

**Ryazan state medical University named after academician I. p.  
Pavlov** Department of physical education and health

**PHYSICAL CULTURE AND SPORTS IN  
RUSSIA. PHYSICAL EDUCATION IN  
MEDICAL AND PHARMACEUTICAL  
UNIVERSITIES OF THE RUSSIAN  
FEDERATION**

**Head of the Department of physical education and health,  
candidate of pedagogical Sciences,  
associate Professor Galina Ponomareva.**

# **PLAN OF THE LECTURE**

- 1. the Essence and causes of physical education in society. History of physical culture and sports in Russia.**
- 2. History of the student sports movement in Russia.**
- 3. Basic concepts and definitions in the field of physical culture.**
- 4. Normative documents in the field of physical culture and sports.**
- 5. Forms of management of physical culture and sports in the Russian Federation.**
- 6. Physical education, means of physical culture.**
- 7. Specific features of training at a medical University.**
- 8. Federal state educational standard-physical culture - requirements for the development of the discipline.**
- 9. Mass sports and recreation work in Ryazan state medical University.**

## **1. the Essence and causes of physical education in society.**

Elements of physical education originated in primitive society (N. I. Ponomarev, 1970), in the period from the 40th to the 25th millennia BC, approximately 50-14 thousand years ago).

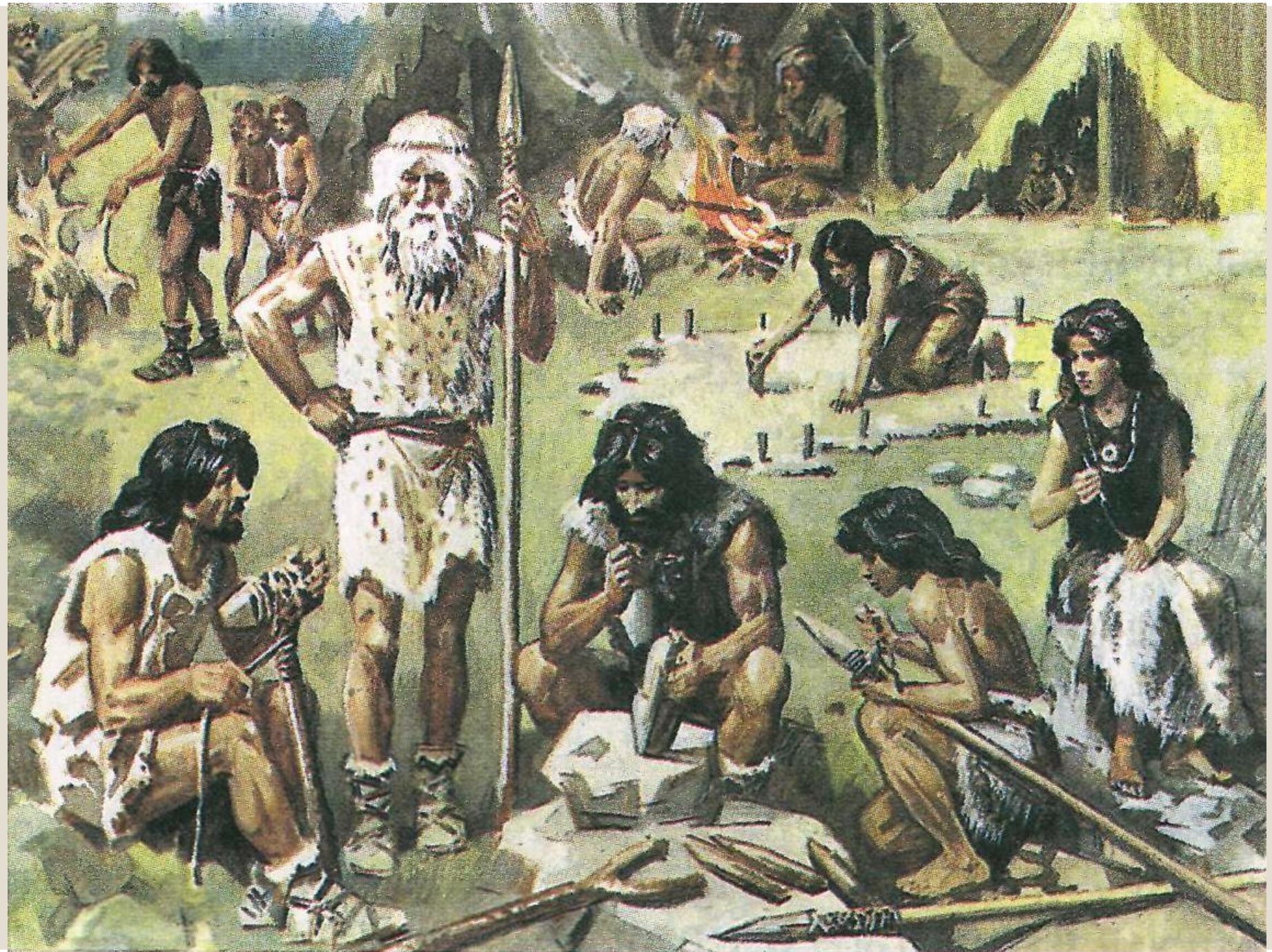
During this period, the most important achievements were the invention of:

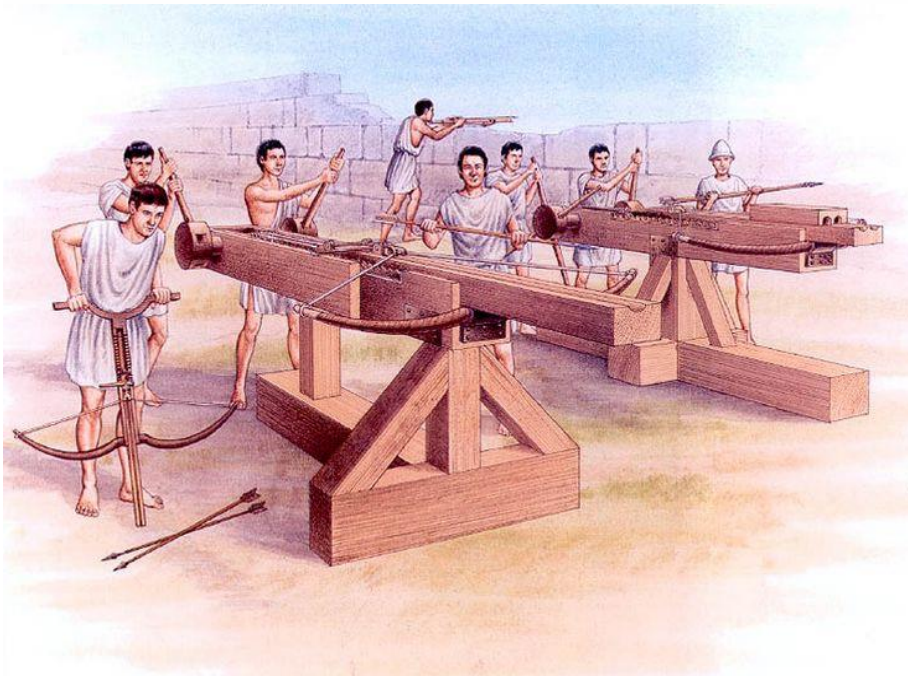
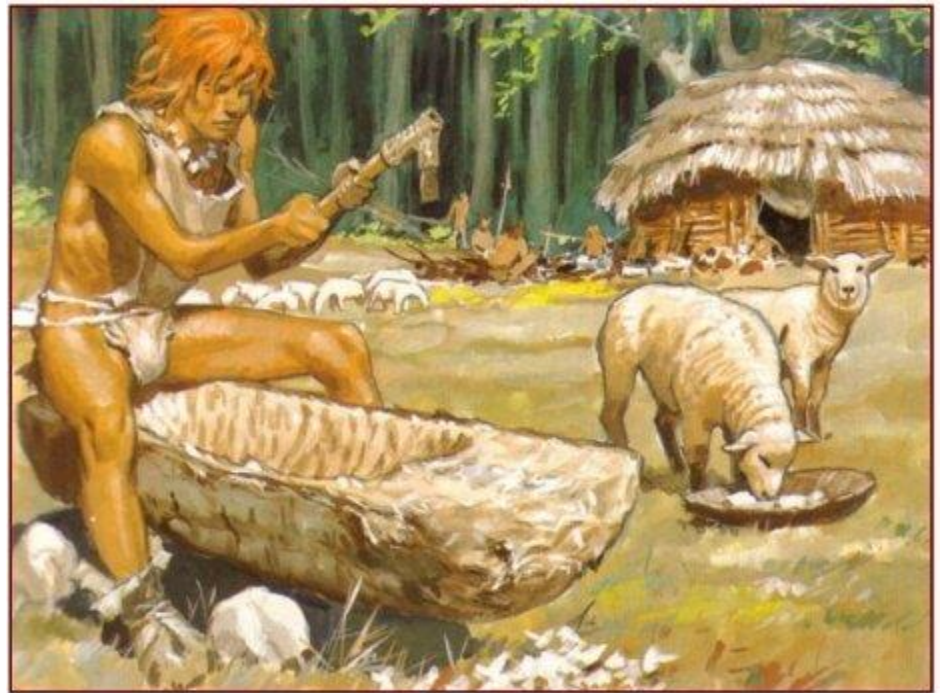
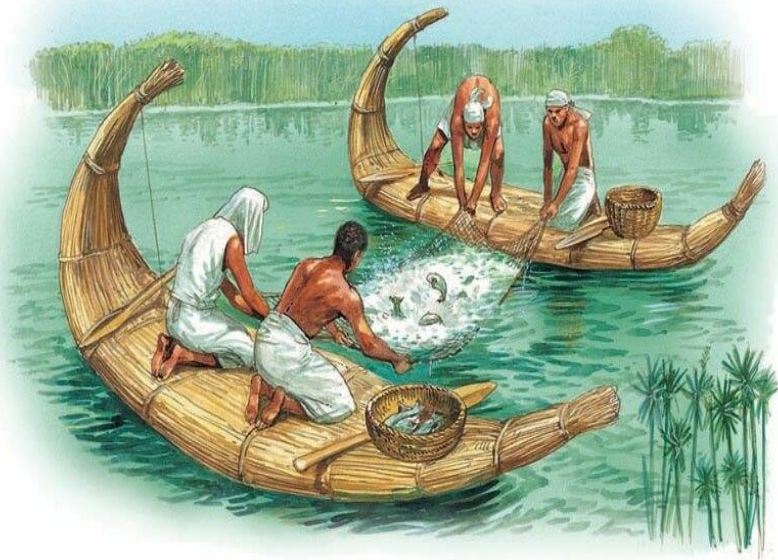
- **bows and arrows**, light throwing Darts and harpoons appeared;-the domestication of animals.

In some places also preserved:

- fishing nets and hooks**, stone adzes (chopping tools for cutting and processing stone);

- **wooden items such as canoes** (small rowing craft without rowlocks) and rafts. When processing stone, wood, hides, and making fire, it was especially important to develop the thumb, which helped to hold both a heavy spear and a thin needle.



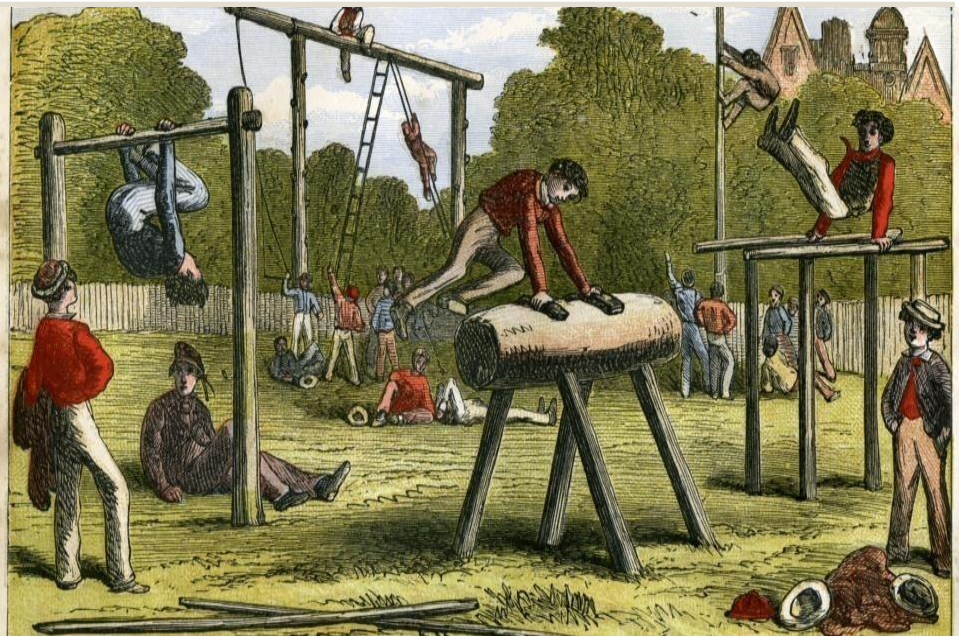
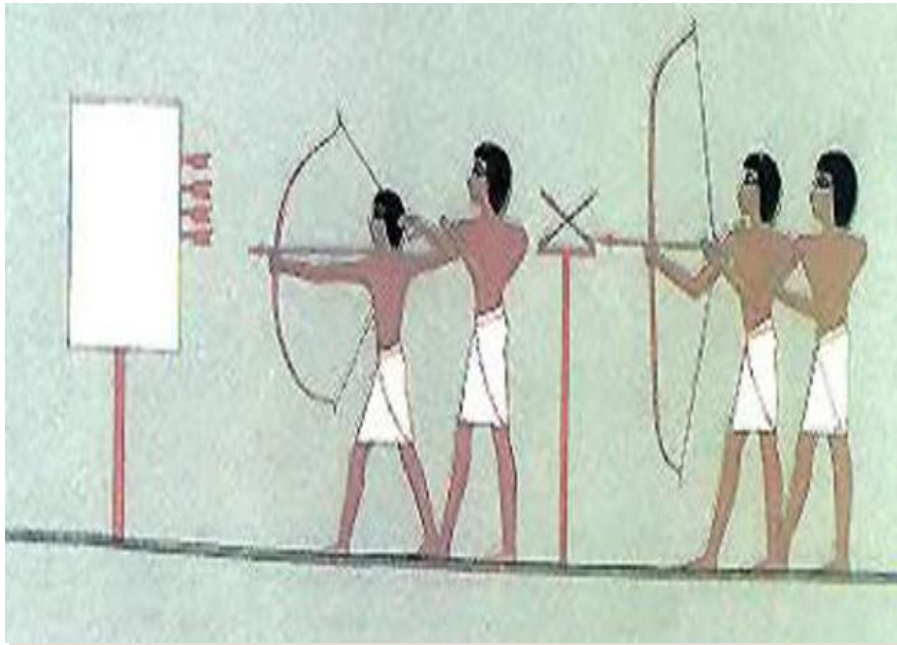


There was an improvement in physical qualities, improved skills in walking, running, jumping, throwing, climbing, swimming. Gradually, people noticed that those members of the tribe who led a more active and mobile lifestyle, repeatedly repeated certain physical actions, were stronger, more resilient, flexible and efficient.

This led to a conscious understanding of the phenomenon of exercise (repetition of actions).

This phenomenon has become the basis of physical education.

As soon as a person began to imitate the necessary movements (actions) outside of the real labor process (for example, throwing a dart at an animal image, jumping over various obstacles, etc.), these actions turned into physical exercises.



## Состязания

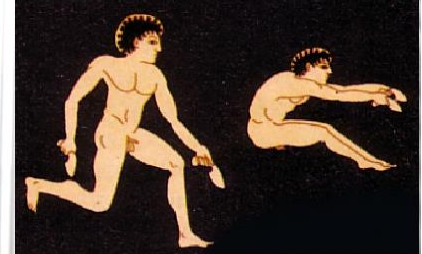


Метание диска



Борьба

## пятиборье

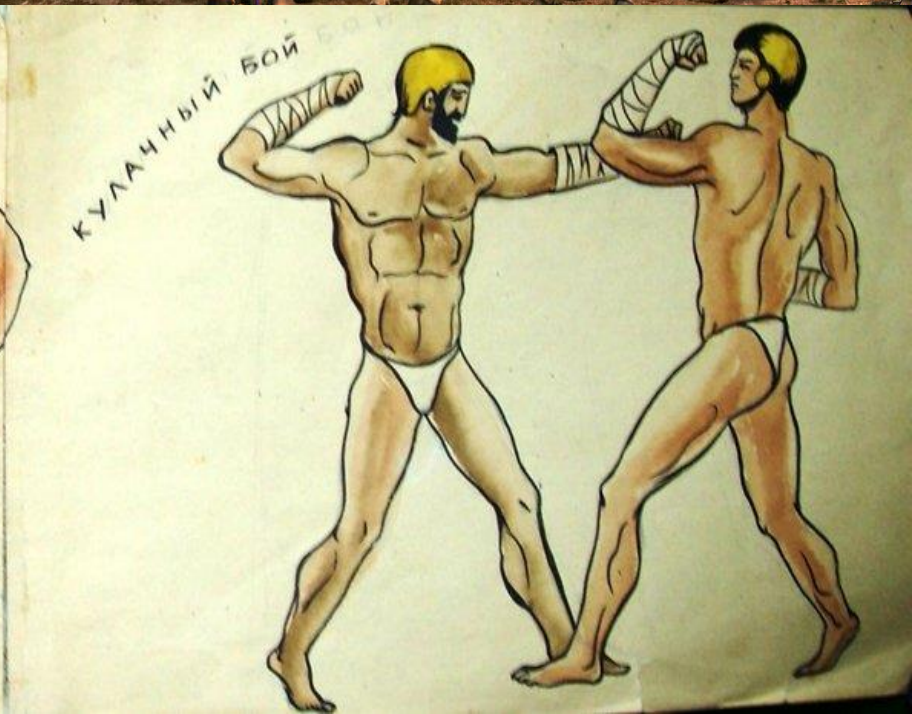
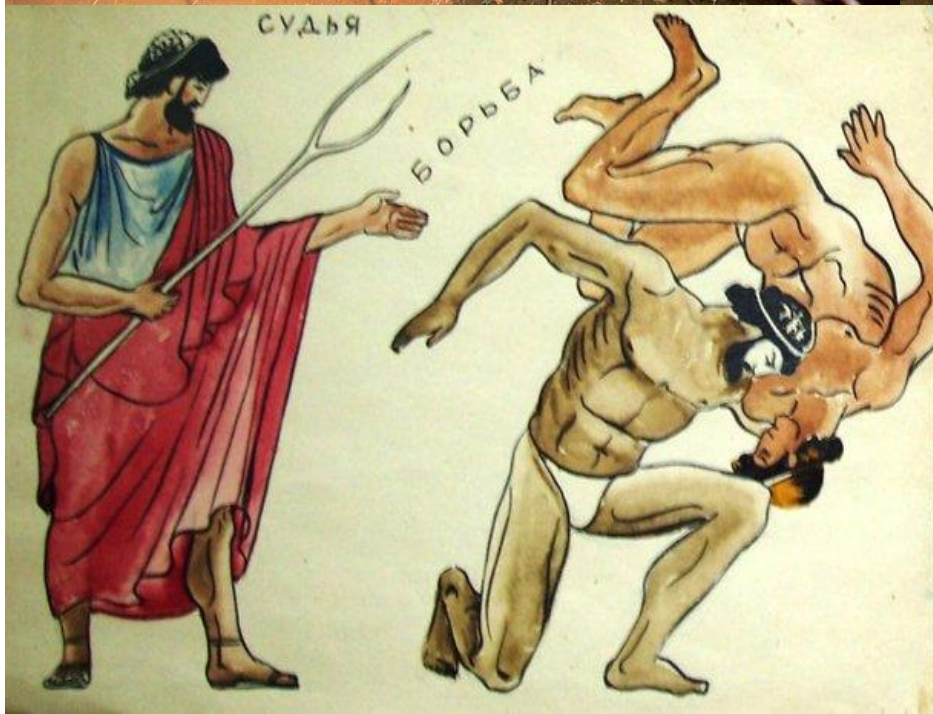


Many peoples have traditions and **customs of using physical culture** in initiation rituals when moving from one age group to another.

For example, young men and women were not allowed to marry until certain tests were completed.

**By exalting the exploits of mythical heroes** with supernatural physical and spiritual abilities, peoples sought to imitate them, which, of course, was reflected in the features of physical education.





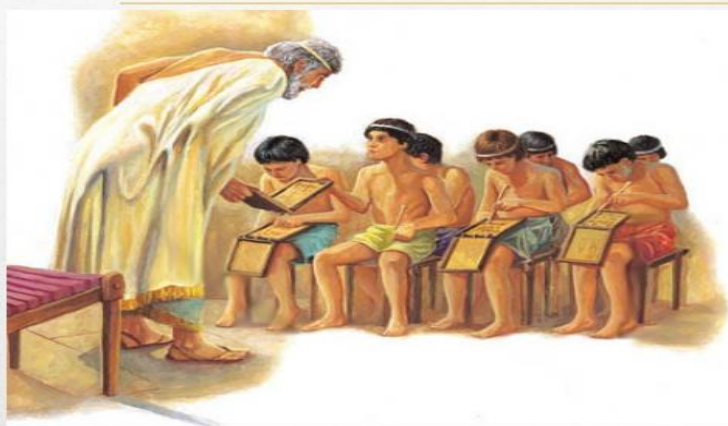
Of particular interest is the physical culture of Ancient Greece. One of the most offensive characteristics was: **«He can't read or swim».**

**The most famous systems** of education were in the city-States of Sparta and Athens. The ideal of a Spartan upbringing was a physically developed, strong-minded, military-savvy young man.

**The goal of Athenian education** was to develop the individual in a comprehensive way (physically, morally, mentally, and aesthetically).

- The boy was taught to kill, to fight with weapons (spear, shield, ball), he was allowed to wear only a tunic in winter and summer. He was sleeping on a straw Mat in the barracks. He was poorly fed and had to steal and sometimes even kill to survive. Constant exercise, he was whipped to learn how to hide the pain, the tests did not stop for a minute.

## Обучение в Спарте

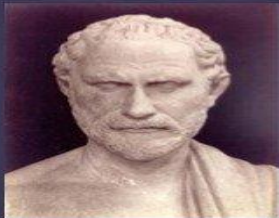


- Главными предметами были атлетика, танцы и упражнения с оружием.
- С учениками занимались музыкой и патриотическими песнями.
- Изучали спартанские законы.

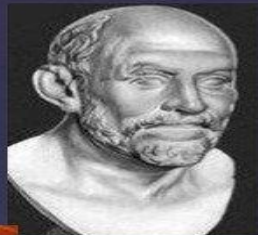
An example of the level of development of physical culture in Ancient Greece was the organization and holding of the Olympic games. Among the participants and winners of the Olympic games were such famous scientists and thinkers as **Demosthenes, Democritus, Plato, Aristotle, Socrates, Pythagoras, Hippocrates**. And they competed not only in the fine arts. At the 96th Olympiad (396 BC), competitions between trumpeters and heralds were added to the Games program, as a logical consequence of the combination of sport and aesthetic pleasure in the views of the Hellenes (the name of the ancient people. The Romans conquered the Hellenes and called them the Greeks. In the modern Russian language – the inhabitants of Ancient Greece). During the Olympic games, writers and poets read their works aloud, and artists exhibited their works on the Agora (market square, a place of General public meetings). After the end of the Games, sculptors commissioned Olympic statues of the winners, and poets composed songs of praise in their honor – encomia.

For example, the philosopher **Plato** was a champion in pankration (a type of martial arts that combined techniques of wrestling and fisticuffs). There is information that **Hippocrates**, who is called the "father of medicine", was a champion of the Olympic games in wrestling. Since Hippocrates was also considered a good rider in chariot racing, it is possible that he took part in this sport as well.

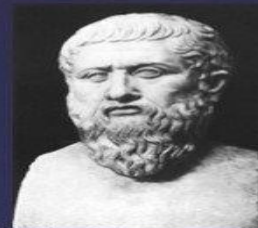
В числе участников и победителей Олимпийских игр были такие известные ученые и мыслители, как



Демосфен



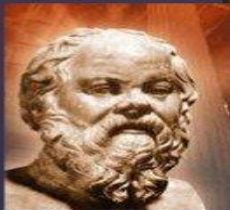
Демокрит



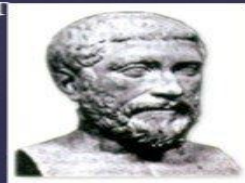
Платон



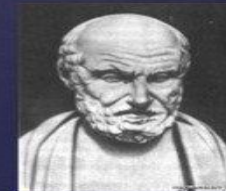
Аристотель



Сократ



Пифагор



Гиппократ

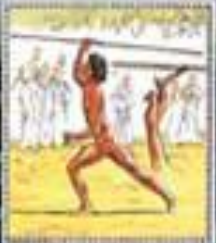
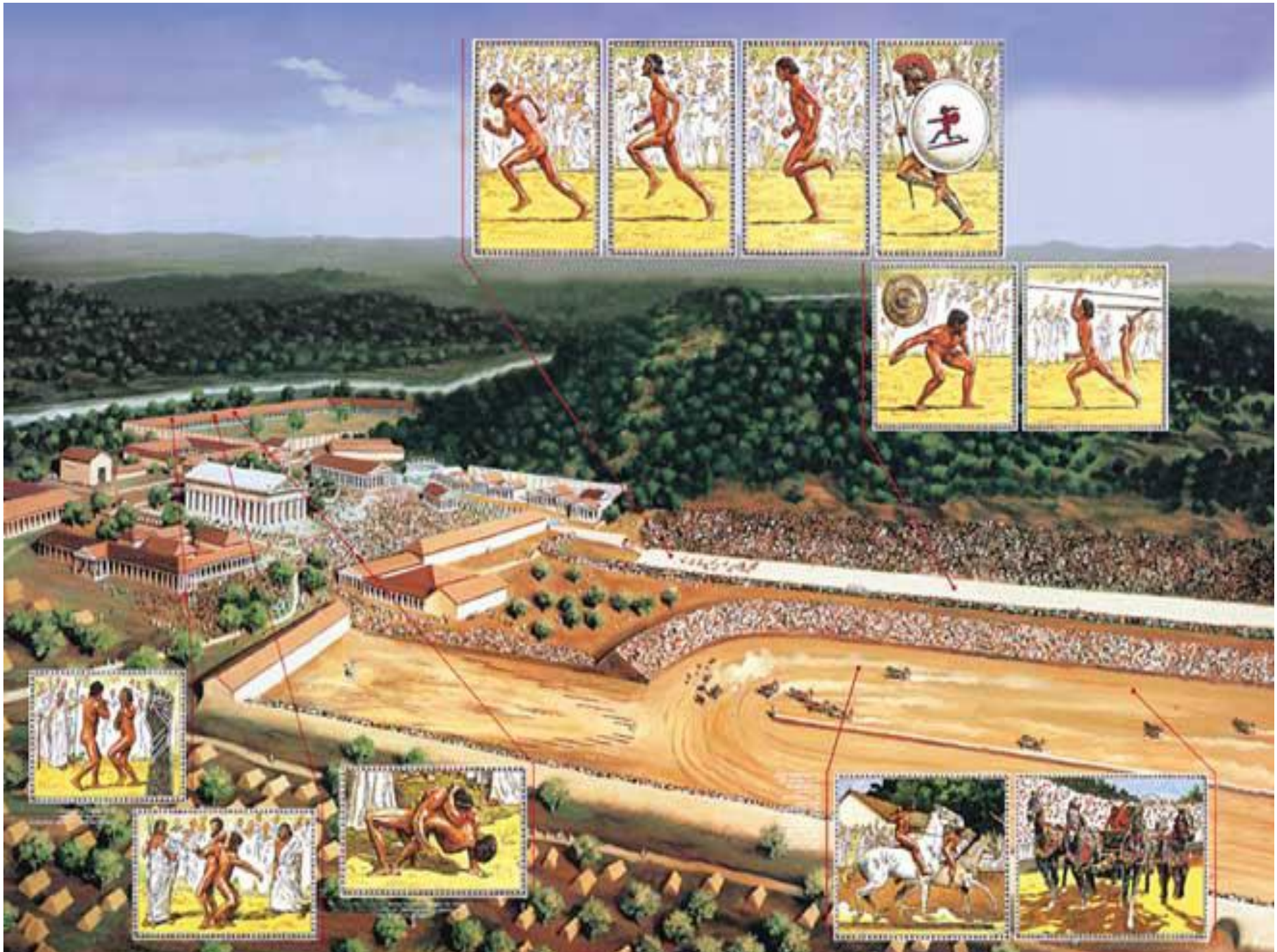
Причем соревновались они не только в изящных искусствах. К примеру, Пифагор был чемпионом по кулачному бою, а Платон – в панкратионе.

Mathematician and **philosopher Pythagoras** - the Olympic champion in a fist fight. However, there is a lot of confusion in the reports about the Olympic triumph of Pythagoras! Some sources indicate that he won the pankration, others insist that in the fight. It should be noted that in addition to the Olympic games, which were held from 776 BC, there were also:

- *The Pythian games (from 586 BC),*
- *the Isthmian games (from 582 BC),*
- *and The Nemean games (from 573 BC)*

and they all fit into a 4-year cycle. Therefore, the confusion is understandable, because the records were not kept, or were lost. Despite the high level of development of the Greeks, the problem of movement and health was relevant already in Ancient Greece and Ancient Rome.

Thus, **the Greek philosopher Aristotle (386-322 BC (IV century BC))** said: **"Nothing exhausts and destroys a person as long as physical inactivity."**

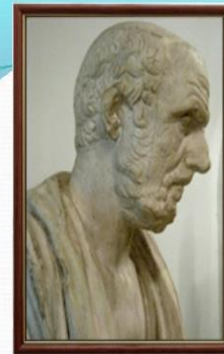
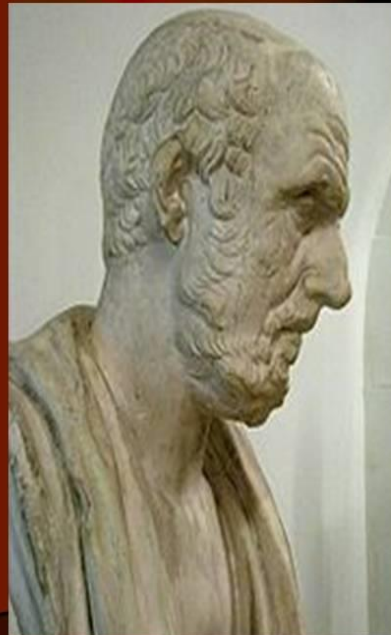


The ancient **Greek physician Hippocrates (C. 460-C. 370 BC)** not only widely used physical exercises in the treatment of patients, but also justified the principle of their application.

The ancient **Roman physician Galen (C. 130 - C. 200)** wrote: "Thousands and thousands of times I have restored my patients to health through exercise."

**Гиппократ** (ок. 460 – 377 до н.э.),  
древнегреческий врач, «отец медицины»

Гимнастика,  
физические  
упражнения, ходьба  
должны прочно войти  
в повседневный быт  
каждого, кто хочет  
сохранить  
работоспособность,  
здоровье, полноценную  
и радостную жизнь



*Гиппократ*

*(древнегреческий врач, реформатор античной  
медицины).*

*По его мнению, **особой целительной силой  
обладают холодовые закаливающие процедуры, а  
те, кто держит тело в тепле, приобретают  
изнеженность мышц, слабость нервов, обмороки и  
кровотечение.***



**Let's move on to the Russian state.** The Slavs had to fight wars, repel the raids of nomadic tribes (Avars, Khazars, etc.). This forced us to devote a lot of time to military education of young people and adults. From the middle of the VI to the end of the XVII century, an important place in the educational system of the Slavs was occupied by games (folk festivals) associated with religious rites. They were dedicated to pagan gods—the cult of mother earth, the mythical God of the forces of nature Yarila, the God of war and weapons Perun. After the adoption of Christianity (X century), the festivities were timed to coincide with Christian Church holidays.



## Составными элементами «игрищ» были;

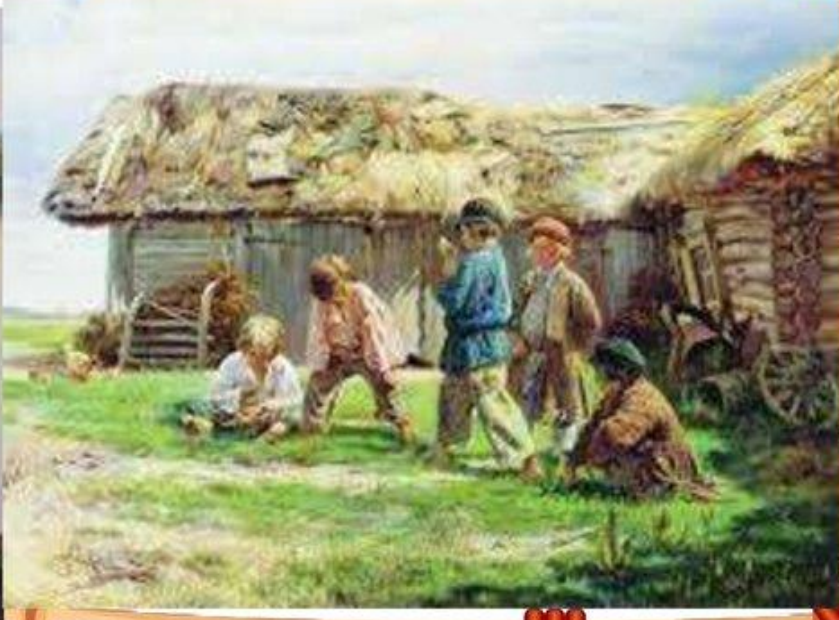
- **песни**, пляски, хороводы, бег, борьба, кулачные бои, поднятие и переноска тяжестей, метание камней в цель и на дальность, метание копья, прыжки через костер, единоборство с домашними быками;
- **различные игры** – горелки, лапта, городки, способствующие развитию качеств необходимых в трудовой и военной деятельности.

Одним из самобытных средств физического воспитания была:

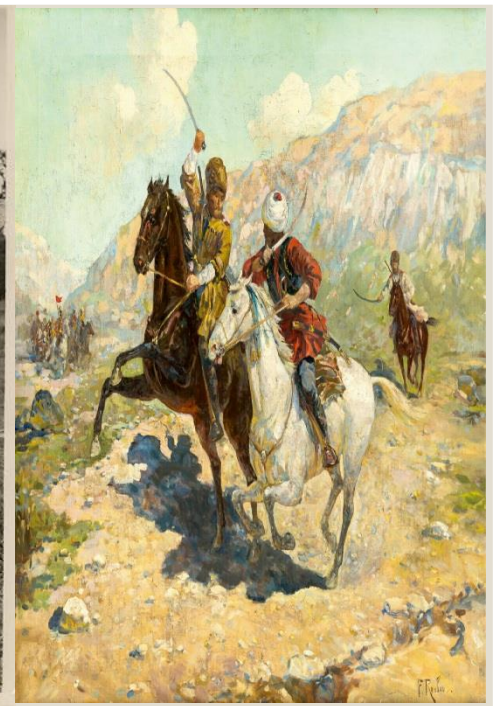
- **охота**, служившая не только промысловым целям, но и для того, чтобы показать свою ловкость и, бесстрашие (например, охота на медведя с рогатиной).

Городским жителям были известны:

- **фехтование** на пиках и шпагах, акробатика и канатохождение.



Archery and horse riding were widely used in hunting and were in service with the troops. Foreign contemporaries noted that " ... the best pleasure and entertainment for Russians is to ride a horse and shoot a bow; the one who is considered better and more honorable ... will shoot an arrow further and hit the target with it... "(Petreus de Erlesund,"the Story of the Grand Duchy of Moscow". Translated from it by A. N. Shemyakin, 1867, p. 395).The Byzantine historian Maurice (VI century) assessed the military skill of the Slavs as follows: "the tribes of the Slavs are numerous, hardy, easily tolerate heat, cold, rain, nakedness, lack of food. They like to fight with their enemies in places overgrown with dense forests, in gorges, on cliffs, and use surprise attacks and cunning to their advantage. They are also experienced in crossing rivers, surpassing all people in this."



The Ipatiev chronicle testifies to the spread of swimming in Russia. In 968, when the army of Prince Svyatoslav was on a long March, the Pecheneg nomads besieged Kiev. A young Kievan, swam across the Dnieper (width in the area of Kiev - from 400 to 1500 meters), and informed the Prince that Kiev is in danger. In winter, ice skate and sled, organized cane fighting on the ice and capture of the snow fortress. During excavations in Novgorod in 1953, the oldest instance of a high-speed ski was discovered, Dating back to the XII-XIII centuries. In the found ski, the curvature of all lines is thought out and verified, there are through holes for the belt. Even under Ivan III in 1499 (XV century), ski detachments were formed, and from the XVII century there were military ski formations on a permanent basis. The Swedes, Norwegians and Danes, where the weather conditions are more conducive to this type of activity, skiers also took part in military operations, but there were no permanent formations in the armed forces of States.



**Суриков В.И. Взятие снежного городка. 1891.**

Снежный городок был построен во дворе усадьбы Сурикова. В массовке участвовали крестьяне деревни Базаиха. «Взятие снежного городка» на международной выставке в Париже в 1900 году получила именную медаль.



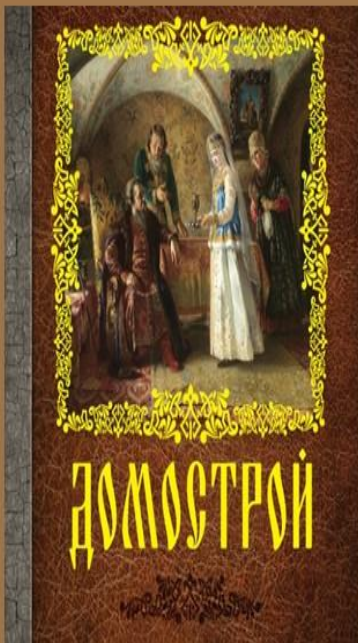
Physical exercises, games, and entertainment were supplemented by means of hardening: swimming in summer and winter, and a hot bath. It is a well-known Russian custom to pour cold water or wipe yourself with snow immediately after staying in a hot bath. It should be noted that, first of all, there is no such method of hardening anywhere else. Secondly, it is necessary to have a high level of training and good health.





Beginning in the 16th century, peasants and the lower urban population were persecuted for their passion for physical exercise. The code of ecclesiastical decrees " Stoglav "(1551) and the book of everyday and moral rules" Domostroy " (1580) were directed by their separate provisions against folk games, fun and entertainment. The Church considered the games and entertainment of the masses as a manifestation of paganism and declared them sinful. Not only the Church, but also the secular authorities fought against popular forms of physical education. In 1648, Tsar Alexey Mikhailovich issued a special decree "on the execution of morals and the destruction of superstitions", prohibiting not only buffoonery, but also holding folk festivals. He ordered "to be carried away from the frenzy and all rebellious demonic actions, mockery, buffoonery with all demonic games to stop. To worldly people of all ranks and their wives and children... buffoons with domras and harps, and bagpipes, and all sorts of games in the house to themselves were not called...".

Домострой (полное название — Книга, называемая «Домострой») — памятник, русской литературы XVI века, являющийся сборником правил, советов и наставлений по всем направлениям жизни человека и семьи, включая общественные, семейные, хозяйственные и религиозные вопросы.



В 1648 году царь **Алексей Михайлович** принял указ, предписывающий властям уничтожение скоморошества, в том числе их музыкальных инструментов:



"А где объявятся домры, и сурны, и гудки, и хари, и всякие гудебные бесовские сосуды, то все велеть вынимать и, изломав те бесовские игры, велеть сжечь".

**Скоморохи и мастера гудошного дела подлежали высылке в Сибирь и на Север, а инструменты уничтожались.**

В 1664 г. царь Алексей Михайлович издал специальный указ, запрещающий народные игры и физические упражнения. Однако, народ продолжал культивировать свои любимые игры и забавы.



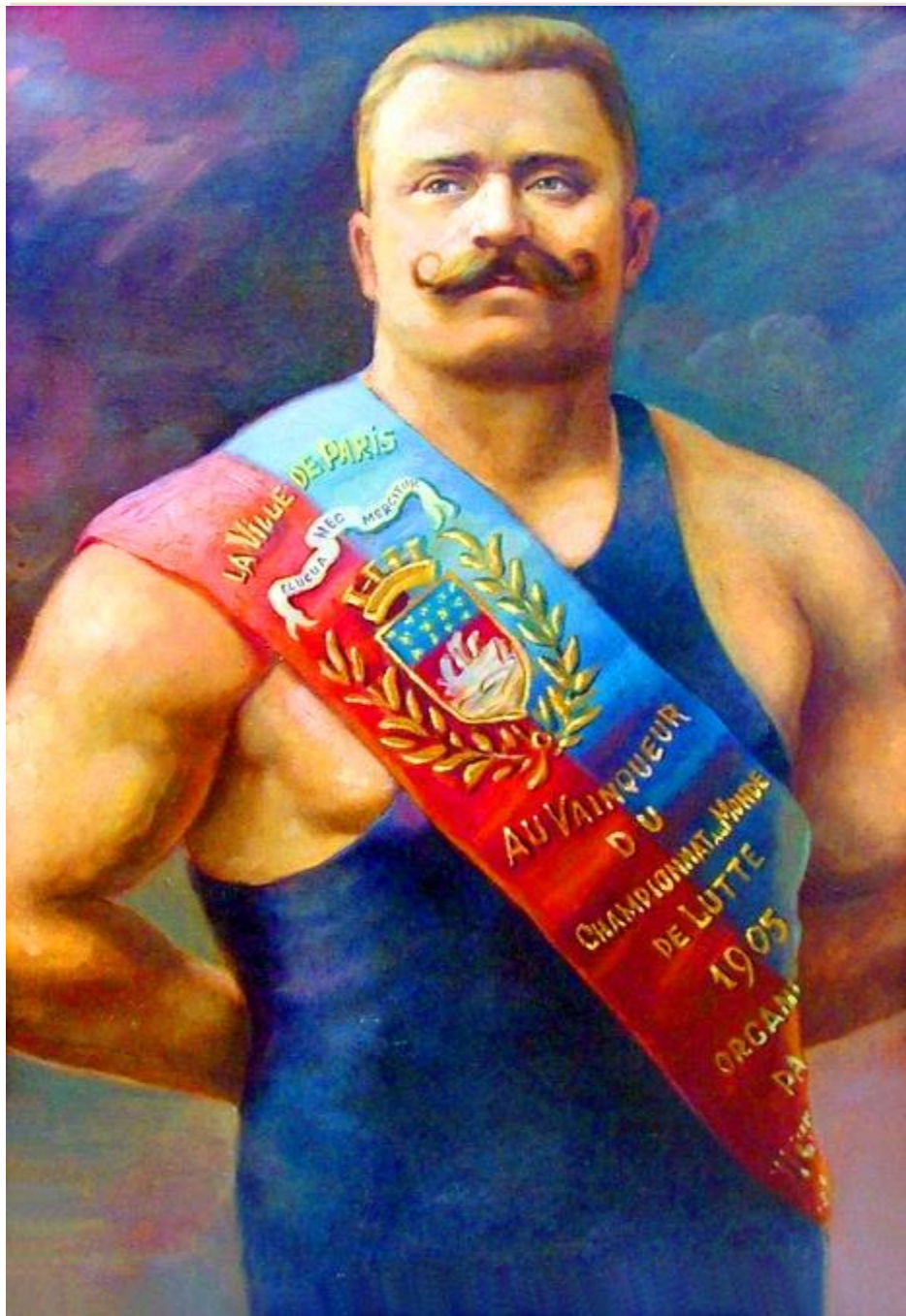
However, during the reform era of Peter I (1672-1725), physical exercise was introduced as a discipline in civil and military schools. The first educational institution was the Moscow school of mathematical and navigation Sciences (1701). for this purpose, a special hall was equipped in the school's premises – the Sukharev tower. These were mainly fencing and horse riding classes. In the second half of the XVIII century, the Peter's traditions were continued by A.V. Suvorov (1730-1800), who created a complete system of education and training of the army, called "the Science of winning".



**Школа математических  
и навигацких наук**



**Systematic physical education classes** for Russian students originate from the courses of Swedish gymnastics and athletics, which were organized by Ivan Vladimirovich Lebedev, a student of the law faculty at St. Petersburg University (weightlifter, wrestler, since 1905, the largest referee and organizer of Greco-Roman wrestling Championships, editor-publisher of sports magazines, the first of which in Russia was "Hercules" (1912). Lebedev created the Russian championship, introduced a parade of wrestlers, musical accompaniment. Author of the textbook for police officers "self-Defense and arrest". Some of the techniques in this book are still relevant today). Lebedev addressed the rector of the University with a report "on the structure of the physical development Cabinet" and on November 1, 1901, Swedish gymnastics and athletics courses were opened at the University. This day should be considered the date of origin of sports in higher educational institutions of Russia and the date of birth of departments of "Physical culture". I. V. Lebedev was appointed as the head of the courses, who attracted V. P. Krestyanson (Russian champion in gymnastics) and F. S. Nikitenko (fencing teacher) to teach the courses. In the compiled by I. V. Lebedev's curriculum included gymnastics, athletics, Boxing, fencing, towns, tennis, soccer, discus throw, shot put, and was also supposed to include skiing in the program.



Before the opening of the "Courses", organized classes in higher education were not only absent, but were even considered incompatible with the concept of University and academic education in General. Many students of St. Petersburg University, who were fond of sports in the 90-ies of the XIX century, were forced to engage in various sports clubs outside the University, often hiding their name under pseudonyms. For example, the pseudonym "Panin" appeared for a student of St. Petersburg University (Department of natural Sciences, faculty of physics and mathematics) Nikolai Alexandrovich Kolomenkin-at international competitions performed under the name Nikolai Panin-the first Olympic champion in the history of Russia (1908) and 5-time champion of Russia (1901-1903, 1905, 1907) in figure skating, 12-time champion of Russia in pistol shooting (1906-1917), 11-time champion of Russia in shooting from a combat revolver (1907-1917). Honored master of sports of the USSR (1940). Among his students are Champions of Russia and the USSR.



Впервые Россия приняла участие в Олимпийских играх в 1908 году в Лондоне. Николай Панин-Коломенкин становится первым российским олимпийским чемпионом в фигурном катании на коньках.

The development of physical culture and sports in pre-revolutionary Russian universities received a new impetus in 1907. In the Charters of institutes and universities, there were rules that regulated the creation of student organizations, including sports. As for the physical culture movement in Russia in general, in the second half of the XIX century. Young people are starting to develop



modern sports in the form of sports clubs and clubs. In 1897, the first football team was created in St. Petersburg, and in 1911, the all-Russian football Union was organized, uniting 52 clubs. In 1930, the 1st Russian championship was held.



*The Starostin brothers became the heroes of the revival of the game of football. They staged a demonstration tournament in 1936 in the very center of the country, on red square. [news.rambler.ru](http://news.rambler.ru)*



However, there were no conditions for the development of mass sports. Therefore, in these conditions, only individual athletes were able to show results of international class only due to natural data and perseverance with which they trained. These are well-known-Ivan Maksimovich Poddubny (1871-1949, professional wrestler and athlete), Ivan Mikhailovich Zaikin (1880-1948, wrestler, Aviator, circus performer), Sergey Ivanovich Eliseev (1876-1939) - strongman athlete, the first Russian world champion (1899), and others.

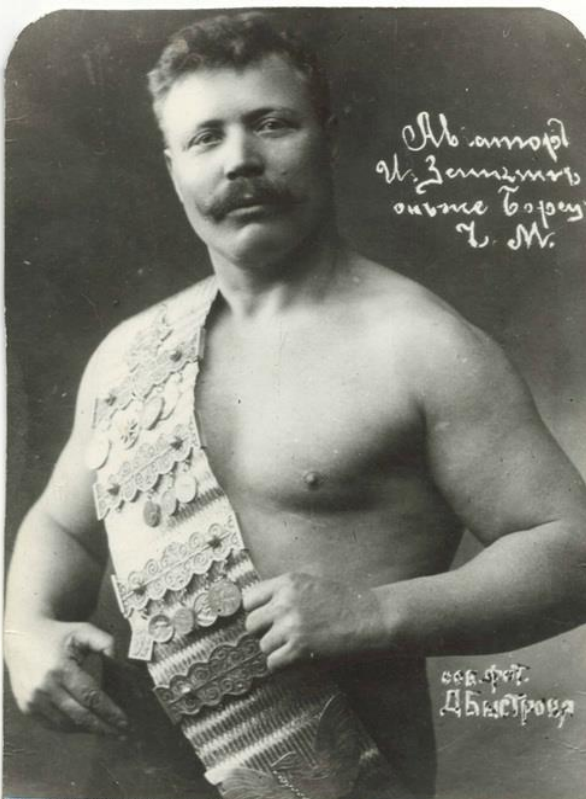
## Иван Поддубный: Чемпион Чемпионов



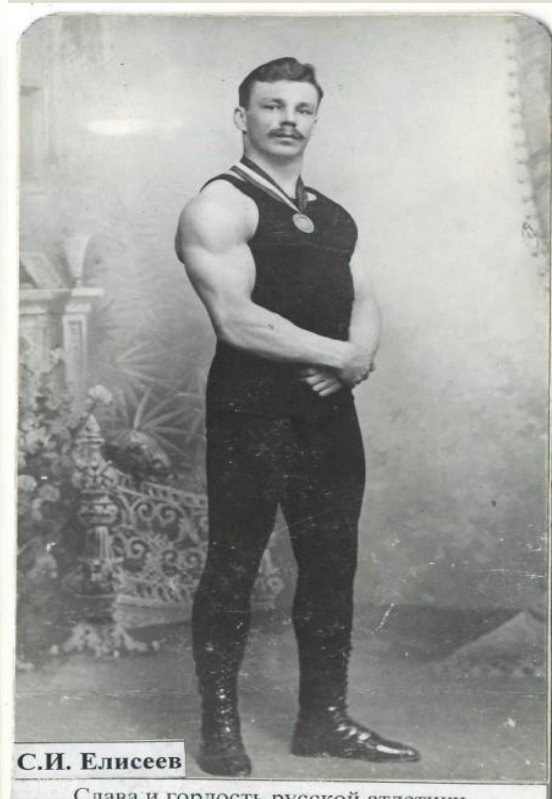
1871-1949



77 лет



Иван Михайлович Заикин 1880-1948г.  
Чемпион мира 1909, 1913гг. Один из сильнейших русских борцов, многими считавшийся вторым после Поддубного.  
Чемпион России 1904г. по гирям. Отличался громадной силой, техникой, выносливостью. Физические данные: Рост-  
186см, вес-130кг, грудь-128см, бицепс-43см, шея-49см, бедро-67см. Был одним из первых авиаторов.



С.И. Елисеев

Слава и гордость русской атлетики

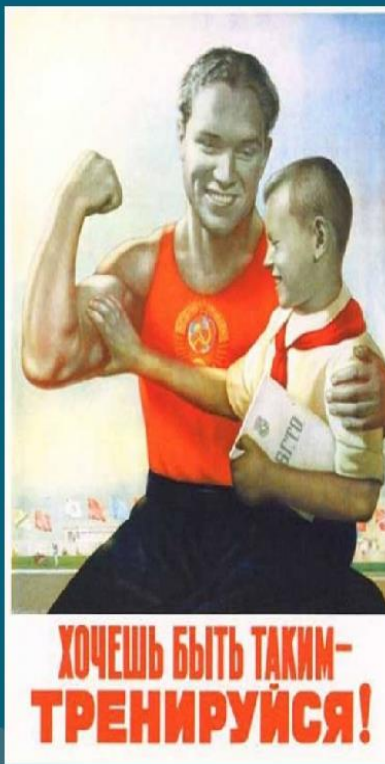
Pursuing the goal of mass military training of workers and education of physically hardened soldiers of the army, in April 1918, a Decree was adopted on the organization of universal military training (universal Education). In a short time, 2 thousand sports grounds were built, and in 1918 the first IFC in the country was organized in Moscow, now the Russian state University of physical culture, sports, youth and tourism, and in 1919 Higher courses of Peter Frantsevich Lesgaft in Leningrad were renamed the State Institute of physical education (GIFO) now the national state University of physical culture, sports and health named after P. F. Lesgaft. by the way, it was founded in 1896 by P. F. Lesgaft in St. Petersburg as "Higher Courses for teachers and managers of physical education".



In 1931-1932, the sports complex "Ready for labor and defense of the USSR" was introduced. In 1939, a new improved TRP complex was introduced, and in the same year an annual holiday was established - the all-Union day of physical culture students.



*Лозунги ГТО*



*March 24, 2014 year, the President of Russia signed a decree that ruled until June 15, 2014 to approve the " Regulations on the all-Russian physical culture and sports complex "Ready for labor and defense "(GTO)", to develop accompanying legal acts by August 1, and to put the complex into effect from September 1.*



**Всероссийский  
физкультурно-спортивный комплекс  
«Готов к труду и обороне»**



## Цели и задачи комплекса ГТО :

- повышение эффективности использования возможностей физической культуры и спорта в укреплении здоровья, гармоничном и всестороннем развитии личности, воспитании патриотизма и обеспечение преемственности в осуществлении физического воспитания населения;
- увеличение числа граждан, систематически занимающихся физической культурой и спортом в Российской Федерации;
- повышение уровня физической подготовленности и продолжительности жизни граждан Российской Федерации;
- формирование у населения осознанных потребностей в систематических занятиях физической культурой и спортом, физическом самосовершенствовании и ведении здорового образа жизни;
- повышение общего уровня знаний населения о средствах, методах и формах организации самостоятельных занятий, в том числе с использованием современных информационных технологий;
- модернизация системы физического воспитания и системы развития массового, детско-юношеского, школьного и студенческого спорта в образовательных организациях, в том числе путем увеличения количества спортивных клубов.



Всероссийский физкультурно-спортивный комплекс предусматривает подготовку к выполнению и непосредственное выполнение различными возрастными группами (от 6 до 70 лет и старше) населения Российской Федерации установленных нормативов Всероссийского физкультурно-спортивного комплекса по 3 уровням трудности, соответствующим золотому, серебряному и бронзовому знакам отличия Всероссийского физкультурно-спортивного комплекса и основывается на следующих **принципах**:

1. добровольность и доступность;
2. оздоровительная и лично ориентированная направленность;
3. обязательность медицинского контроля;
4. учет региональных особенностей и национальных традиций



## 2. История студенческого спортивного движения в России.

### \* История студенческого спортивного движения России

**1901 г.** – на базе Петербургского университета были открыты **курсы атлетики и физического развития**

**1910 г.** – образована студенческая спортивная лига, объединившая **13** петербургских **студенческих обществ**

**1911 г.** - прошли **первые официальные студенческие соревнования** в России (л/атлетика, мужчины)

**1929 г.** - **физическое воспитание** вводится в вузах страны как **обязательный предмет**

# \* Этапы развития студенческого спортивного движения в России

## I этап – конец 20-х – середина 30-х годов XX века:

организационное оформление студенческого спорта, создание коллективов физической культуры в учебных заведениях страны, организация и проведение первых всесоюзных студенческих соревнований

II этап 1936-1937 гг.: образуются добровольные спортивные общества (ДСО), в частности ДСО «Медик»



# \* Этапы развития студенческого спортивного движения в России

## III этап

В 1957 г. - Создание всесоюзного студенческого  
спортивного общества «Буревестник»;

В 1987 году ЦС «Буревестник» был преобразован в  
Центральный спортивный клуб  
«Буревестник» ВДФСО профсоюзов.

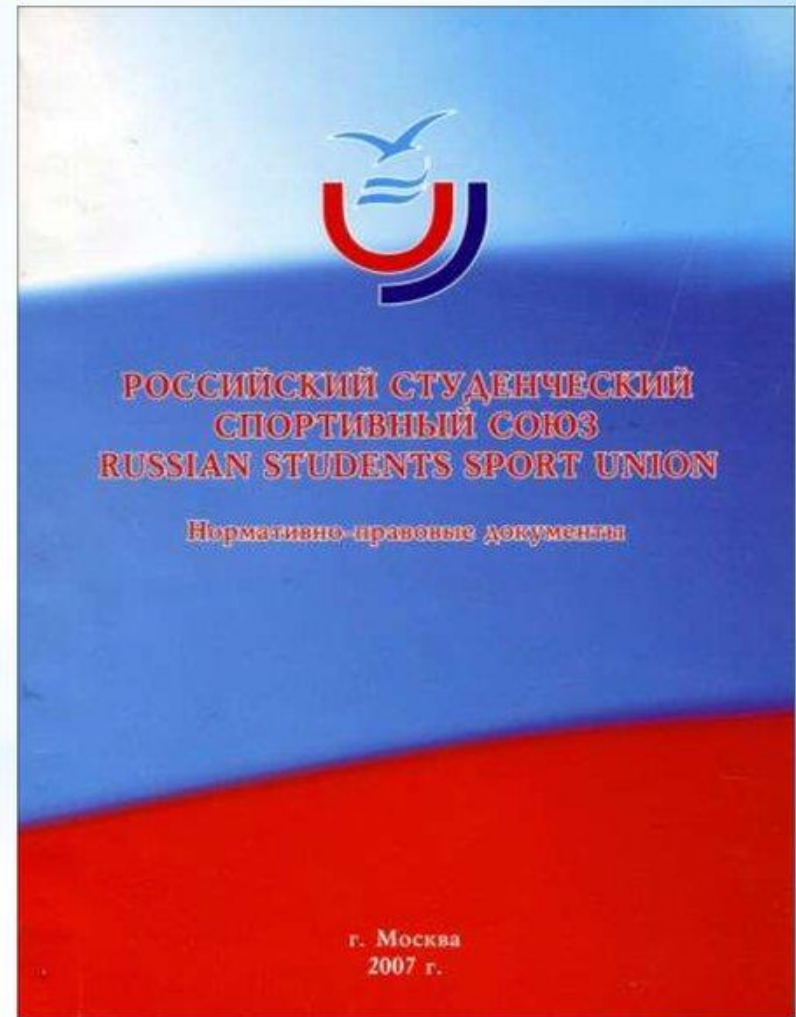


# \* Этапы развития студенческого спортивного движения

## IV этап

октябрь 1993 г. образован  
Российский студенческий  
спортивный союз

Почетный президент –  
Олег Васильевич  
Матыцин



## **Российский студенческий спортивный союз (РССС) -**

общероссийская общественная организация, объединяющая 64 региональных отделения в 8 федеральных округах РФ. РССС образован в 1993 году по инициативе Минобразования России, Госкомспорта России и Олимпийского комитета России.

В соответствии с Федеральным законом «О физической культуре и спорте» Российский студенческий спортивный союз является субъектом физической культуры и спорта в Российской Федерации.

РССС является полномочным представителем России в Международной федерации студенческого спорта (FISU) и Европейской ассоциации студенческого спорта (EUSA).

**Основная цель деятельности РССС** – содействие государству в реализации стратегии молодежной политики посредством эффективной организации системы студенческого спорта в Российской Федерации и развития международного сотрудничества в данной области.

РССС осуществляет общую координацию деятельности спортивных клубов и физкультурных организаций более, чем 600 высших учебных заведений страны по развитию студенческого спорта в Российской Федерации.

**Главным аспектом взаимодействия является создание и развитие студенческих лиг и ассоциаций по видам спорта, популяризация спорта среди студенческой молодежи.**

По инициативе РССС возобновлены традиции проведения **всероссийских универсиад** (с 2008 года) и положено начало традиции проведения **всероссийских фестивалей студенческого спорта** (с 2009 года).

Под эгидой РССС ежегодно проводятся **всероссийские соревнования среди студентов и чемпионаты РССС.**

Российский студенческий спортивный союз выступал одним из инициаторов проведения в России XXVII Всемирной летней Универсиады 2013 года в г.Казани и XXIX Всемирной зимней Универсиады 2019 года в г.Красноярске.

**Универсиада** (Universiade) — международные и национальные спортивные соревнования среди студентов, проводимые Международной федерацией университетского спорта (FISU). Название «Универсиада» происходит от слов «Университет» и «Олимпиада». Часто упоминается, как «Всемирные студенческие игры» и «Всемирные университетские игры».



1945 год - образуется  
Международный студенческий  
союз (UIE), а затем  
Международная федерация  
Университетского спорта  
(FISU)





## \* Символ международной студенческой организации



Как символ международной студенческой организации, была утверждена буква «U» в окружении 5 разноцветных звезд, символизирующих пять континентов. Одновременно было решено в честь победителей Игр исполнять студенческий гимн «Гаудеамус».

**СИНИЙ – ЕВРОПА**  
**ЖЕЛТЫЙ – АЗИЯ**  
**ЧЕРНЫЙ – АФРИКА**  
**ЗЕЛЕНый – АВСТРАЛИЯ**  
**КРАСНЫЙ – АМЕРИКА**



# \* Первая летняя универсиада

1959 год - Всемирные студенческие игры  
именуются Универсиадами .Турин, Италия.



# ИТОГИ ЛЕТНИХ УНИВЕРСИАД

По итогам Универсиады-2013 сборная России заняла 1-е место в медальном зачете, на втором месте китайцы, на третьем – японцы



## 2013

Первая пятерка

	З	С	Б	Всего
1  Россия	155	75	62	292
2  Китай	26	29	22	77
3  Япония	24	28	32	84
4  Юж. Корея	17	12	12	41
5  Белоруссия	13	13	14	40



Universiade SHENZHEN 2011

## 2011

	З	С	Б	Всего
1  Китай	75	39	31	145
2  Россия	42	45	45	132
3  Юж. Корея	28	21	30	79
4  Япония	23	26	38	87
5  США	17	22	11	50



## 2009

	З	С	Б	Всего
1  Россия	27	22	27	76
2  Китай	22	21	15	58
3  Юж. Корея	21	11	15	47
4  Япония	20	21	32	73
5  США	13	13	13	39



24th UNIVERSIADE BANGKOK 2007

## 2007

	З	С	Б	Всего
1  Китай	33	31	28	92
2  Россия	28	28	39	95
3  Украина	28	22	20	70
4  Япония	19	15	22	56
5  Юж. Корея	15	18	18	51



## 2005

	З	С	Б	Всего
1  Россия	26	16	23	65
2  Китай	21	16	12	49
3  Япония	18	18	20	56
4  Украина	18	16	18	52
5  США	17	12	14	43

## Летняя Универсиада-2015. Медальный зачет

Место	Команда	Золото	Серебро	Бронза	Итого
1	 Korea	47	32	29	108
2	 Russian Fed.	34	39	49	122
3	 China	34	22	16	72
4	 Japan	25	25	35	85
5	 United States	20	15	18	53
6	 France	13	9	8	30
7	 Italy	11	14	17	42
8	 Ukraine	8	17	6	31
9	 IR Iran	7	2	6	15
10	 Chinese Taipei	6	12	18	36





UNIVERSIADE  
**TAIPEI**  
2017 ★★☆☆  
臺北世大運



**For You · For Youth**

## Универсиада 2017 года в Тайбэе. Тайвань.

Сборная России на 29-х по счету летних Всемирных студенческих играх заняла четвертое место в общекомандном зачете, впервые с 2001 года по числу золотых медалей не попав в тройку сильнейших команд.

Универсиада длилась с 19 по 30 августа. За это время был разыгран 271 комплект наград в 21 виде спорта, в соревнованиях приняло участие более 7,5 тысяч спортсменов из 144 стран. В российской делегации было 348 спортсменов, представляющих более сто вузов страны, в том числе и спортсмены-студенты иностранных университетов.

На первой строчке медального зачете расположилась сборная Японии (37-27-37), вторую позицию заняла команда Южной Кореи (30-22-30), третье место у сборной Тайваня (26-34-30). Сборная России завоевала 25 золотых, 31 серебряную и 38 бронзовых медалей. Всего россияне выиграли 94 награды и по общему количеству медалей уступили только японцам (101).

## Зимняя универсиада 1960

- \* Первая зимняя универсиада прошла в Шамони, Франция с 28 февраля по 6 марта 1960 года
- \* Медальный зачет:

Страна	Золото	Серебро	Бронза	Всего
Франция	4	2	1	7
СССР	3	1	1	5
Чехословакия	2	5	0	7



В ней приняли участие **145 спортсменов из 16 стран**. В программу соревнований входило **пять видов спорта**: горнолыжном спорте, лыжном двоеборье, лыжных гонках, прыжках на лыжах с трамплина и фигурном катании. Разыграно 13 комплектов медалей.



KRASNOYARSK 2019  
29<sup>TH</sup> WINTER UNIVERSIADE  
BIDDING CITY



# МЕДАЛЬНЫЙ ЗАЧЕТ XXIX ВСЕМИРНОЙ ЗИМНЕЙ УНИВЕРСИАДЫ 2019 ГОДА В Г. КРАСНОЯРСКЕ

1 HD



ЗОЛОТО



СЕРЕБРО



БРОНЗА

ВСЕГО



РОССИЯ

12

16

14

42



КОРЕЯ

3

1

1

5



ШВЕЙЦАРИЯ

2

2

1

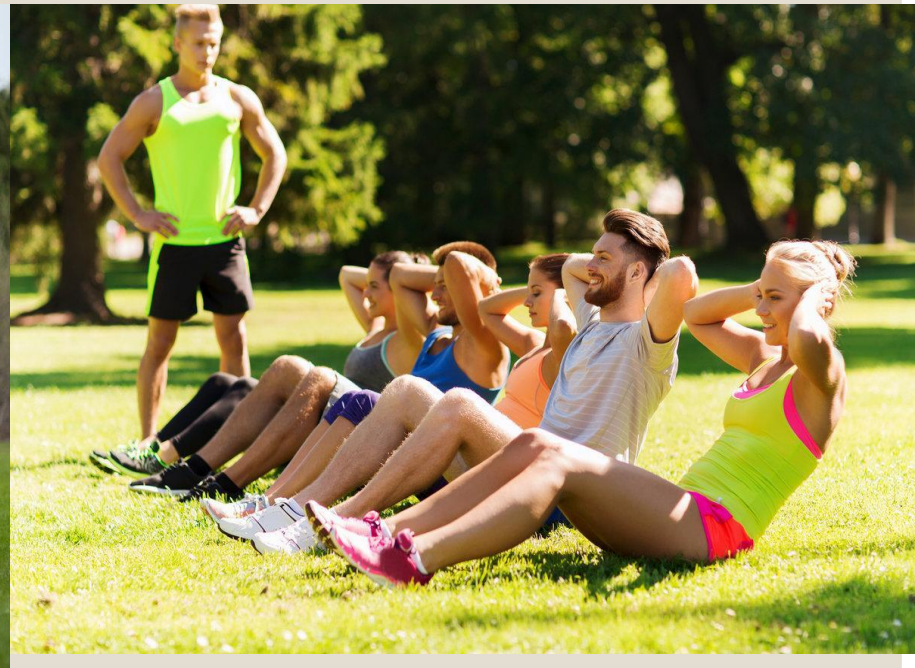
5

### *3. Basic concepts and definitions in the field of physical culture.*

- The term "**physical culture**" first appeared in England in the late 19th century. In 1899, the English "Physical culture" was translated into Russian as physical development, in 1908 the German "Körperkultur" - as body culture, beauty and strength. And only since 1911 there are works in which the term "physical culture" is found in Russian. Initially understood as a literal translation from English and German, the term later came to include health protection, diet, sleep and rest, personal and public hygiene, the use of natural factors (sun, air and water), exercise and physical labor. There is no single universally recognized concept of physical culture at the present time.



***Physical culture*** is a part of culture that is a set of values, norms and knowledge created and used by society for the purpose of physical and intellectual development of human abilities, improvement of motor activity and formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development (in accordance with the Federal law of the Russian Federation of December 4, 2007 N 329-FZ "on physical culture and sports in the Russian Federation").



Physical culture is represented by a set of material and spiritual values. The first include:

sports facilities (stadiums, swimming pools, sports palaces, sports halls), sports equipment, equipment and exercise equipment (for example, gymnastic equipment, equipment for skiing, speed skating and athletics, etc.), sports clothing, etc.

The spiritual values include: human activity in the field of physical culture, which is reflected in literature, painting, sculpture, music, films and videos, as well as new scientific data concerning the structure, development and functioning of the human body and its relationship with nature.

- **SPORT** Sport is a part of physical culture that has historically developed in the form of competitive activity and special training for it. Modern sports are divided into: mass sports of the highest achievements. Signs of sports - competitive beginning, the desire to win and achieve high results, requiring increased mobilization of physical, mental and moral qualities of a person, which are improved in the process of rational training and participation in competitions.



- **Mass sports** - a part of sports aimed at physical education and physical development of citizens through organized and (or) independent classes, as well as participation in physical culture events and mass sports events;
- **High performance sports** - a part of sports aimed at achieving high sports results by athletes at official all-Russian sports competitions and official international sports competitions;
- **Professional sports** - a part of sports aimed at organizing and conducting professional sports competitions;



- **Children's and youth sports** - a part of sports aimed at the sports training of minors in organizations that provide sports training, as well as the participation of such citizens in sports competitions in which athletes who have not reached the age of eighteen years or other age specified for this purpose in the Federal standards of sports training are the main participants;
- **Student sports** - part of sports aimed at physical education and physical training of students in professional educational organizations and higher education institutions, their preparation for participation and participation in physical culture events and sports events, including official physical culture events and sports events;



Physical training is a pedagogical process, the purpose of which is to teach technical techniques, tactical actions and improve technical and tactical skills, develop physical, mental, moral and volitional qualities, and create conditions for sports achievements.

Physical activity is the amount of impact of physical exercises on the body of students, which is determined by the amount of energy consumption of the body, the power developed (maximum, submaximal, large, moderate) or the work performed.

**Physical development** is a natural biological process of formation and changes in the complex of morphological (growth rate, body weight gain, a certain sequence of increase in various parts of the body and their proportions) and functional (VEL, BMD, muscle development and muscle tone, state of the musculoskeletal system, development of the subcutaneous fat layer, tissue turgor, i.e. maturation of various organs and systems at a certain stage of development) indicators that determine the physical performance and level of biological development of an individual at the time of examination. For medical and pedagogical practice, physical development is most often determined by total, relatively easy to measure indicators: body length and weight, chest and head circumference, state of fat and muscle mass, muscle strength and endurance, joint flexibility, heart rate, blood PRESSURE, and according to somatic examination (human appearance) with subsequent calculation of indices.



**Physical perfection** – the ability to perform physical activities at the maximum volume and pace that can be shown for a given gender and age. Until about 25 years of age, a person can accumulate physical and functional reserves beyond their biological capabilities, then they can maintain them for many years, but, in the end, biological age will gradually reduce the pace and volume of maximum loads. Indicators of physical perfection include:

**Physical health** - the level of adaptive capabilities of the body, which takes into account both homeostasis and functional reserves, and the degree of tension of regulatory mechanisms;

**Physical fitness** - the level of development of physical qualities, skills and abilities necessary for successful performance of this type of activity.

Creative longevity-History knows numerous examples of people who have maintained their creative and physical abilities until old age. For example, the ancient Greek philosopher and playwright Sophocles lived 91 years. He created his tragedy Oedipus in Colon at the age of 89. The outstanding Venetian artist Vecellio Titian lived until the age of 99. In the last years of his life, he created such paintings as "Saint Sebastian", "Lamentation for Christ", which are among the highest achievements of the Venetian Renaissance school. Italian sculptor, painter, architect and poet Michelangelo Buonarroti lived 89 years. Creative inspiration did not leave him in his old age. Until the last days of his life, he was indefatigable in his work, and He worked on the sculpture group "Taking off the cross" for 6 years, completing it at the age of 81. A few days before his death, he finished his famous sculpture "Pieta". Giuseppe Verdi - lived 88 years. At 75, he finished the Opera Othello, and at 80, he wrote his last Opera, Falstaff.

The painter I. K. Aivazovsky lived for 83 years. In the last two years of his life, he created the paintings "Sea Bay", "Calm off the coast of Crimea". Being a very old man, he was full of creative ideas and worried that he would not have time to implement them. On the day of his death, he painted the canvas "Explosion of a Turkish ship". Russian artist Ilya Repin worked tirelessly until the last days of his life. In his old age, his right hand began to function poorly, so he learned to write with his left hand. Shortly before his death, 86-year-old Repin began working on a new big picture "Hopak", perky and fun. Leo Tolstoy lived for 82 years. Not everyone knows that he learned to ride a Bicycle at the age of 65. At the age of 75 he was still on skates. And when he was in his 80s, Delir rode his horse for 20-kilometer daily walks. In 1975, the first world championship of veteran athletes was held in Toronto, bringing together about 1,700 athletes from different countries. Scotland's Duncan mcleay had the best time in the 100m. He ran this distance in 16 seconds, Duncan mcleay was 91 years old. The record holder of longevity among marathon runners can be called the Greek D. Iordanidis, who at the age of 98 overcame the entire marathon route of running 42 kilometers 195 meters. It took him 7 hours and 40 minutes to do this.

Functional readiness – the ability of various functional systems to provide optimal and, if necessary, maximum performance, to rebuild, compensate and restore the body without disrupting its homeostasis. Functional fitness reflects the state of fitness of the organs that provide oxygen transport and blood circulation (i.e., the lungs, heart, respiratory and cardiovascular systems). In order to improve functional fitness, it is recommended to use large muscle groups, with a heart rate of 130-150 beats/min. The greatest effect can be achieved by running, long walks, skiing, Cycling, and swimming. Among sports games, badminton is recommended, it is the least difficult in technical terms and the necessary pace of training is quickly achieved.

## 4. Normative documents in the field of physical culture and sports

- Currently, the legal basis of physical culture and sports is enshrined in various state documents. The most significant ones are the Constitution of the Russian Federation, which establishes the rights of citizens to engage in physical culture and sports. In other words, it implies the right to:
  - a) promotion and financing by the state of the development of physical culture and sports;
  - b) equal access to physical education and sports;
  - c) state support for sports associations.
  - d) providing the population with the necessary number of sports facilities;
  - e) providing and stimulating the creation of sports-oriented additional education institutions.

Federal law "on physical culture and sport in the Russian Federation" (adopted in 2007). The Law consists of 8 chapters and 43 articles covering all types, forms and directions of development of physical culture and sport in society. For example, in article 11 " the Russian Olympic movement. The Russian Olympic Committee " States that the Russian Olympic movement is an integral part of the international Olympic movement, whose goals are to promote and implement the principles of the Olympic movement, promote the development of physical culture and sports, strengthen international sports cooperation, participate in the Olympic games and other international sports events held under the patronage of the International Olympic Committee. The Russian Olympic Committee is the head of the Olympic movement in the country, promotes the principles of the Olympic movement in the Russian Federation, promotes the development of high-performance and mass sports, and represents the Russian Federation at the Olympic games and other international sports events in accordance with the Olympic Charter of the International Olympic Committee.

Article 28 "Physical culture and sport in the educational system" reflects the main features of the organization of physical education and education in educational institutions. These organizations carry out: conducting compulsory physical education classes within the main educational programs in the amount established by state educational standards, as well as additional (optional) physical exercise and sports classes within the additional educational programs; create conditions, including providing sports equipment and equipment, for carrying out complex events on physical culture and sports training of students and other events. The article also States that educational institutions are required to conduct annual monitoring of physical fitness and physical development of students.

Article 26 "Countering the use of doping means and (or) methods in sports" States that the use of prohibited stimulants that are harmful to human health is prohibited. Measures to counteract the use of doping tools include: inclusion in additional educational programs of educational institutions that carry out activities in the field of physical culture and sports, sections on causing harm to the health of athletes due to the use of doping tools and (or) methods; conducting anti-doping propaganda in the media, etc.

Article 29 refers to the physical training of citizens of pre-conscription and military age to defend the Fatherland.

Other articles refer to the Russian Paralympic movement, sports clubs, sports titles and sports categories, adaptive physical culture, training of sports reserves, high-performance sports, and the responsibility of officials for the implementation of this Federal law.

The subjects of the Russian Federation have developed their own laws on physical culture and sports, which are formed on the basis of the Federal law "on physical culture and sports".



- Resolution of the State Council of the Russian Federation " on the development strategy of Russia until 2020»;
- Federal law No. 273-FE of December 29, 2012 "on education in the Russian Federation"; Strategy for the development of physical culture and sports in the Russian Federation for the period up to 2020, approved by decree of the Government of the Russian Federation No.
- 1101 - R of August 7, 2009; State program of the Russian Federation "Development of physical culture and sports in Russia for 2016-2020", approved by the Decree of Russian Government dated 15 April 2014 № 302;
- Concept of development of student sports in the Russian Federation for the period up to 2025; order of the Ministry of sports of the Russian Federation No.
- 1007 dated 21.11.2017 Decree of the Government of the Russian Federation No.
- 2403-R of November 29, 2014 on approval of the Fundamentals of the state youth policy of the Russian Federation for the period up to 2025 Government resolution No.
- 1493 of December 30, 2015 on the State program "Patriotic education of Russian citizens for 2016-2020" Decree of the President of the Russian Federation of 24.03.2014 No.
- 172 "on the all-Russian sports complex" Ready for labor and defense " (TRP) «Decree Of the government of the Russian Federation No. 540 of 11.06.2014 " on approval of The regulations on the WFSK TRP»

# 5. Forms of management of physical culture and sports in the Russian Federation.

## I. ГОСУДАРСТВЕННАЯ



**Михаил Альбертович  
Мурашко**

**Министр здравоохранения  
Российской Федерации**



**Олег Васильевич  
Матыцин**



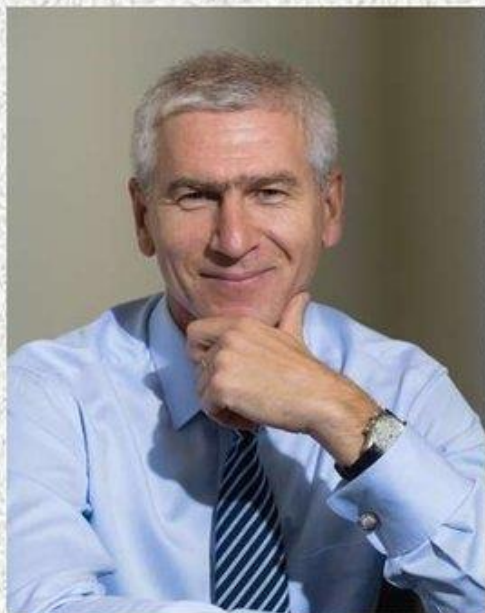
**Министерство спорта  
Российской Федерации**



**Министр науки и высшего  
образования Российской  
Федерации**

**Валерий Николаевич  
Фальков**





# Формы руководства физической культурой и спортом в России

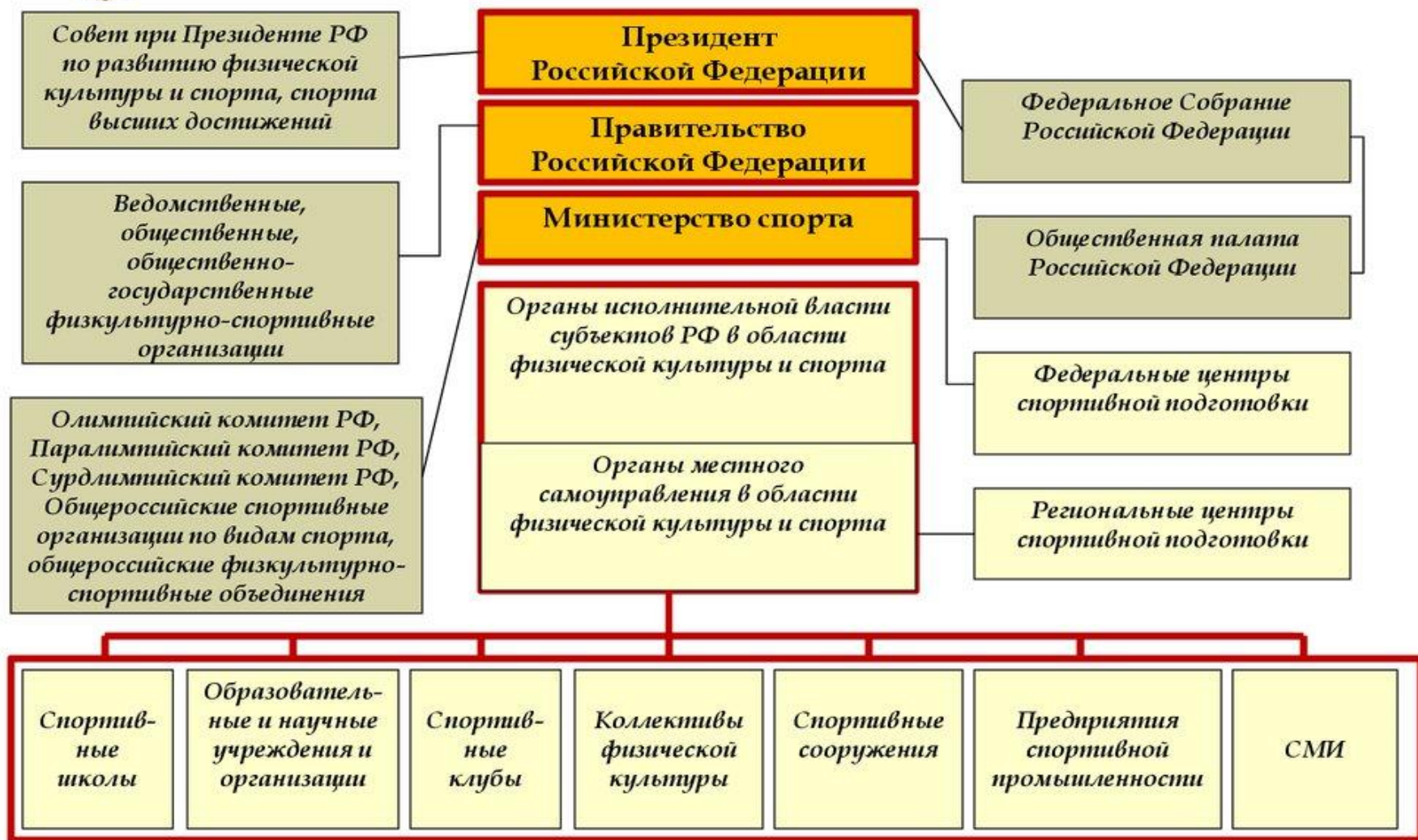
II. Общественная  
**Российский студенческий  
спортивный союз**  
почётный президент  
Матыцин Олег Васильевич



и.о. президента РССС  
Сейранов Сергей Германович



# Структура управления физической культурой и спортом в Российской Федерации





## 6. Physical education, means of physical culture.

**Physical education** is a pedagogical process aimed at the formation of special knowledge, development of physical qualities, training in motor actions, education of moral, volitional and moral personality traits.

- development of physical qualities (strength, speed, endurance, coordination, flexibility);
- learning motor actions (technique of movements in different sports – fencing, shooting, sports, fighting, etc.);
- the formation of special knowledge in this area (related to physiology and human psychology, methodology of training, safety on them, etc.) education for moral and volitional and moral personality traits (determination, commitment, persistence, responsiveness, etc.).

- Only if all these provisions are implemented, the educational process can be considered aimed at the formation of physical culture of the individual and its proper harmonious development.
- Personal physical culture is a set of knowledge, motives and needs that determine the level of health, physical development, development of motor qualities and skills, as well as the ability to carry out proper motor physical culture and sports activities.



**Skills** – proficiency in equipment operation, in which, increased focus on composite operations (part of), there has been slow implementation; the unstable result, low resistance, weak memory.

In the process of repeatedly repeating a motor action, it is gradually automated, and motor skills become a skill.

**Skill** - the degree of mastery of the action technique, in which the movement control (movements) is automatic and actions are reliable.

A strong motor skill persists for many years.

A classic example: once you learn to ride a bike or swim, which are complex motor skills, you can't forget how to do it.





# The purpose of physical education in higher education

Formation of medical students' attitude to physical culture as a necessary link of General cultural value and General health tactics in professional activities.



## Tasks of physical education

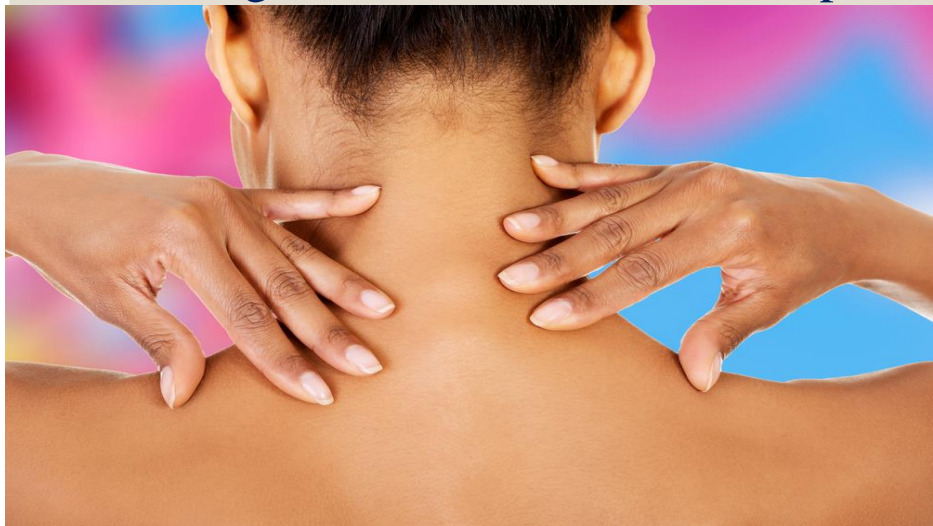
- Develop motivational and value attitudes among medical students to meet the requirements of the University program "Physical culture and sport" and further use of physical culture tools and methods as an integral component of a healthy lifestyle, a factor of General cultural development and mastering the medical profession. To strengthen the health of students, to increase and maintain at an optimal level physical and mental performance, athletic fitness, psychomotor ability.



- Instill knowledge and teach practical skills in the use of physical culture to strengthen and restore health.
- Teach various motor skills, combining them with professional and applied physical training.
- Develop and improve physical qualities, maintaining them at the proper level, throughout life.



- Teach methods for assessing the physical, functional, psychoemotional and energy state of the body and methods of correction by means of physical culture.
- Teach the implementation of self-and mutual control in group and individual classes by means of physical culture and keeping a diary of self-control.
- Teach the basics of massage and self-massage.
- Teach the preparation and conduct of morning hygiene and industrial gymnastics complexes, develop skills to meet the requirements of personal and public hygiene, motivational and value-based attitude to the daily performance of the motor regime, instill an interest in sports and a desire to give up bad habits.



## In the process of physical education, the following tasks are solved:

- **Wellness** (health promotion, improvement of physique, achieving and maintaining high performance);
- **educational** (formation and bringing to the necessary perfection of applied and sports skills, acquisition of special knowledge);
- **educational** (formation of moral and strong-willed qualities, promotion of labor and aesthetic education).

## **The General principles on which the national system of physical education is based are:**

- the principle of all-round harmonious development of the individual;
- the principle of connection of physical education with labor and defense practice;
- the principle of health-improving orientation.

# Medical group

1. Main
2. Preparatory
3. Special





Students of the main medical group-the practical section of the program is implemented in the main educational Department of the sports section.;

preparatory medical group - in the preparatory Department;

special medical group - in a special or medical training

Department, depending on the state of health, physical condition of the body, physical development.

Students with low physical development who have functional abnormalities as a result of an acquired disease are sent to a special educational Department.

## 7. Specific features of training at a medical University.

- The longest school day  
The long-term learning  
Long transport movements around the city (due to the location of clinical bases)
- The need to work after school in the library, in departments with drugs  
Work in contact with patients (night shifts, industrial practice)
- Psychoemotional experiences associated with illness, and sometimes death of patients



## 8. Federal state educational standard-physical culture - requirements for the development of the discipline.

### State curriculum in physical education for students of medical and pharmaceutical universities

- State curriculum in physical education for students of medical and pharmaceutical universities.
- In 1987, the concept of a separate physical education program for students of medical and pharmaceutical universities of the Russian Federation was developed.
- In 1989, at the final all-Union conference of heads of physical education departments of medical and pharmaceutical universities, a separate program for the discipline was approved.



- State curriculum in physical education for students of medical and pharmaceutical universities. In 2011, the Ministry of health approved the sample Program and the sample work Program for the discipline " Physical culture».
- Since 2015 "Physical culture and sport "in medical and pharmaceutical universities is implemented in two academic disciplines: " Physical culture and sport -72 hours "and" Elective physical culture disciplines " in the amount of 328 hours.
- From 2019 In higher education institutions, it is implemented in two academic disciplines: "Physical culture and sport -72 hours" "Elective disciplines in physical culture" in the amount of 164 hours of practical part and 164 hours of independent classes for students.

**In accordance with the FSES IN III++, (discipline " Physical culture») A graduate who has mastered the specialty program must have General cultural and professional competencies that correspond to the type (types) of professional activity that the specialty program is focused on:**

**LF: OK-5** readiness for self-development, self-realization, self-education, use of creative potential; **OK-6**-ability to use methods and means of physical culture to ensure full-fledged social and professional activities.

**PF: OK-6**-ability to use methods and means of physical culture to ensure full-fledged social and professional activities; **PC-15**-readiness to teach children and their parents (legal representatives) basic hygiene measures of a health-improving nature, self – control skills of basic physiological indicators that contribute to the preservation and promotion of health, disease prevention; **PC-16**-readiness for educational activities to eliminate risk factors and develop healthy lifestyle skills.

**MPF: UK-7** is able to maintain a proper level of physical fitness to ensure full-fledged social and professional activities;

**OK-8**-the ability to independent, individual work, the ability to self-improvement, self-regulation, self-realization; **PC-18**-the ability and readiness to teach the population the rules of medical behavior, to conduct hygienic procedures, and to develop healthy lifestyle skills.

**SF:**

**OK-6**-ability to use methods and means of physical culture to ensure full-fledged social and professional activities;

**PC-13**-readiness for educational activities to eliminate risk factors and develop healthy lifestyle skills.**FF:**

**OK-6** - the ability to use methods and means of physical culture to ensure the full social and professional activities;

**OPK-8** ability to assess morphological, physiological States and pathological processes in the human body for solving professional tasks;

**PC-14** – ability to conduct outreach to promote healthy lifestyles and life safety;

**UK-7** are able to maintain the proper level of physical fitness for ensuring full social and professional activities.

**KP: OK-8** ability to use methods and means of physical culture to ensure full-fledged social and professional activities;

**PC-7** readiness and ability to provide psychological counseling to the population for the purpose of psychoprophylaxis to preserve and improve mental and physical health, to form a healthy lifestyle, as well as personal development.SD:

**OK-4** ability to work in a team, tolerant perception of social, ethnic, religious and cultural differences;

**OK-5** Readiness for self-development, self-realization, self-education, use of creative potential;

**OK-6** - ability to use methods and means of physical culture to ensure full-fledged social and professional activities;

**OPK-4** ability to analyze the results of their own activities to prevent professional mistakes.

## **По окончании изучения дисциплины студент должен уметь:**

1. Чётко объяснять пациентам необходимость и значение физической культуры.
2. Назначать правильный двигательный режим каждому пациенту.
3. Правильно рекомендовать применение средств физической культуры в зависимости от состояния здоровья, физической подготовленности, профессии и психоэмоционального состояния пациента.
4. Правильно построить оздоровительно-тренировочный процесс с учётом состояния здоровья и профессиональной деятельности пациента.
5. Постоянно поддерживать своё физическое состояние и функциональные возможности на должном уровне.
6. Оценить физическое состояние.
7. Использовать методы развития и контроля основных физических качеств.
8. Составить комплекс утренней гигиенической, корригирующей и производственной гимнастики.
9. Овладеть приемами массажа и самомассажа.
10. Применять знания по ППФП, инструкторские и судейские навыки при проведении оздоровительной работы по месту своей профессиональной деятельности.
11. Использовать приобретенные двигательные навыки при самостоятельных занятиях физическими упражнениями.
12. Использовать методы и приёмы агитационно-пропагандистской работы по вовлечению населения занятиями физической культуры и спортом.



## At the end of the course, the student should know:

- basic concepts of the discipline and their fundamental difference;
- influence of regular physical activity, specific sports on human organs and systems, on the body as a whole;
- sanitary and hygienic requirements for physical exercises.
- Possess:
  - available methods for assessing the functional state of the musculoskeletal system, respiratory, cardiovascular, nervous systems, General physical performance and physical condition of patients;
  - methods for correcting the physical condition of patients, taking into account their gender, age, and health abnormalities.



# Forms of physical education

1. Educational-practical, methodical, and lecture classes
2. Physical exercises during the school day
3. Mass physical culture and sports events outside of school hours
4. Classes in sports sections
5. The self-study



## **A specialist in the field of medical education should solve the following professional tasks in rehabilitation activities:**

The ability and willingness to apply various rehabilitation measures (medical, social and professional) among adults and adolescents with the most common pathological conditions and injuries of the body, to determine the indications for transferring patients to specialized groups for physical education after diseases; ability and willingness to make recommendations on the choice of the optimal mode of motor activity depending on the morphofunctional status, to determine indications and contraindications to the appointment of therapeutic physical culture, physiotherapy, reflexology, herbal medicine, homeopathy and other non-drug therapy, to use the main resort factors in the treatment of adults and adolescents.



## **Content of the course " Physical culture and sport»**

The content of the course "Physical culture and sport" focuses students on the study of modern achievements of science and practice of physical culture, the formation of independent thinking and creative approach to the use of physical culture and health activities for the purpose of physical improvement. The development of the program material is carried out in the course of lectures, practical classes, and independent work of students. The lectures form a system of scientific and methodological knowledge in the field of physical culture and sports. Seminars and practical classes provide reproduction of the main provisions of the lecture material with the use of additional educational and methodological materials and information resources. Practical tasks contribute to the formation of methodological skills and physical culture and sports activities. To control the quality of theoretical and practical training of students, testing and evaluation of the development of practical skills are provided. Independent (extracurricular) work is aimed at performing educational and research tasks in the form of messages, preparing reports, writing and defending presentations.

## Credit requirements

- Passing a medical examination 100% attendance of training sessions passing control standards and tests passing the test for the theoretical section of the program
- Students who are exempt from practical training for a long period, disabled people and persons with disabilities, perform written thematic control work and pass the test for the theoretical section of the program.



## 9. Mass sports and recreation work in Ryazan state medical University. Extracurricular work in physical education at the University

1. Scientists have found that the optimal number of active physical exercises for people with intellectual work in a weekly cycle should be 6 -9 hours  
Forms of extracurricular activities:
2. performing physical exercises and recreational activities during the school day;
3. classes in sports clubs, sections, interest groups;
4. Amateur physical exercises, sports, tourism;
5. mass health, physical culture and sports events



# СЕКЦИИ

№	Фамилия, имя, отчество тренера	Название секции	Кол-во студентов	Возраст	Примечание
1.	Сухинин Игорь Викторович	Баскетбол (муж.)		17-28	Преподаватель
2.	Белов Андрей Александрович	Баскетбол (жен.)		—"	Преподаватель
3.	Обертынская Любовь Васильевна	Волейбол (жен.)		—"	Тренер
4.	Самотаев Павел Игоревич	Волейбол (муж.)		—"	Преподаватель
5.	Лушников Михаил Сергеевич	Футбол (муж.)		—"	Преподаватель
6.	Суслова Галина Васильевна	Настольный теннис		—"	Преподаватель
7.	Девяткин Владимир Дмитриевич	Бадминтон		—"	Преподаватель
8.	Кудряшов Сергей Вячеславович	Шахматы		—"	Преподаватель
9.	Котова Галина Владимировна	Аэробика (сотрудники)		—"	Преподаватель
10.	Салтыганова Анастасия Юрьевна	Легкая атлетика (муж.)		—"	Преподаватель
11.	Трушина Нина Ивановна	Волейбол подг. (жен.)		—"	Преподаватель
12.	Салтыганова Анастасия Юрьевна	Легкая атлетика (жен.)		—"	Преподаватель
13.	Мишина Лидия Михайловна	Аэробика сборная		—"	Преподаватель
14.	Девяткин Владимир Дмитриевич	Дартс		—"	Преподаватель
15.	Фалеева Елена Ивановна	Атлетическая гимнастика		—"	Преподаватель
16.	Порядков Сергей Сергеевич	Гиревой спорт		—"	Преподаватель
17.	Пайгильдин Александр Талматович	Дзюдо		—"	Преподаватель
18.	Люднева Елизавета Александровна	Плавание		—"	Преподаватель
19.	Тарасов Олег Владимирович	Футбол (ин.студ.) (жен.футбол)		—"	Преподаватель
20.	Маркова Екатерина Александровна	Стрельба из лука		—"	Тренер
21.	Логонов Александр Николаевич	Волейбол (жен.) 2-я ком.		—"	Преподаватель
22.	Левина Елена Александровна	Аэробика		—"	Преподаватель
23.	Кадиров Мирзо	Бокс		—"	Тренер
24.	Фалеева Елена Ивановна	Атлетическая гимнастика		—"	Преподаватель
25.	Лушников Михаил Сергеевич	Футбол (ин. студ.)		—"	Преподаватель
26.	Пайгильдин Александр Талматович	Самбо		—"	Преподаватель
27.	Порядков Сергей Сергеевич	Стрельба		—"	Преподаватель
28.	Прибылова Светлана Константиновна	ГО		—"	Преподаватель
29.		Волейбол		—"	Тренер
30.		Хоккей		—"	Тренер
	<b>Итого:</b>	-		-	-

## **Sports IV festival of students of medical and pharmaceutical universities of Russia "Physical culture and sport-the second profession of a doctor" Ryazan**

The sports festival of students of medical and pharmaceutical universities of Russia "Physical culture and sport – the second profession of a doctor" has been held since 2012 under the auspices of the Ministry of health of the Russian Federation and the Council of rectors of medical and pharmaceutical universities of Russia. Competitions are held in three stages: in universities, Federal districts, and the final stage. In 2015, the final competitions of the festival were held at the Ryazan state medical University named after academician I. p. Pavlov.

**The festival aims to strengthen sports traditions and promote healthy lifestyles of students, teachers and employees of medical and pharmaceutical universities.**





On April 3, 2015, the IV festival of students of medical and pharmaceutical universities of Russia "Physical culture and sport – the second profession of a doctor" in Ryazan opened in the track and field arena "Yunost". For three days from April 3 to 5, Ryazan was the center of student sports. Teams from 38 Russian medical universities arrived in Ryazan state medical University to participate in the festival. There were competitions in student all-around, volleyball, streetball, kettlebell, Darts, chess, badminton, swimming and table tennis. Athletes competed on the sports grounds of the Ryazan state medical University named after academician I. p. Pavlov. A total of 572 people took part in the competition. On April 5, at the closing ceremony of the festival, the results were summed up and the winners and prize-winners were awarded.



## The results of the festival

**Winners in the team competition:**

**Third place - the team Of the first Moscow state medical University named after Sechenov.**

**The second place was taken by the team of Volgograd state medical University.**

**First place-team Ryazan state medical University. Acad. I. p. Pavlov.**





**Спортивный V фестиваль студентов медицинских и фармацевтических вузов России «Физическая культура и спорт – вторая профессия врача» г. Санкт-Петербург**

- **On April 24-28, 2016, the final stage of the Festival of sports for students of medical and pharmaceutical universities of Russia "Physical culture and sport – the second profession of a doctor" was held .**
- The fight was serious! Students-athletes from 37 medical and pharmaceutical universities from all over Russia came to compete for the title of Champions in chess, basketball, volleyball, kettlebell lifting, Darts, table tennis, swimming, badminton and for the first time in the history of the Festival – in the summer all-around TRP.
- All participants adequately presented their universities.
- Altai state medical University won the most awards. First place for mass performance, for skill and first place in the team competition.
- The Altai University sports team took second place in kettlebell lifting;
- third place in men's volleyball; first place in women's volleyball.

○

The second place was taken by Ryazan state medical University named after academician Pavlov with the results: - second place for mass performance, 3rd place for skill, 2nd place in the team competition: 2nd place in women's basketball, 3rd place in women's volleyball, 1st place in table tennis and 3rd place in the summer all-around TRP.

- In the third position in terms of the number of places occupied on the podium, the first Saint Petersburg state medical University named after academician Pavlov took the second place for the skill of performances at competitions and the third place in the team competition: 1st in swimming, 3rd in women's basketball, 3rd in table tennis.
- The first Saint Petersburg state medical University named after academician I. p. Pavlov, which organized the sports Festival this year, congratulates all participants on their well-deserved victories! See you at the next Festival! <https://youtu.be/pw7HYoueSbU>

- **Volleyball (women)**
- Altai state medical University
- I. M. Sechenov first Moscow state medical
- University Ryazan state medical University named after academician I. p. Pavlov
- **Table tennis**
- Ryazan state medical University named after academician I. p. Pavlov
- Stavropol state medical University
- The first Saint Petersburg state medical University. academician I. p. Pavlov
- **The summer all-round**
- TRP Kemerovo state medical Academy
- South Ural state medical University
- Ryazan state medical University named after academician I. p. Pavlov
- **Basketball (women)**
- Krasnoyarsk state medical University named after Professor V. F. Voyno-Yasenetsky
- Ryazan state medical University named after academician I. p. Pavlov
- The first Saint Petersburg state medical University. academician I. p. Pavlov

- 
- **Список лучших спортсменов**
- **Волейбол (жен)** Фёфёлова Елизавета Дмитриевна (Рязанский государственный медицинский университет им. академика И.П. Павлова).
- **Настольный теннис** Дёмин Дмитрий Александрович (Рязанский государственный медицинский университет им. академика И.П. Павлова).
- **Плавание** Бражникова Анна (Первый Санкт-Петербургский государственный медицинский университет им. академика И.П. Павлова).
- **Летнее многоборье ГТО** Шахин Хамзи (Рязанский государственный медицинский университет им. академика И.П. Павлова).
- **Дартс** Вавилов Александр (Кировская государственная медицинская академия).
- **Волейбол (муж)** Ермолаев Иван Леонидович (Российский национальный исследовательский медицинский университет имени Н.И. Пирогова).
- **Гиревой спорт** Мартынов Эдуард Спартакович (Омский государственный медицинский университет).
- **Баскетбол (муж)** Семенов Павел (Воронежский государственный медицинский университет им. Н.Н. Бурденко).
- **Баскетбол (жен)** Матинская Екатерина (Красноярский государственный медицинский университет имени профессора В.Ф. Войно-Ясенецкого).
- **Шахматы** Юдин Иван (Первый Московский государственный медицинский университет имени И. М. Сеченова).
- **Бадминтон** Тан Е Лин (Волгоградский государственный медицинский университет)

## Спортивный VI фестиваль студентов медицинских и фармацевтических вузов России «Физическая культура и спорт – вторая профессия врача» г. Казань

1. **Сроки:** 22-27 апреля 2017 года.
2. **Судейский состав:** главный судья – заслуженный тренер Российской Федерации О.И. Павлова, судьи по видам спорта из спортивных федераций Республики Татарстан.
3. **Количество участников:** 790 участников, 35 вузов России и один вуз из Китайской народной Республики:





## **Festival winners:in the category "for mass performances at the Festival":**

1st place-the team of the Altai state medical University,

2 place - the command of the Volgograd state medical University,

3rd place - team of Ryazan state medical University named after I. p. Pavlov  
In the category "Team competition of the final of the Festival":

1st place - the team of the Altai state medical University,

2nd place – Krasnoyarsk state medical University named after Professor V. F. Voino-Yasenetsky,

3rd place - team of Ryazan state medical University named after I. p. Pavlov.





irina\_titova



irina\_titova



**Sports VII festival of students of medical and pharmaceutical universities of Russia "Physical culture and sport-the second profession of a doctor" Izhevsk**

➤ *May 8, 2018. Ryazan-2 Railway Station. An Express train is approaching the platform, where people are already waiting with smiles on their faces. Well, Hello, Ryazan! We came back with a win! 20 points lead! before the first suitcase could touch the ground, a phrase floated out. - We are the best! We won in all categories! All 3 gold cups were taken by Riazgmu! 1st place in the team competition! Our team scored 130 points! Jubilation is no longer contained, and no one is trying! Smiles, hugs, laughter! And happy eyes are turned to the man in the formal suit. Rector of Ryazan state University Roman Kalinin arrived at the station to greet his students and be the first to shake their hands and say important words. "You showed a phenomenal result! But winning once is not about us! Now the task is to hold. We will keep the bar at the same level for many years, so that our University always sounds proud! So that freshmen will look at you and understand how cool it is to be part of such a powerful team! »*Information about the results of the 7-day competition, which was attended by more than 200 athletes, and this is 35 teams from 33 cities of Russia. Competitions were held in 15 types.



- **1 place was taken by the University in the team competition.**
- **Reshma scored 130 points.**
- **The Krasnoyarsk state medical University – 110,I**
- **gma-104.**
- **1st place of Ryazan state University won in the category "mass" - 9 teams represented the University at the Festival in the following sports:**
- **men's and women's basketball,**
- **men's and women'svolleyball,**
- **kettlebell lifting,**
- **summer all-around TRP,**
- **table tennis,**
- **swimming,**
- **soccer,**
- **aerobics.**



КУЛЬТУРА И СПОРТ  
АЯ ПРОФЕССИЯ ВРАЧА



- ВТОРАЯ ПРОФЕСС



- 1 место занял РязГМУ в номинации «Мастерство».
- 1 место заняла мужская сборная РязГМУ по баскетболу. Тренер - Игорь Сухинин.
- 2 место - женская сборная РязГМУ по баскетболу. Тренер - Сергей Филиппов.
- 2 место - женская сборная РязГМУ по волейболу. Тренер – Александр Логунов.
- 3 место - сборная РязГМУ по настольному теннису. Тренер: Галина Сулова.
- 3 место - сборная РязГМУ по гиревому спорту. Тренер – Сергей Порядков.
- 4 место - сборная РязГМУ по футболу. Тренер – Михаил Лушников.
- 4 место - сборная РязГМУ по волейболу. Тренер – Павел Самоаев.
- Успешно выступила сборная РязГМУ по плаванию. Тренер – Елизавета Люднева.
- Успешно выступила сборная РязГМУ по летнему многоборью.
- Успешно выступила сборная РязГМУ по аэробике. Тренер - Елена Левина.



## Ryazan hosted the final of the VIII all-Russian festival of students of medical and pharmaceutical universities "Physical culture and sport-the second profession of a doctor" Ryazan

- More than 900 representatives from 41 Russian universities took part in the competition. The largest delegations came from the Altai territory, Krasnoyarsk, Volgograd and Dagestan.
- Ryazan has already hosted the final competition of the Festival in 2015. This year, the competition will be held in 10 sports at once and will last for five days.







## **RESULTS OF THE VIII FESTIVAL**

**The absolute winners were the hosts of the festival, students of Ryazan medical University.**

**The team has victories in swimming, summer all-around GTO competitions, men's basketball and mini-football, two second places in women's basketball and men's volleyball, and a bronze in women's volleyball.**

**Second in the team competition were the winners of volleyball competitions - students of the Altai state medical University, asmu was also recognized as the winner in the categories "for mass character" and "for skill".**

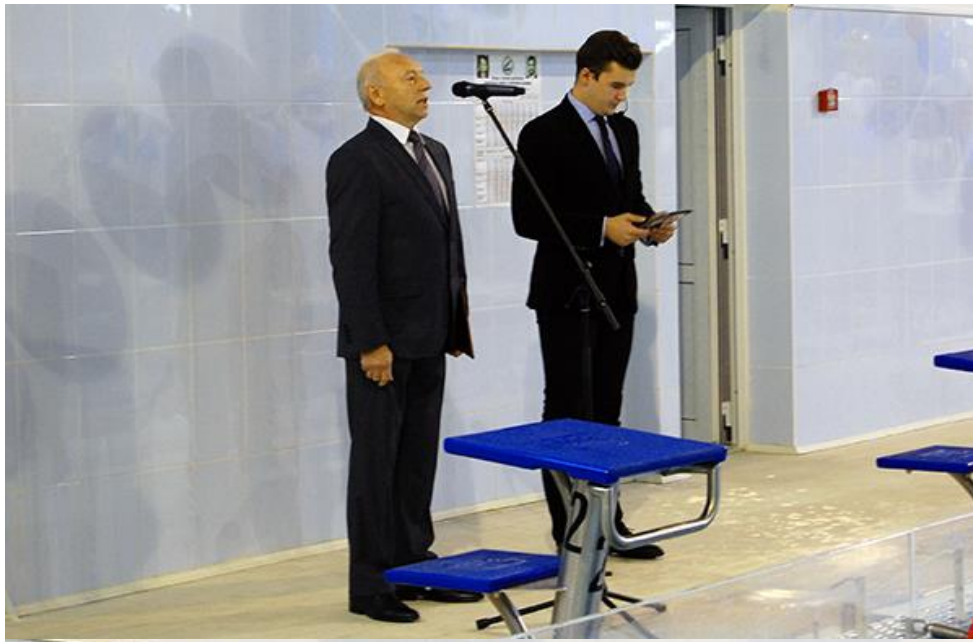
**In third place – Krasnoyarsk state medical University with a winning place in women's basketball.**





**SINCE 2016, RYAZAN STATE UNIVERSITY HAS BEEN HOSTING THE OPEN ALL-RUSSIAN SWIMMING CHAMPIONSHIP AMONG STUDENTS OF MEDICAL AND PHARMACEUTICAL UNIVERSITIES IN RUSSIA**

The idea to hold such a swimming championship belongs to the rector of Ryazan state University, Professor R. E. Kalinin. The last time such competitions were held in our country was in the eighties. Now the tradition is being revived. The championship is included in the plan of significant events of the Ministry of health of the Russian Federation. You can watch the athletes all this time online. The top three winners of the team competition are as follows: South Ural state medical University is in the first place, on the second place Krasnoyarsk state medical University named after Professor V. F. Voino-Yasenetsky, "bronze" at the First Moscow state medical University named after I. M. Sechenov. The team of Ryazan state medical University named after academician I. p. Pavlov took the 6th place.





# TWO THOUSAND SEVENTEEN II OPEN ALL-RUSSIAN SWIMMING CHAMPIONSHIP AMONG STUDENTS OF MEDICAL AND PHARMACEUTICAL UNIVERSITIES OF RUSSIA



The top three were: Novosibirsk state medical University - 10,339 points. First Saint Petersburg state medical University named after I. p. Pavlov - 10,079 points. Krasnoyarsk state medical University named After V. F. Voino-Yasenetsky - 10,068 points.





# 2018 Г. III ОТКРЫТЫЙ ВСЕРОССИЙСКИЙ ЧЕМПИОНАТ ПО ПЛАВАНИЮ СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ И ФАРМАЦЕВТИЧЕСКИХ ВУЗОВ РОССИИ



Призовые места в общекомандном зачёте распределились следующим образом:

- Первый Санкт-Петербургский государственный медицинский университет имени академика Павлова – 1 место;
- Новосибирский государственный медицинский университет – 2 место;
- Первый Московский государственный медицинский университет им. Сеченова – 3 место;
- Рязанский государственный медицинский университет имени академика Павлова – 4 место.

# 2019 Г. IV ОТКРЫТЫЙ ВСЕРОССИЙСКИЙ ЧЕМПИОНАТ ПО ПЛАВАНИЮ СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ И ФАРМАЦЕВТИЧЕСКИХ ВУЗОВ РОССИИ

- По итогам чемпионата в копилке команды Рязанского государственного медицинского университета имени Павлова третье место в общекомандном зачете.
- Серебряными призёрами чемпионата стала команда Первого Санкт-Петербургского государственного медицинского университета имени академика Павлова.
- Студенты Красноярского государственного медицинского университета имени профессора Войно-Ясенецкого стали победителями соревнований.



## **В 2017 г. в РязГМУ прошел I Открытый Всероссийский чемпионат по дзюдо среди студентов медицинских и фармацевтических вузов России**

Подобные состязания проходят в нашей стране впервые, и как отметил на торжественном открытии ректор РязГМУ, профессор Р.Е. Калинин они, в том числе, должны стать катализатором популяризации дзюдо в медицинских вузах страны:

*«Вы знаете, трудно быть первыми, но вы все сегодня первые. Чемпионат войдет в историю современного здравоохранения, ведь никогда еще будущие врачи не собирались на подобный форум. Здесь не может быть проигравших, вы все первопроходцы, именно вы понесете идею развития дзюдо в свои образовательные учреждения. Я уверен, в следующем году состоится второй чемпионат, приедет еще больше участников, борьба будет еще зрелищней. И эта борьба поможет вам в развитии ваших профессиональных навыков, в ваших профессиональных стремлениях».*

В I Всероссийском чемпионате по дзюдо среди студентов медицинских и фармацевтических вузов России приняли участие более 80 студентов-медиков, интернов, ординаторов и аспирантов из Рязани, Воронежа, Томска, Барнаула, Казани, Уфы, Самары, Махачкалы и Ростова. Сборную РязГМУ на Чемпионате представляли 9 человек.



Настрой каждого участника был только на победу: «Собираемся выиграть только первое место. На первых Всероссийских соревнованиях, нужна только победа. Надеемся, что в следующем году придет намного больше соперников, в этом, хоть и мало, но мы всем рады» - рассказал перед соревнованиями участник сборной РязГМУ Рамазан Читаов.

Семь призовых комплектов медалей были разыграны в весовых категориях: до 60 кг, 66 кг, 73 кг, 81 кг, 90 кг, 100 кг. 100+ кг.

**По итогам состязаний сборная нашего вуза одержала не только общекомандную победу, но и завоевала медали разного достоинства.**



## В 2018 Г. В РЯЗГМУ ПРОШЕЛ II ОТКРЫТЫЙ ВСЕРОССИЙСКИЙ ЧЕМПИОНАТ ПО ДЗЮДО СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ И ФАРМАЦЕВТИЧЕСКИХ ВУЗОВ РОССИИ

16 марта на территории Спортивного комплекса «Комета» Рязанский государственный медицинский университет имени академика И.П. Павлова принимал II Всероссийский чемпионат по дзюдо среди студентов медицинских и фармацевтических вузов.

Представители университетов Казани, Ижевска, Курска, Дагестана, Рязани, Оренбурга, Уфы и Твери в семи весовых категориях боролись за право быть лучшими в личном первенстве и общекомандном зачете.



**По итогам состязаний сборная Рязанского государственного медицинского университета одержала победу в командном первенстве;**

- на **втором месте** - сборная Курского государственного медицинского университета,
- на **третьем** - Дагестанского государственного медицинского университета.



## **В 2019 Г. В РЯЗГМУ ПРОШЕЛ III ОТКРЫТЫЙ ВСЕРОССИЙСКИЙ ЧЕМПИОНАТ ПО ДЗЮДО СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ И ФАРМАЦЕВТИЧЕСКИХ ВУЗОВ РОССИИ**

1 марта в СДЮСШОР «Комета» прошел III Всероссийский чемпионат по дзюдо среди студентов медицинских и фармацевтических вузов. В соревнованиях приняли участие 9 команд из разных регионов России. Главная цель - укрепление спортивных связей среди вузов и формирование здорового образа жизни студентов.

На этот раз соревнования прошли по семи весовым категориям, максимальный вес для мужчин составил 100 килограммов. Девушки соревновались в двух весовых категориях, в весовой категории до 63 килограммов студентка лечебного факультета РязГМУ Александра Принц завоевала золотую медаль.

По итогам общекомандного зачёта:

*3 место заняла команда Алтайского государственного медицинского университета,*

*серебряные медали завоевали спортсмены Дагестанского государственного медицинского университета,*

*первое место в третий раз заняла команда Рязанского государственного медицинского университета.*





## **В 2020 Г. В РЯЗГМУ ПРОШЕЛ IV ОТКРЫТЫЙ ВСЕРОССИЙСКИЙ ЧЕМПИОНАТ ПО ДЗЮДО СРЕДИ СТУДЕНТОВ МЕДИЦИНСКИХ И ФАРМАЦЕВТИЧЕСКИХ ВУЗОВ РОССИИ**

В субботу, 29 февраля, в Рязани в четвертый раз прошел Всероссийский чемпионат по дзюдо среди студентов медицинских и фармацевтических вузов России.

За медали чемпионата боролись студенты из 11 медицинских вузов страны. Дзюдоисты выступали в семи весовых категориях, максимальный вес спортсменов - свыше 100 килограммов. Дзюдо по-настоящему зрелищный вид спорта, и все участники продемонстрировали высокий уровень физической подготовки.

По итогам общекомандного зачёта

*3 место - завоевали спортсмены Алтайского государственного медицинского университета,*

*2 место - разделили команды Российского национального исследовательского медицинского университета и Рязанского государственного медицинского университета,*

*1 место - стали победителями дзюдоисты Дагестанского государственного медицинского университета.*





## Массовые оздоровительные, физкультурные и спортивные мероприятия

1. Проведение внутривузовских соревнований РязГМУ в соответствии с календарём соревнований;
2. участие студентов в ежегодном спортивном празднике «Зарядка с чемпионом», «Соборная верста», «Лыжня РязГМУ», «Кубок ректора» по плаванию, «От студзачета АССК к знаку отличия ГТО», отборочных соревнований по ЦФО среди медицинских и фармацевтических вузов России «Физическая культура и спорт-вторая профессия врача». Соревнования:
  1. Плавание;
  2. Волейбол (муж) и (жен);
  3. Настольный теннис;
  4. Летнее многоборье;
  5. Гиревой спорт.
3. Участие сборной команды университета в легкоатлетической эстафете по городу Рязани, посвящённой Дню Победы, «Дне здоровья», соревнований по паурлифтингу посв. проф., д.м.н. М.Ф. Сауткину; плавание личное первенство, посвященное международному Дню борьбы с курением.
4. Мастер класс по самбо.
5. Олимпиада среди студентов 1-6 курсов всех факультетов РязГМУ «Физическая культура и спорт – вторая профессия врача».

## **СПОРТСМЕНЫ РЯЗГМУ В 2019 Г. СТАЛИ ПРИЗЕРАМИ КУБКА РЯЗАНСКОЙ ОБЛАСТИ ПО ВОЛЕЙБОЛУ**

*Сразу три команды университета приняли участие в соревнованиях кубка Рязанской области по волейболу среди мужских и женских команд, посвященных памяти В.В. Степанова:*

- мужская сборная РязГМУ стала бронзовыми призерами соревнований;*
- женская сборная РязГМУ-1 завоевала 2 место;*
- девушки из команды РязГМУ-2 стали четвёртыми.*



## Заключение

Успешная учеба в высшем учебном заведении требует от молодых людей не только определенного объема школьные знаний, хорошей памяти, усидчивости, стремления познать новое, но хорошего здоровья. В отношении медицинских работников эти требования значительно возрастают так как их труд принадлежит к числу наиболее сложных и ответственных видов деятельности.



*Физическая культура в медицинском университете является неотъемлемой частью формирования общей и профессиональной культуры личности современного специалиста, системы гуманистического воспитания студентов.*

*Как учебная дисциплина, обязательная для всей специальности она является одним из средств формирования всесторонне развитой личности, оптимизации физического и психофизиологического состояния студентов в процессе профессиональной подготовки.*

*Спорт и физическая культура — это не только здоровый образ жизни — это вообще нормальная и здоровая жизнь, которая открывает все новые и новые возможности для реализации сил и талантов. Прогрессивный ритм жизни требует все большей физической активности и подготовленности.*





## ◦ **КОНТРОЛЬНЫЕ ВОПРОСЫ**

1. Дайте определение понятий физическая культура и спорт
2. Перечислите нормативные документы в области физической культуры и спорта
3. Назовите формы руководства физической культурой и спортом в Российской Федерации
4. Какие функции выполняет и как организует работу РССС?
5. Дайте определение понятию физическое воспитание, что относится к средствам физической культуры?
6. Чем вызвана разработка отдельной учебной программы по физическому воспитанию для студентов медицинских и фармацевтических вузов?
7. История студенческого спортивного движения России
8. Федеральный государственный образовательный стандарт – физическая культура – требования к освоению дисциплины
9. Формы занятий физической культурой в медицинском вузе.
10. Учебные отделения по физическому воспитанию.
11. Массовая физкультурно-оздоровительная, работа в РязГМУ

# Основная учебная литература

- 1. Физическая культура и здоровье: Учебник / Под ред. В.В.Пономарёвой. – М.: ГОУ ВУНМЦ , 2006. – 352 с., илл.
- 2. Бароненко В.А., Рапопорт Л.А. Здоровье и физическая культура студента: Учебник. - М.: Альфа-М, 2003. - 417 с.
- 3. Грачёв О.К. Физическая культура: Учебное пособие Под ред. Е.В.Харламова. – М.: ИКЦ «МарТ»; Ростов-нв-Дону: Изд. Центр «МарТ», 2005. – 464 с.
- 4. Евсеев Ю.И. Физическая культура / Ю.И. Евсеев. – Ростов н/Д.: Феникс, 2005. – 382с.
- 5. Ильинич В.И. Физическая культура студента: Учебник. М.: Гардарики, 2005. – 448 с.
- 6. Мандриков В.Б. Технологии оптимизации здоровья, физического воспитания и образования студентов медицинских вузов: Монография.- Волгоградский государственный технический университет.- Волгоград, 2001.- 322с.
- 7. Физическая культура: учебное пособие / под ред. В. А. Коваленко. – М.: АСВ, 2000. – 432 с.
- 8. Голощапов Б.Р. История физической культуры и спорта. Учебное пособие для студентов высших учебных заведений. Гриф УМО МО РФ. Изд. 7-е , Academia, 2010 - 320 стр.
- 9. Кузнецов В.С., Холодов Ж.К. Теория и методика физического воспитания и спорта. Учебное пособие для студентов высших учебных заведений. Гриф УМО МО РФ. 8-е изд., стер. Academia, 2010. 480 стр.

**СПАСИБО  
ЗА ВНИМАНИЕ!**