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Appendix No. 1  
to Order No. 1700-O dd. 31.08.2022

Ministry of Health of the Russian Federation



**Federal State Budgetary Educational Institution of Higher Education  
“North-Western State Medical University named after I.I. Mechnikov”  
under the Ministry of Health of the Russian Federation**  
(FSBEI HE NWSMU named after I.I. Mechnikov under the Ministry of Health of the Russian Federation)

**PASSED**

by Academic Board  
of FSBEI HE NWSMU  
named after I.I. Mechnikov under the Ministry  
of Health of the Russian Federation  
August 31, 2022,  
Minutes No. 10

**APPROVED**

by Order of the Rector  
of FSBEI HE NWSMU  
named after I.I. Mechnikov under the Ministry of  
Health of the Russian Federation  
No. 1700-O dated 31.08.2022

**APPROVED**

At the meeting of the Council of Students  
of FSBEI HE NWSMU named after I.I. Mechnikov  
under the Ministry of Health of the Russian Federation  
Minutes No. 52 dated August 29, 2022

\_\_\_\_\_ Kh.M. Temurziyeva  
\_\_\_\_\_ 2022

**PROCEDURE**

**for realization of academic disciplines in physical education and sports in the Federal State Budgetary Educational Institution of Higher Education “North-Western State Medical University named after I.I. Mechnikov” under the Ministry of Health of the Russian Federation**

**1. Main Provisions**

1.1. This procedure determines the order and specific features of realization of academic disciplines in physical education and sports in the Federal State Budgetary Educational Institution of Higher Education “North-Western State Medical University named after I.I. Mechnikov” under the Ministry of Health of the Russian Federation (hereinafter referred to as the NWSMU named after I.I. Mechnikov, University) for students in higher education academic programs (specialist’s degree program) with intramural form of study, including for people with disabilities and with limited health capacities.

1.2. These regulations were developed in accordance with:

- Federal Law of the Russian Federation No. 273-FZ dd. 29.12.2012 “On Education in the Russian Federation”;
- Federal Law No. 181-FZ dd. 24.11.1995 “On Social Protection of Persons with Disabilities in the Russian Federation” (as amended on 21.07.2014);

- Federal Law No. 329-FZ dd. 04.12.2007 “On Physical Education and Sports in the Russian Federation”;
- Order of the Ministry of Education and Science of the Russian Federation No. 245 dated 06.04.2021 “Procedure for the organization and implementation of educational activities in higher education academic programs – bachelor’s degree, specialist’s degree, master’s degree programs”;
- Order of the Ministry of Education of the Russian Federation dated 01.12.1999 No. 1025 “On the organization of the process of physical education in educational institutions of primary, secondary and higher professional education”;
- Letter of the Ministry of Education and Science of the Russian Federation No. AK-44/05vn dated 08.04.2014 “Methodological recommendations on the organization of the educational process for educating persons with disabilities and with limited health capacities in educational institutions of higher education, including the material and technical resources for the educational process”;
- Federal state educational standards of higher education;
- Charter of the University.

1.3. The discipline (module) in physical education and sports is implemented within the framework of:

- specialist’s degree program in the amount of at least 72 academic hours within the framework of the academic discipline “Physical Education and Sports”;
- specialist’s degree program in the amount of at least 328 academic hours within the framework of the elective disciplines “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games”. The specified academic hours are mandatory and are not converted into the credit points.

## **2. Goals and objectives of discipline assimilation**

2.1. The goals of teaching the disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games” are:

- formation of physical culture as an integral part of professional and personal development of a specialist taking into account the requirements of professional and social activities, the needs to maintain a high level of physical and mental performance and self-organization of a healthy lifestyle;
- improvement of students’ physical, mental health by means of physical education;
- increasing the level of physical fitness of students for successful study, psychophysical training and self-training for life and professional activities;
- creating conditions for students to fully realize their creative abilities in the successful gaining of professional knowledge, capabilities and skills, moral, aesthetic and spiritual development of students during the educational process organized on the basis of modern general scientific and special technologies in the field of theory, methodology and practice of physical education and sports.

2.2. The objectives of the disciplines “Physical Education” and “Applied Physical Education” include:

- understanding its social role in the development of the individual and in preparation for professional activities;
- knowledge of the scientific, biological and practical foundations of physical education and a healthy lifestyle;
- obtaining a motivational and value-based attitude to physical education, with a focus on a healthy lifestyle;
- physical self-improvement and self-development of the need for regular exercise.

2.3. As a result of mastering the discipline, the student shall

**know:**

- scientific and practical foundations of physical education and a healthy lifestyle;
- the impact of physical education health systems on health promotion, prevention of occupational diseases and bad habits;
- ways of monitoring and assessing physical development and physical fitness;
- rules and methods of planning individual classes of various target orientation;

**be able to:**

- use means and methods of physical education for professional and personal development, physical self-improvement, formation of a healthy lifestyle, in a creative way;
- perform individually selected sets of health and adaptive (therapeutic) physical education, rhythmic and aerobic gymnastics compositions, athletic gymnastics exercise sets;
- perform the simplest self-massage and relaxation techniques;
- overcome artificial and natural obstacles using a variety of methods of movement;
- know and use protection and self-defense, safeguarding and self-protection techniques;
- carry out creative cooperation in collective forms of physical education;
- use the acquired knowledge and skills in practical activities and everyday life to:
  - 1) improve working capacity, preserve and promote health;
  - 2) prepare for professional activities and service in the Armed Forces of the Russian Federation;
  - 3) be involved in creative activity aimed at the formation of a healthy lifestyle;

**know:**

- means and methods of strengthening individual health, physical self-improvement, values of the physical culture of the individual for successful social and cultural and professional activities;
- guidelines for the use of methods and means of perception, training and self-control for intellectual development, increasing the cultural level and professional competence, preserving health, moral and physical self-improvement;
- the basics of legislation on physical education and sports, methods and means of physical education to optimize performance and a healthy lifestyle; knowledge and observance of healthy lifestyle standards;
- ways to use physical education and self-education methods to increase the body's adaptive reserves and promotion of health;
- means of independent and competent use of methods of physical education and self-education, be ready to achieve the proper level of physical fitness necessary for mastering professional skills in the process of studying at the university and to ensure full-fledged social and professional activities after graduation, the ability to form, maintain and use constructive general physical and socio-psychological resources necessary for a healthy lifestyle;
- means of control and self-control, the simplest self-massage techniques.

**3. Organization of the training process in disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games”**

**3.1. Forms of realization of academic disciplines in physical education and sports**

The academic disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games” in the University are implemented in the following forms:

- theoretical, practical training, final tests;
- self-study;
- practical classes for students with poor physical fitness who have not mastered practical material due to missed classes for good reasons and health status. These classes are organized by the department during the academic year.

**Theoretical part**

The material of the section provides for students to master the system of scientific, practical and

special knowledge necessary to understand the natural and social processes of the functioning of the physical education of society and the individual, their adaptive, creative use for personal and professional development; self-improvement, organization of a healthy lifestyle in the performance of educational, professional and sociocultural activities.

### **Practical part**

The practical part of the program is implemented in methodological, practical and training sessions in study groups.

Classes aimed at ensuring the necessary motor activity of students, achieving and maintaining the optimal level of physical and functional fitness during the period of study at the university contain general training and special-preparatory exercises closely related to exercises specific to this profession, including the means of general training and professional and applied physical training.

To ensure a targeted impact on those abilities, skills and functional systems that are of decisive, professional importance, sports resources and tools of individual athletic disciplines are selected, such as athleticism, aerobics, basketball, badminton, volleyball, athletics, skiing, futsal, table tennis, amateur wrestling and other popular sports.

The content of practical studies of all departments also includes material on professional and applied physical training, which is determined in relation to profiling areas of specialization.

In specialized sports clubs, students increase their sports skills, prepare to fulfill qualifying standards and requirements in a selected sport and to participate in sports competitions, both within the educational institution and those organized by superior sports organizations between universities.

The assessment part is aimed at differentiated and objective accounting of the process and results of student learning activities.

### **Individual physical education classes**

In the course of individual classes, students improve physical qualities and motor skills, consolidate theoretical and practical material on the subject, prepare for reaching a qualifying standard and GTO. The content of individual classes is developed taking into account the physical fitness of a particular student, and their effectiveness is checked by the teacher in physical education classes. Up to 30% of academic hours can be allocated to individual classes within the framework of the disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games”.

### **3.2. Distribution of students by study groups and departments**

Departments are organized at the beginning of the academic year on the basis of data on studying the interests of students, analyzing their state of health, physical development, physical fitness and sports qualifications.

Based on the results of preventive medical examination and determination of the level of physical health, students are assigned to the basic, preparatory and special medical groups. Students who have not passed a medical examination are not allowed to practical training sessions in the academic disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games”.

To master the practical section of the curriculum in disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, “General Physical Training with Elements of Athletics”, “Sports Games”, students are grouped by the departments: basic, special and sports.

Students who, based on the results of a medical examination, are assigned to the main and preparatory medical groups, are enrolled in the main educational department. Training groups in physical education training sessions are formed taking into account physical fitness. For students assigned to the main and preparatory medical groups, having good physical fitness, sports category, it is allowed to organize and conduct training sessions on the basis of one of the sports or exercise systems.

Students who have deviations in the state of health of a permanent or temporary nature are enrolled in a special educational department to master the sections of the curriculum available to them.

Students with disabilities, who are also part of a special medical group, are enrolled to undergo an individual program of therapeutic physical education, assigned by a sports medicine doctor or a teacher of a special medical group.

Students of the main medical group who have sports qualifications or have good general physical and sufficient athletic performance, as well as promising student-athletes in a selected sport, are enrolled to the sports department. Students of the sports department comply with the mandatory requirements and standards (tests) established for the main department, and within the same timeframe. Individual students of the sports department who have high sports qualifications can be transferred to the personalized schedule of classes by the decision of the Department of Physical Education with the fulfillment of mandatory test requirements and tests within the established terms.

#### **4. Specific features of implementation of the academic disciplines “Physical Education and Sports” and “Applied Physical Education for People with Disabilities and Special Educational Needs” for disabled and students with health limitations**

The procedure for mastering the disciplines “Physical Education and Sports”, “Applied Physical Education for People with Disabilities and Special Educational Needs”, for the disabled and students with health limitations is established on the basis of compliance with the principles of therapeutic physical education, health conservation and adapted physical education.

Depending on the student’s nosology and the degree of limitations of the human capacity in accordance with the recommendations of the medical and social assessment service or the psychological-medical-pedagogical commission, classes for students with disabilities can be organized based on adaptive PE education, as a rule, at least twice a week. The above is implemented in the following form: lectures, practical and methodological classes on physical education, as well as holding of fitness and health recreation events and holidays. Adaptive physical education is carried out for students with health abnormalities in a special medical group. Adaptive physical education classes are held in the gym, pool and stadium.

The form of final control is determined at the discretion of the teacher and is indicated in the discipline work program for each specific training area. As a rule, the above may include conduct of written tests, oral surveys and interviews, tests, the preparation of abstracts, reports, making it possible to assess the degree of mastering a number of topics and types of educational work.

#### **5. Specific features of implementation of the discipline “Physical Education and Sports” using Distant Learning Technologies**

5.1. Mastering of the discipline “Physical Education and Sports” in the Distant Learning System is implemented through: teacher’s pedagogical communication with a student in the audience using distant educational technologies and electronic means of communication; individual work of students with educational materials presented in the electronic educational environment of NWSMU named after I.I. Mechnikov.

5.2. Assessment of students’ performance is carried out on the basis of the collection of learning assessment materials.

#### **6. Final Provisions**

6.1. This Procedure comes into force from the time of its approval by the order of the Rector of the University on the basis of the decision of the Academic Board of NWSMU named after I.I. Mechnikov.

6.2. Amendments and addenda to the Procedure are made by order of the Rector of the University on the basis of the decision of the Academic Board of NWSMU named after I.I. Mechnikov.