

**Abstract to Discipline Course Plan**  
**"Physical Education and Sports"**

Purpose of study	<ul style="list-style-type: none"> <li>- mastering the system of scientific and practical and special knowledge necessary to understand the natural and social processes of functioning of physical culture of society and personality, the ability of their adaptive, creative use for personal, professional development and self-improvement;</li> <li>- the formation of motivational and value attitude to physical education, the installation of a healthy lifestyle, physical improvement and self-improvement of the habit of regular exercise and sports;</li> <li>- the organization of a healthy lifestyle in the performance of educational, professional and sociocultural activities;</li> <li>- mastering a system of practical abilities and skills that ensure the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and properties of the individual;</li> <li>- acquiring personal experience of improving motor and functional capabilities, providing general and professional-applied physical preparation for the future profession and everyday life</li> </ul>
Place of discipline in the academic program	U 1.C.3*
Competencies to be acquired	UC-3, UC-7
Acquired knowledge, skills and abilities	<p><b>Know:</b>            UK-7. 1 demonstrates knowledge of the basics of physical education and healthy lifestyle; applies skills and abilities in working with distance learning technologies.</p> <p><b>Be able to:</b>            UC-7.2 applies the methodology of health assessment; develop an individual program of preservation and promotion of health, taking into account the individual-typological characteristics of the body.</p> <p><b>Have the following skills and (or) experience:</b>            UC-7.3 analyzes information sources, compares different points of view, and forms a general idea about a particular topic.</p>
Content of the discipline	Theoretical Foundations of Physical Education.
Types of educational activities	Lectures, practical classes, independent work.
Information, instrumental and software tools used	Microsoft Office Microsoft Windows  7-Zip AcrobatReader Law reference system "ConsultantPlus" (the installed resource of Altai State University or <a href="http://www.consultant.ru/">http://www.consultant.ru/</a> ). Electronic database "Scopus" ( <a href="http://www.scopus.com">http://www.scopus.com</a> ); Electronic library system of Altai State University ( <a href="http://elibrary.asu.ru/">http://elibrary.asu.ru/</a> ); Scientific electronic library elibrary ( <a href="http://elibrary.ru">http://elibrary.ru</a> ) Electronic resource in "Moodle" <a href="https://portal.edu.asu.ru/course/view.php?id=2653">https://portal.edu.asu.ru/course/view.php?id=2653</a>
Midterm evaluation	Credit

\*(U- unit, C-compulsory discipline)