultantPlus"
6. University information system "RUSSIA"
7. Russian Scientific Network
8. Electronic library system IQlib
9. Web of Science International Science Citation Index Database

## **8. LIST OF RESOURCES OF THE INTERNET INFORMATION AND TELECOMMUNICATION NETWORK NECESSARY FOR MASTERING THE DISCIPLINE**

To prepare for practical classes and perform independent work, students can use the following Internet resources:

Electronic library systems:

1. EBS "SPbGUVU"
2. EBS "Student Consultant"
3. Legal reference system "ConsultantPlus"
4. University information system "RUSSIA"
5. Full text database POLPRED.COM
6. Scientific electronic library [www.eLIBRARY.RU](http://www.eLIBRARY.RU)
7. Russian Scientific Network
8. Electronic library system IQlib
9. Web of Science International Science Citation Index Database
10. Electronic books from the publishing house "Prospekt Nauki" <http://prospektnauki.ru/ebooks/>

## **9. METHODOLOGICAL INSTRUCTIONS FOR STUDENTS ON MASTERING DISCIPLINE "ELECTIVE COURSES IN PHYSICAL EDUCATION"**

Methodological recommendations for students are a set of recommendations and explanations that allow the student to optimally organize the process of studying this discipline. The content of methodological recommendations, as a rule, may include:

- Tips for planning and organizing the time needed to study the discipline. Description of the sequence of student actions, or "scenario for studying the discipline."

The morning time is the most fruitful for educational work (from 8-14 o'clock), then the afternoon (from 16-19 o'clock) and the evening time (from 20-24 o'clock). The most difficult material is recommended to be studied at the beginning of each time interval after rest. After 1.5 hours of work, a break (10-15 minutes) is required; after 4 hours of work, the break should be 1

hour. Part of the scientific organization of labor is mastering the technique of mental work. Normally, a student should devote about 10 hours a day to studying (6 hours at the university, 4 hours at home).

- Recommendations for working with literature.

Working with literature is an important stage of a student's independent work in mastering a subject, contributing not only to consolidation of knowledge, but also to broadening his horizons, mental abilities, memory, ability to think, present and confirm his hypotheses and ideas. In addition, research skills necessary for future professional activities are developed.

- Explanations about working with test materials for the course, recommendations for completing homework.

Testing allows you to determine whether the actual behavior of the program corresponds to the expected behavior by performing a specially selected set of tests. A test is the fulfillment of certain conditions and actions necessary to verify the operation of the function being tested or its part. Each question in the discipline must be answered correctly by choosing one option.

## 10. EDUCATIONAL WORK

As part of the implementation of the discipline, educational work is carried out to form a modern scientific worldview and a system of basic values, the formation and development of spiritual, moral, civil and patriotic values, a system of aesthetic and ethical knowledge and values, attitudes of tolerant consciousness in society, the formation in students of the need to work as the first vital necessity, the highest value and the main way to achieve success in life, to understand the social significance of your future profession.

## 11. LIST OF INFORMATION TECHNOLOGIES USED IN THE EDUCATIONAL PROCESS

### 11.1. The educational process in the discipline provides for the use of information technologies:

- lecturing using slide presentations;
- interaction with students via email.
- joint work in the Electronic Information and Educational Environment of St. Petersburg State University of Mathematics and Mathematics: <https://spbguv.ru/academy/eios/>

### 11.2. Software:

#### List of licensed and freely distributed software, including domestically produced ones

No.	Name of technical and computer training aids recommended by sections and topics of the program	License
1	MS PowerPoint	67580828
2	LibreOffice	free software
3	OS Alt Education 8	AAO.0022.00
4	ABIS "MARK-SQL"	02102014155
5	MS Windows 10	67580828
6	System ConsultantPlus	503/KL
7	Android OS	free software

## 12. MATERIAL AND TECHNICAL BASE REQUIRED FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE

No.	Name of sports facility	dimensions/area	Location
1.	Gym	21 x 9.6 m S=201.6 sq.m	st. Chernigovskaya 5



2.	Teaching	4.35 x 2.7m 11.7 sq.m	st. Chernigovskaya 5
3.	Student locker room	3.5 x 2.3 m S=8.05 sq.m	st. Chernigovskaya 5
4.	Student locker room	3.3 x 3.4 m S=11.2 sq.m	st. Chernigovskaya 5
5.	Storage room for sports equipment in the staff room	2.7 x 2.35 m S=6.3 sq.m	st. Chernigovskaya 5
6.	Storage room for sports equipment in the professor's room	3.1 x 3.7 m S=12.9 sq.m	st. Chernigovskaya 5
7.	Professorial	11.06 x 3.7 m S=41.0 sq.m	st. Chernigovskaya 5
8.	Office of the head of the department	3.1 x 5.3 m S=16.4 sq.m	st. Chernigovskaya 5
10.	Hall	3.2 x 5.2 m S=16.6 sq.m	st. Chernigovskaya 5
<b>Total on the street Chernigovskaya 5</b>		<b>Total S 325.7 sq.m.</b>	st. Chernigovskaya 5
eleven.	Gym	11 x 4.7 m S=51.7 sq.m	Dormitory No. 5 St. Oleko Dundicha 5
12.	Aerobics room	S=85.4 sq.m	Dormitory No. 5 St. Oleko Dundicha 5
13.	Class room for the special medical department	10.8 x 6.7 m S=72.3 sq.m	Dormitory No. 5 St. Oleko Dundicha 5
14.	Table tennis room	11 x 4.5 m S=49.0 sq.m	Dormitory No. 5 St. Oleko Dundicha 5
<b>Total on the street Oleko Dundicha 5</b>		<b>Total S 173.0 sq.m</b>	Dormitory No. 5 St. Oleko Dundicha 5
<b>Total for St. Petersburg State University of Mathematics and Mathematics</b>		<b>498.7 sq.m</b>	

## 12.1. CHARACTERISTICS OF THE EDUCATIONAL AND SPORTS BASE

### **Chernigovskaya street, house 5:**

- sports hall – 201.6 sq.m., multi-purpose (a full set of sports equipment and equipment for team sports, gymnastics and general physical training, 3 tennis tables);
- rooms for sanitary and hygienic purposes (for students and teachers), methodological room, teaching room, professor's room, office of the head of the department).
- student locker rooms;
- stands for providing visual and methodological information.

### **st. Oleko Dundicha building 5, student dormitory**

- gym – 51.7 sq.m. a set of sports equipment (trainers, dumbbells, barbells). Utility rooms for students and teachers.
- gym – 85.4 sq.m., specialized for musical and rhythmic education (a set of sports equipment and equipment: fitballs, jump ropes, gymnastic sticks, sports equipment of various types, dumbbells and other equipment);
- a hall with a soft surface for practicing martial arts: taekwondo, karate.
- gym – 72.3 sq.m., for training in a special medical department;
- table tennis room – 49.0 sq.m.
- rooms for sanitary and hygienic purposes (for students and teachers), methodological office, teaching room, head's office. department, sports club office).

### **Outdoor sports grounds under contract free of charge:**

**Malaya Balkanskaya st. building 36. building 3. G** State budgetary educational institution secondary school No. 312 (abbreviated as GBOU Secondary School No. 312)

- sports and physical training facilities (stadium with artificial turf and sports grounds)

**Moskovsky pr. 102.**State budgetary institution "Sports Center "Physical Education and Health" sports and physical education base

- stadium with artificial turf and sports grounds.

**Moskovsky pr.150 FOC "Volna"**

-sports hall – 340 sq.m., multi-purpose with a complex of sanitary and hygienic and auxiliary premises (a set of sports equipment and equipment for team sports and general physical training).

-general physical training gym, 15 exercise machines

-pool 25 meters;

- stands for providing visual and methodological information.

**Developers:**

Associate Professor of the Department of Physical Education  
and Fundamentals of Military Training

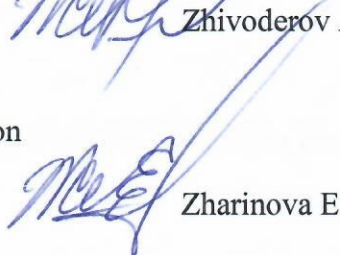
Candidate of Pedagogical Sciences, Associate Professor



Zhivoderov A.V.

Associate Professor of the Department of Physical Education  
and Fundamentals of Military Training

Candidate of Psychological Sciences, Associate Professor



Zharinova E.N.

Ministry of Agriculture of the Russian Federation  
Federal State Budgetary Educational Institution  
of higher education  
"St. Petersburg State University of Veterinary Medicine"

**Department of Physical Education and Fundamentals of Military Training**

FUND OF ASSESMENT TOOLS  
for the discipline

**" ELECTIVE COURSES IN PHYSICAL EDUCATION "**

Level of higher education

SPECIALIST COURSE

**Specialty 36.05.01 Veterinary Medicine**

**Profile: «General clinical veterinary medicine»**

Full-time education

Education starts in 2025

Saint Petersburg  
2025

## 1. PASSPORT OF THE ASSESSMENT FUND

### 1. Fund of assessment funds for intermediate certification

#### 1.1 List of competencies indicating the stages of their formation in the process of mastering the educational program

Semester number	Stages of developing competencies in disciplines and practices in the process of mastering the EP
	The ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities (UC-7).
	ID – 1UC-7 Know the basic means and methods of physical education
	ID – 2UC-7 Be able to select and apply methods and means of physical culture to improve basic physical qualities
	ID – 3UC-7 Own the methods and means of physical culture for ensuring full-fledged social and professional activities
2	Cultural studies
2	Sociology
3	Philosophy

**Table 1**

No.	Molded competencies	Controlled sections (topics) disciplines	Evaluation tool
1.	ID – 1UC-7 Know the basic means and methods of physical education	Section 1. Accelerated movement and athletics	standards, tests, abstract
1.		Section 2. Gymnastics, strength training	standards, tests, abstract
3.		Section 3. Sports and outdoor games	standards, tests, abstract
4.	ID – 2UC-7 Be able to select and apply methods and means of physical education to improve basic physical qualities	Section 4. Sports games (volleyball), athletics	standards, tests, abstract
5.		Section 5. Athletics	standards, tests, abstract
6.		Section 6. Complex classes	standards, tests, abstract
7.		Section 7. Sports games	standards, tests, abstract
8.	ID – 3UC-7 Own the methods and means of physical education to ensure full-fledged social and professional activities	Section 8. Athletics	standards, tests, abstract
9.		Section 9. Athletics	standards, tests, abstract
10.		Section 10. Sports games (basketball, volleyball)	standards, tests, abstract
11.		Section 11. Vocational applied physical training	standards

### 2. Approximate list of assessment tools

**table 2**

No.	Name evaluation tool	Brief description of the evaluation tool	Presentation of the assessment tool in the fund
1.	Standards physical	A means of monitoring the assimilation of educational material of a topic, section or sections of a discipline, organized during a	Physical exercises by topic/section of

	exercises	training session in the form of interaction between a teacher and students	discipline
2.	Test	A system of standardized tasks that allows you to automate the procedure measuring the level of knowledge and skills of students	Test task fund
3.	Essay	The product of the student's independent work, which is a brief written summary of the results obtained theoretical analysis of a certain scientific (educational and research) topic, where the author reveals the essence of the problem under study, gives various points of view, as well as his own views on it	Abstract topics

**Table 3**

Controlled Sections/modules	Formed competencies	Evaluation tools		
		Number of test tasks	Other assessment tools	
			View	Quantity
Section 1/1 Accelerated movement and athletics	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 2/2 Gymnastics, strength training	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 3/3 Sports and outdoor games	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 4/4 Sports games (volleyball), athletics	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 5/5 Athletics	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 6/6 Complex lessons	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 7/7 Sports games	UC-7 ID – 1UC-7 ID – 2UC-7 ID – 3UC-7	3	Standards	3
			Essay	1
Section 8/8 Athletics	UC-7 ID – 1UC-7 ID – 2UC-7	3	Standards	3
			Essay	1

	ID – 3UC-7			
Section 9/9 Athletics	UC-7	3	Standards	3
	ID – 1UC-7		Essay	1
	ID – 2UC-7			
	ID – 3UC-7			
Section 10/10 Sports games (basketball, volleyball)	UC-7	3	Standards	3
	ID – 1UC-7		Essay	1
	ID – 2UC-7			
	ID – 3UC-7			
Section 11/11 Vocational applied physical training	UC-7	3	Standards	3
	ID – 1UC-7		Essay	1
	ID – 2UC-7			
	ID – 3UC-7			

### 3. INDICATORS AND CRITERIA FOR ASSESSING COMPETENCIES AT VARIOUS STAGES OF THEIR FORMATION, DESCRIPTION OF ASSESSMENT SCALES

**Table 4**

Planned results of mastering the competency	Mastery level		Evaluation tool
	PASSED	NOT CREDITED	
The ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities (UC-7).			
<p><b>ID – 1UC-7</b></p> <p><b>KNOW:</b></p> <p>Know the basic means and methods of physical education</p>	<p><b>knows and understands</b>the influence of health-improving systems of physical education on health promotion, prevention of occupational diseases and bad habits; methods of monitoring and assessing physical development and physical fitness; rules and methods for planning individual lessons of various target orientations;</p>	<p>does not have theoretical knowledge and does not have methodological skills in the discipline being studied, and also does not perform mandatory tests to determine the level of physical fitness.</p>	<p>standards, tests, abstract</p>
<p><b>ID – 2UC-7</b></p> <p><b>BE ABLE TO:</b></p> <p>Be able to select and apply methods and means of physical education to improve basic physical qualities</p>	<p><b>can</b>perform individually similar complexes of health-improving and adaptive (therapeutic) physical culture, compositions of rhythmic and aerobic gymnastics, complexes of athletic gymnastics exercises; perform simple self-massage and relaxation techniques; overcome artificial and natural obstacles using a variety of transportation methods; perform defense and self-defense techniques, insurance andself</p>	<p>does not know how to use the means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy image and lifestyle; main</p>	<p>standards tests, abstract</p>

	insurance;carry out creative cooperation in collective forms of physical education; use acquired knowledge and skills in practical activities and everyday life to: increase performance, maintain and strengthen health; preparation for professional activities and service in the armed forces of the Russian Federation; organizing and conducting individual, collective and family recreation and participation in mass sports competitions; in the process of active creative activity to create a healthy lifestyle.	tasks	
<p><b>ID – 3UC-7</b></p> <p><b>POSSESS:</b> Possess methods and means of physical culture to ensure full-fledged social and professional activities</p>	Knows the means and methods of strengthening individual health, physical self-improvement and the values of physical culture of the individual for successful socio-cultural and professional activities	does not possess the means and methods of strengthening individual health, physical self-improvement, and the values of physical culture of the individual for successful socio-cultural and professional activities	standards, tests, abstract

#### 4. LIST OF CHECK TASKS AND OTHER MATERIALS REQUIRED FOR THE ASSESSMENT OF KNOWLEDGE, ABILITIES, SKILLS AND ACTIVITY EXPERIENCE

**4.1 Typical test tasks or other materials necessary for assessing knowledge, abilities, skills and experience that characterize the stages of developing competencies in the process of mastering the educational program**

##### 4.1.1 Mandatory tests to determine physical fitness

Characteristics of test orientation	Women					Men				
	RATINGS									
	5	4	3	2	1	5	4	3	2	1
1.Speed-strength fitness test:										
Running – 100m (sec.)	15.7	16.0	17.0	17.9	18.7	13.2	13.8	14.0	14.3	14.6
2. Strength readiness test: Raising (sitting) and lowering the body from a lying position, legs are secured, hands behind the head (number of times): Pull-ups on the bar (number of times) Weight up to 85kg Weight over 85 kg	60	50	40	thirty	20	15 12	12 10	9 7	7 4	5 2
3. General endurance test: Run 2000 m (min.,sec.) weight up to 70 kg weight more than 70 kg	10.15 10.35	10.50 11.20	11.20 11.55	11.50 12.40	12.15 13.15					
Running 3000 m (min.,sec.)  weight up to 85 kg weight more than 85 kg						12.00 12.30	12.35 13.10	13.10 13.50	13.50 14.40	14.30 15.30

**Note:** Mandatory tests are carried out at the beginning of the academic year as controls, characterizing the level of physical fitness of a freshman upon admission to a university and the student's physical activity during the holidays, and at the end of the academic year - as determining the shift in the level of physical fitness over the past academic year.



**Control tests to assess physical fitness  
students of the main department**

**Women**

No .	Tests	Score in points				
		5	4	3	2	1
1.	Run 100 m (sec)	15.7	16.0	17.0	17.9	18.7
2	Run 2 km (min., sec.)	10.15	10.50	11.15	11.50	12.15
3.	Standing long jump (cm)	190	180	170	160	150
4.	Pull-ups while lying down (crossbar at a height of 90 cm) – number of times	20	16	10	6	4
5.	Raising (sitting) and lowering the body from a lying position, legs are secured, hands behind the head (number of times):	60	50	40	thirty	20
6.	Squat on one leg, support against the wall (number of times on each leg)	12	10	8	6	4

**Men**

No .	Tests	Score in points				
		5	4	3	2	1
1	Run 3 km (min., sec.)	12.00	12.35	13.10	13.50	14.30
2.	Run 100 m (sec)	13.2	13.8	14.0	14.3	14.6
3.	Standing long jump (cm)	250	240	230	223	215
4.	Pull-ups on the bar (number of times)	15	12	9	7	5
5.	Bending and extension of arms in support on parallel bars (quantity)	15	12	9	7	5
6.	While hanging, raising your legs until they touch the bar (quantity)	10	7	5	3	2

**Mandatory tests to determine physical fitness  
for students of the preparatory department**

**Men**

No .	Characteristics of test orientation	Score in points				
		5	4	3	2	1
1.	Tests for speed and strength readiness:					
1.1	Run 100 m (sec)	13.2	13.0	14.0	14.3	14.6
1.2	Standing long jump (cm)	250	240	230	223	215
2.	Strength fitness test:					
2.1	Pull-ups on the bar (number of times)	15	12	9	7	5
3.	General endurance test:					
3.1	Run 1 km (min., sec.)	4.00	4.15	4.35	4.55	5.00
3.2	Run 3 km (min., sec.)	12.00	12.35	13.10	13.50	14.30

**Women**

No .	Characteristics of test orientation	Score in points				
		5	4	3	2	1
1.	Tests for speed and strength readiness:					

1.1	Run 100 m (sec)	15.7	16.0	17.0	17.9	18.7
1.2	Standing long jump (cm)	190	180	170	163	150
2.	Strength fitness test:					
2.1	Raising (sitting) and lowering the body from a lying position, legs are secured, hands behind the head (number of times):	60	50	40	thirty	20
3.	General endurance test:					
3.1	Run 500m (min., sec.)	2.15	2.30	2.45	2.55	3.00
3.2	Run 2 km (min., sec.)	10.15	10.50	11.15	11.50	12.15

**Control exercises to assess physical fitness  
students of the special education department**

No.	Exercises	Floor	Scores				
1.	Flexion and extension hands in support on a gymnastic bench (number of times)	and m	5	4	3	2	1
			15 25	14 20	13 18	12 15	10 12
2.	Raising the body from a lying position into a sitting position back, hands behind head, legs are secured	and m	25 thirty	20 28	15 25	10 22	5 20
3.	Standing long jump (cm)	and m	180 230	170 220	160 210	150 200	145 190
4.	Running alternating with walking	and m	2 km regardless of time 3 km regardless of time				
5.	Running alternated with skiing.	and m	2 km excluding time 3 km regardless of time				
6.	Ball exercises (basketball, volleyball)	and m	Demonstrate the technique of performing the elements with quality results				
7.	Flexibility exercise (Bend forward from a standing position with straight legs on a gymnastic bench)	and m	16 12	14 10	12 8	10 6	8 4
8.	Swimming	m and	10 minutes excluding time				

**Test exercises for rate  
physical fitness of students of basic and**

**sports educational departments (1 - 2 semesters)**

**Women**

Exercises	Scores in points				
	5	4	3	2	1
1 . Standing long jump (cm)	190	180	168	160	155
2. Bend your arms while standing on knees (number of times)or hanging pull-ups while lying down (bar at height90 cm)	40 20	35 16	thirty 10	25 6	20 4
3. Cross-country skiing3 km(min, sec)	18.50	19.0	19.30	20.00	23.00
4. Swimming50 m(min, sec)	1.00	1.15	1.20	1.30	1.40
5. Squatting on one leg with your hand supporting the wall, flexibility test while standing on a gymnastic bench, bending forward with arms lowered below the level of the bench)	12 20	10 16	8 13	6 10	4 5

**Men**

Exercises	Scores in points				
	5	4	3	2	1
1 . Standing long jump (cm)	250	240	230	220	200
2. Flexion and extension of the arms in support, lying on the floor (number of times)	40	35	thirty	25	20
3. Cross-country skiing5 km(min, sec)	23.50	25.00	26.25	27.40	31.00
4. Swimming50 m(min, sec)	45.00	46.00	48.00	1 min	1.10
5. Flexion and extension of the arms in support on the uneven bars a number of times or a flexibility test while standing on a gymnastic bench, bending forward with lowering the arms below the level of the bench)	15 16	12 13	9 10	7 5	5 0

### Test exercises for assessing the sports and technical training of volleyball students

#### I semester

No.	Exercises	Floor	Score in points				
			5	4	3	2	1
1	Juggling the ball from above and below, standing in a basketball circle (number of times)	m and	12 10	10 8	8 7	7 6	5 5
2	Passing the ball over the net from above in pairs (5-6 meters) (number of times)	m and	22 20	20 18	18 16	16 14	14 12
3	Serving the ball out of five attempts using the chosen form (per number of hits)	m and	5	4	3	2	1

#### II semester

No. p/p	Exercises	Floor	Score in points				
			5	4	3	2	1
1	Juggling the ball from above and below while standing in a basketball circle (number of times)	m and	16 14	14 12	12 10	10 8	8 6
2	Passing the ball through the net from above and below in pairs (5-6 meters), (number of times)	m and	25 20	22 18	20 16	18 14	16 12
3	Serving the ball in five attempts favorite view (number of hits)	m and	5 4	4 3	3 2	2 1	1 0

### Test exercises for assessing the sports and technical training of students in basketball

#### I semester

No. p/p	Exercises	Floor	Score in points				
			5	4	3	2	1
1	Free throws (per number hits out of 10 attempts)	m and	6	5	4	3	2
2	Dribbling the ball from the crossing middle and lateral line straight, 2 steps - throw into the ring (number of technically correct hits from 3 attempts)	m and	3	2	1	No	No
3	Shuttle run (driving the ball from front line behind the center circle, turn 180° with the ball transferred to the left hand, dribble behind the center of the circle with the transfer to the right hand, dribble to the opposite baseline, turn, dribble the ball to the start) (seconds)	m and	15.0 19.0	16.0 20.0	17.0 21.0	18.0 22.0	19.0 23.0

#### II semester

No.	Exercises	Floor	Score in points
-----	-----------	-------	-----------------

p/p			5	4	3	2	1
1	Dribbling the ball 2 steps, throwing to ring (6 attempts alternately with each side), (number hits)	m and	5	4	3	2	3
2	Shuttle run (driving the ball behind center of circle, turn, lead ball with your left hand behind the center circle, turn, dribble to rings, 2 steps, hit throw) (seconds)	m and	9 eleven	10 12	eleven 13	12 14	more than 12 more 14
3	Side throws with 3 seconds zones (6 times alternately with each sides) (per number of hits)	m and	5	4	3	2	3

#### 4.1.2. Approximate topics of coursework (abstracts)

UC-7: Ability to maintain proper level of physical fitness to ensure full social and professional activities.

ID – 1UC-7 Know the basic means and methods of physical education

ID – 2UC-7 Be able to select and apply methods and means of physical education to improve basic physical qualities

ID – 3UC-7 Own methods and means of physical culture to ensure full social and professional activities

**1st semester.** Formation ability to maintain the proper level of physical fitness to ensure full-fledged social and professional activities (diagnosis is indicated in parentheses).

The work is descriptive in nature. The literature review examines in detail the concept of physical fitness, as a component of physical condition, in the structure of physical readiness for professional activities. The theoretical foundations of the exercise therapy complex proposed by the medical institution for medical rehabilitation for the corresponding diagnosis are described in detail. A comparative analysis of therapeutic physical culture means for the formation of adaptive abilities for work and life in the modern world is carried out.

**2nd semester.** The influence of active rest on the recovery of performance after physical activity.

The subjects are divided into two equal groups: experimental and control. The experienced group, after performing a given physical activity, performs light work (steady running, walking). The control group rests passively after the same work. Using selected methods, the rate of recovery of indicators is studied in both groups. The results are compared. Recommended methods: Ruffier test, pulsometry, blood pressure measurement. Drawing up and justification of an individual set of physical exercises and available means of physical education (indicating the dosage). Drawing up and demonstrating an individual set of physical exercises, conducting a separate part of an educational training session with a group of students, etc.).

The folder of thematic coursework is located at the Department of Physical Education.

#### 4.1.3. Questions for testing in the theoretical section

UC-7: Ability to maintain proper level of physical fitness to ensure full social and professional activities.

ID – 1UC-7 Know the basic means and methods of physical education

ID – 2UC-7 Be able to select and apply methods and means of physical education to improve basic physical qualities

ID – 3UC-7 Own methods and means of physical culture to ensure full social and professional activities

1. The purpose and objectives of physical culture. Physical education of students in Russia.
2. Functions of physical culture.
3. Requirements for organizing physical training classes.
4. Requirements for students in physical education classes.
5. Distribution of students by academic departments.
6. Safety requirements for martial arts classes.
7. Safety requirements for athletics classes.
8. Safety requirements for training in the gym.
9. Safety requirements for sports games classes.
10. Physical education in feudal society (Europe). Name the seven chivalric virtues.
11. Russian national games and fun.
12. Prerequisites for the occurrence of physical exercise. Physical exercise in primitive society.
13. The beauty of the human body. Culture of movements.
14. Physical education in ancient Sparta.
15. Physical education in ancient Greece and ancient Rome.
16. Ancient Olympic Games.
17. Games, fun, physical exercises in Rus'.
18. Modern Olympic Games
19. Dance sports.
20. Martial arts.
21. Game sports.
22. Strength sports.
23. Characteristics of winter sports.
24. The effect of physical exercise on the state of the skeletal system.
25. The effect of physical exercise on the state of the muscular system
26. The effect of physical exercise on the state of the nervous system
27. The effect of physical exercise on the state of the respiratory system
28. The effect of physical exercise on the state of the cardiovascular system.
29. Brief description of the physical qualities of a person.
30. Physical quality is strength. Physical exercises to develop strength.
31. Physical quality – speed. Physical exercises to develop speed.
32. Physical quality - flexibility. Physical exercises to develop flexibility.
33. Physical quality – endurance. Physical exercises to develop endurance.
34. Physical quality - agility. Physical exercises to develop dexterity.
35. Control exercises to assess the level of strength development.
36. Control exercises to assess the level of development of speed.
37. Control exercises to assess the development of endurance.
38. Control exercises to assess the level of flexibility development.
39. Control exercises to assess the level of dexterity development.
40. Nutrition and health. Principles of rational nutrition.
41. Fatigue. Causes of fatigue.
42. Leisure.
43. Healthy lifestyle. The theory of "orthobiosis".
44. Theories of aging. Theories of life extension.
45. What does personal hygiene include? Personal hygiene during physical exercise.
46. The problem "Alcohol and sports"
47. Hardening and health
48. Stress and exercise.
49. What effect does a steam bath have on the body?

50. Physical culture of a pregnant woman (regime, nutrition, physical activity, recommendations of specialists).
51. Physical culture of a newborn (innate reflexes, hardening, physical exercises, swimming training, etc.).
52. Physical education of the child after the 1st year of life (games, physical capabilities, sports corner at home).
53. Methods of self-monitoring of the functional state during independent physical exercises.
54. Rules for compiling a set of physical exercises
55. Exercises to correct posture.
56. Exercises to prevent flat feet.
57. Gymnastics for the eyes. Exercises to prevent myopia.
58. Balance exercises. Vestibular analyzer training
59. Structure of a physical education lesson
60. Changes in functional state under the influence of physical activity and during the recovery period.
61. Rational organization of the motor regime and its justification
62. Why is warm-up necessary? An example of warming up before a 100m run.
63. Subjective signs of fatigue during physical activity?
64. Professionally important physical and psychophysiological qualities.
65. Exercises for developing PVC.
66. Preventive techniques and physical exercises during long-term work on a PC.
67. Medical supervision during physical education classes.
68. Self-monitoring of the functional state.
69. Self-control of physical development.
70. Self-monitoring of physical fitness.
71. Sports event planning documents
72. Regulations on sports competition.
73. Methodology for conducting business meetings on organizing sports competitions.
74. Opening and closing ceremonies of sports competitions

#### **4.1.4. Test – questions on the discipline “Elective courses in physical education”**

UC-7: Ability to maintain proper level of physical fitness to ensure full social and professional activities.

ID – 1UC-7 Know the basic means and methods of physical education

ID – 2UC-7 Be able to select and apply methods and means of physical education to improve basic physical qualities

ID – 3UC-7 Own methods and means of physical culture to ensure full social and professional activities

##### **1. What does the interweaving of the five Olympic rings mean?**

- A) types of sports;
- B) countries;
- B) continents;
- D) mythological symbols.

##### **2. Location of the first Olympic Games?**

- A) Rome;
- B) Athens;
- B) Alexandria;
- D) Olympia.

##### **3. What are the most sustainable types of human transportation?**

- A) running;

- B) walking;
- B) jumping;
- D) on a bicycle.

**4. Is athletics an acyclic sport?**

- A) hammer throw;
- B) long jump;
- B) high jump;
- D) 100 m run.

**5. What type of running develops the respiratory system the most?**

- A) for short distances;
- B) for medium distances;
- B) for long distances;
- D) for marathon distances.

**6. Explosive power and starting power are manifestations of:**

- A) maximum strength;
- B) speed force
- B) strength endurance;
- D) all answers are correct.

**7. During a recreational run, you should place your foot:**

- A) on the toe;
- B) on the heel;
- B) on a full foot;
- D) individually, depending on the biomechanical characteristics of running technique.

8. An eighteen-year-old male student covered a distance of 2 km 700 m (2 km 200 m) in 12 minutes. The degree of his (her) physical fitness according to the Cooper test:

- A) "excellent";
- B) "good";
- B) "satisfactory";
- D) "bad".

**9. When you stop exercising, the level of physical fitness noticeably decreases (returns to the original level) after:**

- A) 2 weeks;
- B) 2 months;
- B) 0.5 years;
- D) 1 year.

**10. Types of coordination abilities include:**

- A) speed force;
- B) voluntary muscle relaxation;
- B) active flexibility;
- D) passive flexibility.

**11. Short or medium periods of work, alternating with the same periods of rest or reduced activity, are characteristic of:**

- A) strength training;
- B) interval training;
- B) continuous training;
- D) circuit training.

**12. Maximum frequency of raising straight legs to an angle of 90° from a supine position in 20 s - test to determine:**

- A) dynamic force;
- B) speed;
- B) general endurance;
- D) speed endurance.



**13. The maximum frequency of bending the arms in the prone position for men (in the position on the knees for women) in 30 s determines:**

- A) dynamic force;
- B) general endurance;
- B) speed-strength endurance;
- D) flexibility.

**14. The “earliest” sport in terms of a favorable start to training is:**

- A) rhythmic gymnastics;
- B) weightlifting;
- B) football;
- D) cycling.

**15. The highest indicators of flexibility are manifested in:**

- A) morning hours;
- B) within 11-18 hours;
- B) evening hours;
- D) do not depend on the time of day.

**16. Total body weight and fat mass are reduced when exercising to:**

- A) strength;
- B) speed;
- B) endurance;
- D) coordination.

**17. Limitations for the productive use of strength training methods are:**

- A) gender;
- B) age;
- B) type of sport;
- D) all answers are incorrect.

**18. By assessing the maximum height of a standing jump, the following is tested:**

- A) dynamic force;
- B) speed;
- B) flexibility;
- D) speed-strength endurance.

**19. Swimming at 100 m belongs to the relative power zone:**

- A) maximum;
- B) submaximal;
- In big;
- D) moderate.

**20. If physical activity is insufficient, it should be increased, primarily due to:**

- A) increasing the volume of classes;
- B) increasing the intensity of the lesson;
- C) increasing the frequency of classes;
- D) a uniform increase in all of the above indicators.

**21. Different people respond differently to a specific training program. This is taken into account by the principle:**

- A) individuality of training loads;
- B) specificity of training loads;
- C) cessation of training loads;
- D) progressiveness of overload.

**22. The breathing rhythm during a recreational run should:**

- A) automatically adapt to running;
- B) inhalation to exhalation ratio is 1:4;
- C) inhalation to exhalation ratio is 4:1;
- D) correspond to exhalation for 6 steps, inhalation for 1 step.

**23. Used as a restorative and warm-up agent and is called:**

- A) stretching;
- B) cheating;
- B) relaxation;
- D) electrical stimulation.

**24. High-class athletes usually do the following during warm-up:**

- A) 5 – 10 min;
- B) 15 – 25 minutes;
- B) 30 – 60 minutes;
- D) 1.5 – 2 hours.

**25. Training loads develop to a lesser extent:**

- A) speed;
- B) strength;
- B) power;
- D) muscular endurance.

**26. It is most difficult to increase flexibility in:**

- A) in the hip and spinal column joints;
- B) shoulder joint;
- B) elbow joint;
- D) wrist joint.

**27. Weightlifting exercises have virtually no effect on:**

- A) muscle strength;
- B) local endurance;
- B) maximum oxygen consumption (MOC);
- D) muscle mass.

**28. In athletes involved in endurance sports, the resting heart rate (HR) is often equal to:**

- A) 80 – 70 beats/min;
- B) 70 – 60 beats/min;
- B) 60 – 50 beats/min;
- D) 40 beats/min and below.

**29. Physical quality is not:**

- A) strength;
- B) endurance;
- B) will;
- D) dexterity.

**30. The holistic stage of the training process from 3 to 6 weeks is called:**

- A) microcycle;
- B) mesocycle;
- B) macrocycle;
- D) megacycle.

**31. The effectiveness of a rationally conducted warm-up is maintained during (in the case of, for example, a break between the warm-up and the main sports activity):**

- A) 10 – 20 min;
- B) 40 – 60 min;
- B) 1.5 – 2 hours;
- D) 3 – 4 hours.

**32. Proteins do not perform the function:**

- A) thermoregulatory;
- B) regulatory or hormonal;
- B) transport;
- D) supporting.

**33. In the human body, carbohydrates perform, among other things, the following biological functions:**

- A) energy;
- B) plastic;
- B) protective;
- D) all answers are correct.

**34. The human body includes organic and inorganic substances. Water is approximately:**

- A) 20% of body weight;
- B) 40% of body weight;
- B) 60% of body weight;
- D) 80% of body weight.

**35. In order to assess the dynamics of the functional capabilities of the external respiration system, the following indicator is not used:**

- A) chest circumference;
- B) vital capacity of the lungs (VC);
- B) maximum ventilation of the lungs;
- D) pneumotachometry.

**36. The main role in the distribution of nutrients among other tissues in the integration of intermediate metabolism is played by:**

- A) liver;
- B) skeletal muscles;
- B) heart muscle;
- D) brain.

**37. Glycogen depletion is the main cause of fatigue in running.:**

- A) 100 m;
- B) 200 m;
- B) 800 m;
- D) 10,000 m.

**38. Creatine phosphate depletion is the main cause of fatigue in running:**

- A) 200 m;
- B) 1500 m;
- B) 10000 m;
- D) marathon distance.

**39. In addition to energy, fats in the body perform various biological functions, including:**

- A) thermoregulatory;
- B) hormonal;
- B) protective;
- D) all answers are correct.

**40. The maximum heart rate (HR) during sports training is estimated by:**

- A)  $150 + \text{age (years)}$ ;
- B)  $220 - \text{age (years)}$ ;
- B) 170 beats/min;
- D)  $240 - \text{weight (kg)}$ .

**41. The highest pressure in the vascular system is called:**

- A) systolic blood pressure;
- B) diastolic blood pressure;
- B) average blood pressure;
- D) pulse blood pressure.

**42. The optimal internal body temperature, for which the highest performance indicators of the most important vegetative systems are noted, is:**

- A) 36.6° C;
- B) 37.0 – 37.5° C;
- B) 38.0 – 38.5° C;
- D) 39.0 – 39.5° C.

**43. Orthostatic test characterizes:**

- A) excitability of the sympathetic division of the autonomic nervous system;
- B) the ability to maintain balance in a standing position; ABOUT
- C) functional strength of the spinal extensor muscles;
- D) changes in the magnitude of the physiological curves of the spine;

**44. Individual chemical elements accumulate unevenly in various organs and tissues of the body. Bone tissue accumulates:**

- A) iron;
- B) calcium and phosphorus;
- B) iodine;
- D) copper.

**45. Individual chemical elements accumulate unevenly in various organs and tissues of the body. Blood accumulates:**

- A) iron;
- B) calcium and phosphorus;
- B) iodine;
- D) copper.

**46. Food component classified as essential:**

- A) protein;
- B) grapefruit juice;
- B) milk;
- D) beer.

**47. With a sharp change in time zones, performance is especially reducedV:**

- A) sports related to endurance;
- B) sports related to the manifestation of strength;
- C) sports related to the manifestation of speed;
- D) complex coordination sports.

**48. The Romberg test determines a person's ability to maintain balance in the absence of correction from the visual analyzer - this is:**

- A) motor coordination test;
- B) test for kinesthetic sensitivity;
- B) test for proprioceptive sensitivity;
- D) study of the functional capabilities of the neuromuscular system.

**49. Preserve and transmit hereditary (genetic) information about all the properties of the body, are responsible for the biosynthesis of proteins:**

- A) carbohydrates;
- B) lipids;
- B) proteins;
- D) nucleic acids.

**50. The thermoregulatory center of the human body is:**

- A) sweat glands;
- B) hypothalamus;
- B) skeletal muscles;
- D) smooth muscle surrounding arterioles.

**51. A heart rate (HR) of more than 180 beats/min belongs to the physical activity intensity zone:**

- A) compensatory;
- B) aerobic;

- B) mixed;
- D) anaerobic.

**52. Heart rate from 130 to 150 beats/min belongs to the physical activity intensity zone:**

- A) compensatory;
- B) aerobic;
- B) mixed;
- D) anaerobic.

**53. The word "anatomy" comes from the Greek "anatemno", which means:**

- A) dissecting;
- B) connecting;
- B) interior;
- D) appearance.

**54. The Achilles tendon is almost entirely localized in the area:**

- A) shoulder;
- B) forearms;
- B) hips;
- D) shins.

**55. Located in the spinal canal:**

- A) cartilage;
- B) spinal cord;
- B) large arteries;
- D) bone marrow.

**56. Does not participate in the digestion process:**

- A) spleen;
- B) salivary glands;
- B) liver;
- D) pancreas.

**57. The diaphragm is:**

- A) thin muscle;
- B) tendon;
- B) cartilage;
- D) ligament.

**58. Striated muscle tissue consists of:**

- A) heart;
- B) walls of the gastrointestinal tract;
- B) walls of blood vessels;
- D) contractile muscles of the iris.

**59. Internal organs do not include:**

- A) organs of the digestive system;
- B) organs of the respiratory system;
- B) organs of the genitourinary system;
- D) musculoskeletal system.

**60. The main criteria for physical development do not include:**

- A) body length;
- B) body weight;
- B) heart rate (HR);
- D) vital capacity of the lungs (VC).

**61. The main functions of the lower limb include:**

- A) supporting;
- B) spring;
- B) locomotor;

D) all answers are correct.

**62. The following are not hematopoietic organs:**

- A) lymph nodes;
- B) spleen;
- B) bone marrow;
- D) heart.

**63. The total number of muscles in a person is more than:**

- A) 200;
- B) 400;
- B) 600;
- D) 800.

**64. With constant overload of the spine, more than half of all injuries (60%) occur in:**

- A) lumbar region;
- B) thoracic region;
- B) cervical spine;
- D) all answers are correct.

**65. Metatarsus is:**

- A) part of the skull;
- B) part of the hand;
- B) part of the foot;
- D) part of the spine.

**66. The adaptation of an organism to changed conditions of existence is called:**

- A) adaptation;
- B) assimilation;
- B) integration;
- D) acclimatization.

**67. The smallest vessels are called:**

- A) arteries;
- B) arterioles;
- B) veins;
- D) capillaries.

**68. The human heart consists of:**

- A) four sections: two ventricles and two atria;
- B) three sections: two ventricles and one atrium;
- B) three sections: one ventricle and three atria;
- D) two sections: one ventricle and one atrium.

**69. The degree of mobility in the joints does not depend on:**

- A) age;
- B) gender;
- B) weight and height characteristics;
- D) degree of training.

**70. The part of the nervous system that innervates the internal organs is called:**

- A) central;
- B) peripheral;
- B) somatic;
- D) vegetative.

**71. Alcohol is:**

- A) a drug that causes euphoria;
- B) a neurosuppressant;
- B) a stimulant;
- D) hallucinogen.

**72. Blood pressure (BP) 135/80 indicates:**

- A) optimal blood pressure;
- B) normal blood pressure;
- B) increased normal blood pressure;
- D) stage I hypertension.

**73. A substance leading to physiological dependence is:**

- A) cocaine;
- B) hashish;
- B) amphetamines;
- D) vitamins.

**74. Intracellular parasites that live and reproduce in the nuclei of cells, are called:**

- A) worms;
- B) bacteria;
- B) fungi;
- D) viruses.

**75. Inflammation of the heart muscle is called:**

- A) gastritis;
- B) peritonitis;
- B) myocarditis;
- D) cholecystitis.

**76. Ear inflammation is:**

- A) otitis media;
- B) osteitis;
- B) osteomyelitis;
- D) osteoporosis.

**77. Nineteen years of age for men and women is:**

- A) adolescence;
- B) adolescence;
- B) mature age;
- D) old age.

**78. The main causes of death in Russia by number are:**

- A) respiratory diseases;
- B) neoplasms;
- B) accidents, poisonings and injuries;
- D) diseases of the circulatory system.

**79. For maximum effect, ice (cryotherapy) should be applied first (from the moment of injury):**

- A) 10 – 15 minutes;
- B) 1 – 1.5 hours;
- At 6:00;
- D) 12 hours.

**80. Apparently, schizophrenia is caused by:**

- A) genetic reasons;
- B) external reasons;
- B) biochemical reasons;
- D) nothing definite can be said about the causes of schizophrenia.

**81. A device for measuring blood pressure (BP) is called:**

- A) goniometer;
- B) sphygmomanometer;
- B) caliper;
- D) spirometer.

**82. A 20-year-old student has a resting heart rate (HR) of 90 beats/min. This is a**

**sign:**

- A) normal heart rate;
- B) tachycardia;
- B) bradycardia;
- D) accelerated heart rate.

**83. In providing the body with energy, the first place is occupied by:**

- A) proteins;
- B) fats;
- B) carbohydrates;
- D) vitamins and minerals.

**84. Most vitamin C is found in:**

- A) orange;
- B) lemon;
- B) green onions;
- D) black currant.

**85. The maximum amount of fat is found in:**

- A) walnuts;
- B) Dutch cheese;
- B) goose;
- D) mackerel.

**86. Of the following ointments should not be used on the first day after a bruise:**

- A) finalgon;
- B) venoruton;
- B) heparin ointment;
- D) troxevasin.

**87. The following sports and recreational activities are not recommended for obese persons:**

- A) running;
- B) swimming;
- B) riding a bicycle;
- D) skis.

**88. Ideally “clean” dietary food products from a sanitary and hygienic point of view include:**

- A) buckwheat;
- B) rice;
- B) millet;
- D) oats.

**89. The main supplier of potassium (K) in the body:**

- A) walnuts;
- B) black currant;
- B) autumn potatoes;
- D) beans.

**90. The main supplier of calcium (Ca) in the body;**

- A) low-fat cottage cheese;
- B) Swiss cheese;
- B) milk;
- D) beans.

**91. The highest ratio of unsaturated and saturated fatty acids has:**

- A) olive oil;
- B) sunflower oil;
- B) butter;
- D) pork lard.



**92. Retains the least amount of time in the stomach:**

- A) herring;
- B) beans;
- B) pork;
- D) soft-boiled egg.

**93. A method that is not a specific method of therapeutic physical culture (PT):**

- A) health path;
- B) corrective gymnastics;
- B) hydrokinesitherapy;
- D) thalassotherapy.

**94. The greatest amount of protein is contained V:**

- A) sunflower;
- B) sesame;
- B) peanuts;
- D) grape seeds.

**95. Least calorie drink:**

- A) peach juice;
- B) Pepsi-Cola;
- B) light beer;
- D) pasteurized milk.

**96. The main supplier of iodine to the body is:**

- A) pike perch;
- B) cod;
- B) hake;

**97. The first consumption of a drink and the interval between drinks during a marathon are allowed:**

- A) 15 km and 5 km;
- B) 11 km and 5 km;
- B) 5 km and 2.5 km;
- D) 3 km and 3 km.

**98. The highest energy value (per 100 g of product) is:**

- A) granular caviar;
- B) sour cream 20% fat;
- B) rice cereal;
- D) pike perch.

**99. Active means of physical rehabilitation include:**

- A) elements of sports and sports training;
- B) massage;
- B) manual therapy;
- D) muscle relaxation.

**100. Passive means of physical rehabilitation include:**

- A) work on simulators;
- B) occupational therapy;
- B) physiotherapy;
- D) muscle relaxation.

**101. The following are primarily susceptible to heat injuries during training sessions and competitions:**

- A) persons with large body weight;
- B) persons with a history of heat injuries;
- B) young athletes;
- D) all answers are correct.

**102. Successfully performing athletes are psychologically characterized by a higher**

**level of:**

- A) tension;
- B) energy;
- B) anger;
- D) fatigue.

**103. First aid for sprains:**

- A) apply a splint;
- B) warm and apply a pressure bandage;
- C) apply cold and apply a splint;
- D) apply cold and apply a pressure bandage.

**104. Indicators of physical development include:**

- A) weight, height;
- B) blood pressure and heart rate;
- B) breath holding time;
- D) strength, endurance, speed.

**105. Vital capacity of the lungs is measured:**

- A) tonometer;
- B) speedometer;
- B) a dynamometer;
- D) spirometer.

**106. In case of scoliosis of the first degree, all the following sports are contraindicated, except:**

- A) boxing;
- B) artistic gymnastics;
- B) tennis;
- D) figure skating.

**107. Physical training is:**

- A) education of moral and volitional qualities;
- B) mastering rational forms of competitive struggle;
- B) development of motor qualities;
- D) mastery of technology.

**108. What is not part of a healthy lifestyle:**

- A) hiking trips;
- B) compliance with hygiene rules;
- B) sports entertainment;
- D) unlimited TV viewing.

**109. What is not a sign of overtraining?**

- A) sleep;
- B) appetite;
- B) chest volume;
- D) performance.

**110. Physical perfection is:**

- A) developed muscles;
- B) good health;
- B) tall;
- D) dexterity.

**ANSWER CARD**

No. questio n	answe r	No. question	answe r	No. Question	answ er	No. question	answe r	No. question	answe r
1	IN	23	A	45	A	67	G	89	G

2	A	24	IN	46	A	68	A	90	B
3	B	25	A	47	G	69	IN	91	B
4	A	26	A	48	A	70	G	92	G
5	G	27	IN	49	G	71	B	93	G
6	A	28	G	50	B	72	IN	94	IN
7	IN	29	IN	51	G	73	A	95	IN
8	B	thirty	B	52	B	74	G	96	B
9	B	31	B	53	A	75	IN	97	G
10	B	32	A	54	G	76	A	98	B
eleven	B	33	G	55	B	77	B	99	A
12	G	34	IN	56	A	78	G	100	G
13	IN	35	A	57	A	79	A	101	G
14	A	36	A	58	A	80	IN	102	B
15	B	37	G	59	G	81	B	103	G
16	IN	38	A	60	IN	82	G	104	A
17	G	39	G	61	G	83	IN	105	G
18	A	40	B	62	G	84	G	106	B
19	B	41	A	63	IN	85	A	107	IN
20	A	42	G	64	A	86	A	108	G
21	A	43	B	65	IN	87	A	109	IN
22	A	44	B	66	A	88	A	110	A

## 5. METHODOLOGICAL MATERIALS DETERMINING PROCEDURES FOR ASSESSING KNOWLEDGE, ABILITIES AND SKILLS AND ACTIVITY EXPERIENCE CHARACTERIZING THE STAGES OF COMPETENCY FORMATION

Monitoring the development of the Elective course in the discipline “Physical Education” is carried out in accordance with the regulations “On the forms, frequency and procedure for ongoing monitoring of progress and intermediate certification of students.” Current control in the discipline allows you to assess the degree of perception and mastery of educational material and is carried out to evaluate the results of studying sections/topics of the discipline.

### **Criteria for assessing students' knowledge during testing**

An “excellent” grade is given if the student answers no less than 90% of the test tasks correctly;

A “good” grade is given if the student answers no less than 80% of test items correctly;

A “satisfactory” grade is given if the student’s correct answer is at least 70%;

An “unsatisfactory” grade is given if the student answers correctly to less than 70% of test items.

### **The criteria for assessing the abstract are:**

The novelty of the text, the validity of the choice of literature sources, the degree of disclosure of the essence of the issue, compliance with design requirements, all requirements for writing an abstract have been met.

The “excellent” rating identifies the problem and justifies its relevance; an analysis of various points of view on the problem under consideration was made and one’s own position was logically stated; conclusions are formulated, the topic is fully disclosed, the scope is maintained; requirements for external design have been met, basic requirements for the abstract have been met

Rating “good”, some shortcomings have been made. In particular, there are inaccuracies in the presentation of the material; there is no logical consistency in judgments; the volume of the abstract is not maintained; There are omissions in the design. There are significant deviations from the abstracting requirements.

Rating “satisfactory” the topic is only partially covered; there were factual errors in the content of the abstract; there are no conclusions, the topic of the abstract is not disclosed

An “unsatisfactory” rating indicates a significant lack of understanding of the problem or the abstract is not presented at all.

**Criteria for assessing answers to test questions:**

Marked “excellent” the answer is given in full;

The "good" mark performs error analysis correctly. The answer is given correctly, taking into account 1-2 minor errors or 2-3 shortcomings, corrected independently at the request of the teacher.

Marked “satisfactory” the answer is given at least half correctly, 1-2 errors or one gross mistake were made.

The mark “unsatisfactory” means two (or more) gross errors were made during the answer, which the student cannot correct even at the request of the teacher.

## **6. ACCESSIBILITY AND QUALITY OF EDUCATION FOR PERSONS WITH DISABILITIES**

If necessary, disabled people and persons with limited health capabilities are given additional time to prepare an answer for the test.

When carrying out the procedure for assessing the learning outcomes of people with disabilities and people with limited health capabilities, their own technical means can be used.

The procedure for assessing the learning outcomes of people with disabilities and people with limited health capabilities in the discipline provides for the provision of information in forms adapted to the limitations of their health and perception of information:

For people with visual impairments:	– in printed form in enlarged font, – in the form of an electronic document.
For people with hearing impairments:	– in printed form, – in the form of an electronic document.
For persons with musculoskeletal disorders	– in printed form, device: – in the form of an electronic document.

When carrying out the procedure for assessing the learning outcomes of disabled people and persons with limited health capabilities in the discipline, it ensures the fulfillment of the following additional requirements depending on the individual characteristics of the students:

a) instructions on the procedure for conducting the assessment procedure are provided in an accessible form (orally, in writing);

b) an accessible form for submitting assignments of assessment tools (in printed form, in printed form in enlarged font, in the form of an electronic document, assignments are read out by the teacher);

c) an accessible form of providing answers to assignments (written on paper, typing answers on a computer, orally).

If necessary, for students with disabilities and people with disabilities, the procedure for assessing learning outcomes in the discipline can be carried out in several stages.

The procedure for assessing the learning outcomes of disabled people and persons with limited health capabilities is permitted using distance learning technologies.