



APPROVED

Vice-rector for educational activities

Veronika.G. Shubaeva

2023

**Физическая культура и спорт (элективные дисциплины) /
Physical education (elective course)**

Syllabus of the course

Specialty	38.03.02 Management
Specialization	Business management and digital innovations
Level of higher education	Bachelor
Form of training	Full-time
Year of enrolment	2023

Authored by:

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Total number of hours	328	Form of final attestation:
incl:		
contact work	164	
self-study	164	
practical training	0	
control hours	0	
		Test: semester 1
		Test: semester 2
		Test: semester 3
		Test: semester 4
		Test: semester 5
		Test: semester 6

Hours distribution:

Semester:	1,2,3,4,5,6
Type of classes	Hours
Contact hours	
Practical training	164
Laboratory work	
Total contact hours	164
Self-study	164
Control hours	0
Total academic hours	328
Total credits	

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1. LEARNING OBJECTIVES

Objective:	Formation of physical culture of a student who is able to implement it in educational social and professional activities.
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2. COURSE PLACE IN THE PROGRAMME STRUCTURE

The discipline ED Physical education (elective course) refers to elective disciplines.

3. EXPECTED LEARNING OUTCOMES

Code and name of graduate competence	Code and name of the competence achievement indicator	Expected learning outcomes
UC-7 – Is able to maintain a proper level of physical fitness to ensure full-fledged social and professional activities	UCK-7.1 – Considers the norms of a healthy lifestyle as the basis for a full-fledged social and professional activity	<p>To know: basic means of physical culture. Means and methods of physical culture for the regulation and improvement of functional and motor capabilities. Means and methods of strengthening individual health. Means and methods of professionally applied physical training. The main requirements for the level of his psychophysical preparation for a specific professional activity</p> <p>To be able to: plan an individual motor regime with the use of physical culture. Evaluate your own level of physical development and physical fitness. Select and use complexes of physical exercises taking into account their own health status. Independently maintain and develop physical qualities in the process of applying exercises of general physical, professionally applied physical training (motor actions of the chosen sport) to adapt the body to various working conditions and specific environmental influences</p> <p>To possess: methods of building individual routes of physical training. Ways and means of strengthening individual health. Methods of self-selection of health-saving technologies, means and methods of development of applied physical and mental qualities necessary for effective work</p>
UC-9 – Is able to use basic defectological knowledge in social and professional spheres	UC-9.2 – Promotes successful professional and social adaptation of persons with disabilities	<p>To know: etiology of defectological problems and basic methods of their correction and compensation in the labor and social adaptation of persons with disabilities and the disabled</p> <p>To be able to: predict and carry out social communication and professional activities with persons with disabilities or limited health opportunities</p> <p>To possess: skills of social interaction and professional communication with persons with limited opportunities, taking into account the nature of the violation of psychophysical functions</p>

4. COURSE STRUCTURE AND CONTENT

Code and name of the topics	Course content	Academic hours			
		Contact work			Self-study
		Lectures	Practices	Workshops	
Section I. Sports games					
Topic 1. Organizational and methodological foundations of sports games	Means of physical culture, their classification. A sports game as an individual or team confrontation, in which the actions of rivals with a common object of the game for all participants are aimed at achieving victory over the opponent. Variety of sports games. Features of the organization of places of employment. Hygienic basics of providing sports games. Contraindications to sports games. Motor recreation using the means of sports games.		2		4
Topic 2. Monitoring and correction of the load taking into account the health status and nosology of the disease during sports games. Injury prevention.	Health: concept and components. The essence and fundamental approaches to health-improving classes. Solving problems of correction of the physical and psychological state of persons with a special health status by means of physical culture and sports. Fundamentals of therapeutic physical culture (physical therapy). The simplest tests and methods of monitoring the current state of the body when performing physical exercises. Physical activity and conditions of its dosing in sports games. Taking into account indications and contraindications to physical education when planning organized and independent classes. Mastering the skills of measuring heart rate and blood pressure. Analysis of the data obtained regarding age norms. Causes of injuries and measures to prevent injuries in sports games.				2
Topic 3. Mastering methods of self-control of physical development, physical condition and fitness during sports games.	The concept of self-control. Subjective and objective indicators of self-control. The simplest tests and methods of self-control of the level of physical development. Methods of research and evaluation of human physical development (anthropometry, index method, correlation method). Assessment of physical condition at rest. Tolerance to physical activity. Assessment of the level of development of physical fitness according to the indicators of testing the physical qualities of a person. Monitoring of indicators during sports games.		2		2
Topic 4. Basic techniques in basketball.	The basics of the rules of the game. Judging. Improving the technique of movement, stops, turns, racks. Defender's stance. turns on the spot and in motion. Stopping with a jump, in one or two steps after acceleration. Improvement of catching and passing the ball. The technique of passing the ball on the spot and in motion. The technique of catching the ball on the spot and in motion. Improving the technique of driving the ball, throwing the ball. Throws the ball around the ring. Technique of defensive actions.		6		4
Topic 5. Improving technical and tactical	Individual and team tactical actions in defense and attack. The technique of passing the ball: with two hands from the chest, with two hands with a rebound		4		4

preparedness in basketball.	from the floor, with two hands from the shoulder, with two hands from above. Ball catching technique: after a bounce, a low or high flying ball, a rolling ball. Throwing the ball into the ring: with two hands from the chest, with two hands from the chest after leading, with one hand from the spot, with one hand after leading, with one hand after two steps, in a jump with one hand.				
Topic 6. Development of special (game) endurance in basketball.	Mastering the game and complex development of psychomotor abilities. Performing special exercises and tasks for the development of special (game) endurance. Performing control tasks: leading the ball, passing the ball, throwing the ball into the ring.		4		4
Topic 7. Mastering the technique of ball possession and tactics of playing volleyball.	The basic rules of the game. The basics of judging. Mastering the technique of racks and movements of a volleyball player. The technique of passing and receiving the ball with two hands from above and below: individual over yourself, moving right and left sideways, face and back to the direction of movement, in pairs on the spot, in motion, through the net. Improving the technique of ball delivery. Attacking strike technique. Improving the technique of protective actions. Individual and group tactical actions: depending on the location, on the actions of the players of their team. Two-way educational game.		2		4
Topic 8. General and special (game) training in volleyball.	Complex development of psychomotor abilities. Performing special exercises and tasks for the development of game endurance: acceleration, tempo transfers, game combinations. Performance of training tasks: upper gear above itself and in pairs, lower gear, lower direct feed, upper feed, feed to a given zone.		2		4
Topic 9. Improving the technical and tactical preparedness of a volleyball player.	Mastering the technique of moving around the site: step, run, side step, double step, cross step, jump, jump. Mastering the blocking technique: single at the wall, single in the game.		4		4
Topic 10. Mastering the technique of ball possession and tactics of playing football.	The basic rules of the game. The basics of judging. Special and preparatory exercises without a ball and with a ball. Mastering the technique of movement, stops, turns, racks. Mastering the technique of ball possession: movement, jumping, stopping the ball (foot, trunk, head). Mastering the technique of hitting the ball with your foot and head. options for stopping the ball with your foot and chest. Improving the technique of driving the ball with the outer and inner part of the foot.		2		2
Topic 11. Improving the technical and tactical readiness of a football player.	Combinations of mastered elements of the technique of movement and possession of the ball. Improving the technique of individual and group protective actions. Actions against a player without a ball and with a ball (knocking out, selection and interception of the ball). An educational game with elements of judging by students. A training game according to simplified rules (on a smaller site, with a decrease in the duration of the halves). Mastering the educational standards: a shot at the goal for accuracy (11 meters). Goal kick with ball driving (15-20 m).		2		2

Topic 12. Basics of the technique of playing table tennis	The technique of playing table tennis. The main stand of the tennis player, the movement of the player. Types of strikes. Tactics of the game. The basic rules of the game on the score (singles and doubles). Performing training tasks for mastering the elements of technology. Specially-motor training of a tennis player.		2		4
Topic 13. Formation of individual routes of physical training using the means of sports games.	Means and methods of formation of human motor potential. Individualization of approaches in the selection of health-improving methods of physical education. Prevention of occupational diseases. Industrial physical culture during working hours. Compilation and execution of sets of exercises of professional and applied orientation using the means of general development exercises. Sports games within the framework of recreational and background physical culture.		2		2
Section II. Wellness aerobics					
Topic 14. Organizational and methodological foundations of recreational aerobics classes.	Means of physical culture, their classification. Aerobics: sports, wellness and applied areas. A variety of wellness techniques. Features of the organization of places of employment. Modern wellness aerobics programs. Basic aerobics: defining features of the technique. Basic steps. Inventory (step platforms, fitballs, etc.) Contraindications for classes.		2		2
Topic 15. Monitoring and correction of the load, taking into account the health status and nosology of the disease during recreational aerobics classes. Injury prevention.	Health: concept and components. The essence and fundamental approaches to health-improving classes. Solving problems of correction of the physical and psychological state of persons with a special health status by means of physical culture and sports. Fundamentals of therapeutic physical culture (physical therapy). The simplest tests and methods of monitoring the current state of the body when performing physical exercises. Taking into account indications and contraindications to physical education when planning organized and independent classes. Mastering the skills of measuring heart rate and blood pressure. Analysis of the data obtained regarding age norms. Selection of low-intensity wellness aerobics programs. Causes of injuries and measures to prevent injuries in recreational aerobics classes.				2
Topic 16. Mastering methods of self-control of physical development, physical condition and fitness during recreational aerobics classes	The concept of self-control. Subjective and objective indicators of self-control. The simplest tests and methods of self-control of the level of physical development. Methods of research and evaluation of human physical development (anthropometry, index method, correlation method). Assessment of physical condition at rest. Tolerance to physical activity. Assessment of the level of development of physical fitness according to the indicators of testing the physical qualities of a person. Monitoring of indicators during recreational aerobics classes.		4		12
Topic 17. Mastering the basic programs of recreational aerobics classes.	Mastering basic options for recreational aerobics classes. The use of statodynamic and breathing exercises. Elements of relaxation and stretching in the wellness programs of classes. Traditional wellness systems: yoga, wushu. Mastering techniques with a primary focus on improving the functional state of the body (Pilates, callanetics, isotone). Basic aerobics. Step		2		2

	aerobics. Dance aerobics (a variety of stylized directions).				
Topic 18. Diversification of motor skills in recreational aerobics.	Directions of development of modern aerobics: health, sports and applied. Performance of wellness aerobics complexes of various intensity. Familiarization with the variety of private methods of recreational aerobics. Aerobics of cyclic structure. Aerobics of acyclic structure. Basic aerobics. Dance directions (zumba, Latin, salsa).		10		12
Topic 19. Conjugate development of motor abilities in aerobics.	Motor abilities. Development of endurance, flexibility and coordination abilities by means of aerobics. General developmental exercises with increased amplitude for various joints. Performing stretching exercises from various starting positions, in pairs, in a group, using projectiles and objects. The choice of means for solving problems of conjugate development of motor abilities. Performing aerobics complexes using projectiles, weights (step complex, slide aerobics, aerobics with dumbbells, skipping rope).		10		10
Topic 20. Formation of individual routes of physical training with the use of recreational aerobics.	Prevention of occupational diseases. Industrial physical culture during working hours. Preparation and execution of sets of exercises of a professionally applied orientation using means of recreational aerobics. Physical culture of recreational and background orientation in the mode of independent studies. Development of individual programs of strength-oriented wellness classes. Techniques with a primary focus on the correction of the figure. Preparation of individual training programs taking into account the peculiarities of the physique. Implementation of individualized complexes of shaping, callanetics. Performing low- and medium-intensity aerobics complexes.		8		6
Section III. Athletic gymnastics					
Topic 21. Organizational and methodological foundations of athletic gymnastics classes.	Means of physical culture, their classification. Athletic gymnastics as a traditional type of gymnastics of a health-improving and developing orientation, combining strength training with versatile physical training, harmonious development and strengthening of health. Fixed assets and inventory. Features of the organization of places of employment. Hygienic basics of providing athletic gymnastics classes. Contraindications to athletic gymnastics.		2		2
Topic 22. Monitoring and correction of the load taking into account the health status and nosology of the disease during athletic gymnastics. Injury prevention	Health: concept and components. The essence and fundamental approaches to health-improving classes. Solving problems of correction of the physical and psychological state of persons with a special health status by means of physical culture and sports. Fundamentals of therapeutic physical culture (physical therapy). The simplest tests and methods of monitoring the current state of the body when performing physical exercises. Taking into account indications and contraindications to physical education when planning organized and independent classes. Mastering the skills of measuring heart rate and blood pressure. Analysis of the data obtained regarding age norms. The choice of means of athletic gymnastics in classes of corrective orientation. Causes of injuries and measures to prevent		12		6

	injuries in athletic gymnastics.				
Topic 23. Mastering the methods of self-control of physical development, physical condition and fitness during athletic gymnastics.	The concept of self-control. Subjective and objective indicators of self-control. The simplest tests and methods of self-control of the level of physical development. Methods of research and evaluation of human physical development (anthropometry, index method, correlation method). Assessment of physical condition at rest. Tolerance to physical activity. Assessment of the level of development of physical fitness according to the indicators of testing the physical qualities of a person. Monitoring of indicators during athletic gymnastics classes.		8		10
Topic 24. Mastering the methods of training in athletic gymnastics.	The basics of choosing special physical exercises when doing athletic gymnastics. Development of strength and flexibility of various muscle groups, increase in muscle mass during strength-oriented classes. Circular training as a method of special combinations of loads and rest with the sequential performance of specially selected physical exercises that affect muscle groups and functional systems. Performing sets of exercises on the principle of circular training (5-8 stations). Mastering circular training complexes with different rest intervals and load dosage. Independent selection and execution of circular training exercise complexes without and with the use of projectiles and objects (weights, expanders, rubber bands).		6		4
Topic 25. Improving the technique of strength exercises for different muscle groups.	Modern approaches to the development of strength and speed-strength abilities. The technique of strength exercises with weights (barbell, dumbbells, rubber shock absorbers), on simulators for different muscle groups. Performing sets of exercises with a focus on the development of absolute and relative indicators of strength abilities.		6		14
Topic 26. Formation of individual routes of physical training using means of athletic gymnastics.	Prevention of occupational diseases. Industrial physical culture during working hours. Preparation and execution of sets of exercises of professional and applied orientation using means of athletic gymnastics. Physical culture of recreational and background orientation in the mode of independent studies. Development of individual programs of strength-oriented wellness classes.		2		2
Section IV. Athletics					
Topic 27. Organizational and methodological foundations of athletics.	Means of physical culture, their classification. Athletics as a sports and pedagogical discipline. A variety of athletics disciplines: running sports, walking, technical sports (jumping and throwing), all-around, running (highway running) and cross-country (cross-country running). Means and methods of training. Hygienic basics of providing athletics classes. Contraindications to classes.		2		
Topic 28. Monitoring and correction of the load taking into account the health status and nosology of the disease during athletics. Injury	Health: concept and components. The essence and fundamental approaches to health-improving classes. Solving problems of correction of the physical and psychological state of persons with a special health status by means of physical culture and sports. Fundamentals of therapeutic physical culture (physical therapy). The simplest tests and methods of monitoring the current state of the body when performing physical		4		

prevention	exercises. Taking into account indications and contraindications to physical education when planning organized and independent classes. Mastering the skills of measuring heart rate and blood pressure. Analysis of the data obtained regarding age norms. Selection of low-intensity wellness programs. Keeping a self-control diary. Causes of injuries and measures to prevent injuries in athletics.				
Topic 29. Mastering the methods of self-control of physical development, physical condition and fitness in athletics.	The concept of self-control. Subjective and objective indicators of self-control. The simplest tests and methods of self-control of the level of physical development. Methods of research and evaluation of human physical development (anthropometry, index method, correlation method). Assessment of physical condition at rest. Tolerance to physical activity. Assessment of the level of development of physical fitness according to the indicators of testing the physical qualities of a person. Monitoring of indicators during athletics.		2		2
Topic 30. Mastering and improving the technique of basic athletics exercises. Cross-training.	Mastering the basics of the technique of various running exercises: jogging, mincing running, running on various surfaces, running up and down. Elimination of excessive muscle tension, increased coordination of movements in the running cycle. technique and tactics of long-distance running. Special running exercises (SBU) of a track and field athlete. Technique of jumping exercises: long jump from a standstill and from a running start.		6		2
Topic 31. Multi-competitive training in athletics.	Participation in sparring, control races, estimates and competitions in order to increase the functional and psychological readiness of the athlete for responsible starts. Elements of competitions in physical education and sports: the use of sports and outdoor games, relay races.		2		
Topic 32. Formation of individual routes of physical training using athletics facilities.	Prevention of occupational diseases. Industrial physical culture during working hours. Preparation and execution of sets of exercises of a professionally applied orientation using athletics facilities. Physical culture of recreational and background orientation in the mode of independent studies. Development of individual wellness walking and running programs.		12		6
Section V. Swimming					
Topic 33. Organizational and methodological foundations of swimming lessons.	Means of physical culture, their classification. Swimming as a natural human skill and a sports and pedagogical discipline. Sports and applied methods of swimming. Features of the aquatic environment. Stages of learning swimming techniques. Basics of breathing in swimming. Wellness swimming. Contraindications for swimming.		4		4
Topic 34. Monitoring and correction of the load taking into account the health status and nosology of the disease during swimming lessons.	Health: concept and components. The essence and fundamental approaches to health-improving classes. Solving problems of correction of the physical and psychological state of persons with a special health status by means of physical culture and sports. Fundamentals of therapeutic physical culture (physical therapy). The simplest tests and methods of monitoring the current state of the body when performing physical exercises. Taking into account indications and		2		

Injury prevention	contraindications to physical education when planning organized and independent classes. Mastering the skills of measuring heart rate and blood pressure. Analysis of the data obtained regarding age norms. Selection of low-intensity wellness programs. Keeping a self-control diary. Causes of injuries and measures to prevent injuries in swimming.				
Topic 35. Mastering the methods of self-control of physical development, physical condition and fitness during swimming lessons.	The concept of self-control. Subjective and objective indicators of self-control. The simplest tests and methods of self-control of the level of physical development. Methods of research and evaluation of human physical development (anthropometry, index method, correlation method). Assessment of physical condition at rest. Tolerance to physical activity. Assessment of the level of development of physical fitness according to the indicators of testing the physical qualities of a person. Monitoring of indicators during swimming lessons.		2		4
Topic 36. Improving the functional capabilities of the body during swimming.	Performing special tasks for mastering the aquatic environment: techniques of breathing into the water, relaxation, sliding, correct body position and coordination of breathing and movements in the swimming cycle. Performing training tasks: diving for a subject, swimming segments with different swimming styles (10 m, 15 m, 25 m, 50 m). Game tasks and outdoor games (individual and group) with a focus on improving the technique of swimming methods and increasing functional capabilities (increasing respiratory volume, developing respiratory muscles).		6		8
Topic 37. Mastering and improving the technique of swimming with crawl and breaststroke. Mastering applied methods of swimming.	Mastering the basics of breathing in swimming. Mastering the basic elements of the technique of swimming with crawl and breaststroke. Study of the technique of starting and turning (pendulum). Safety on the water (rescue of a drowning person and assistance to a tired swimmer, overcoming water obstacles). Special preparatory exercises on land for mastering the elements of swimming techniques using crawl and breaststroke (simulation exercises, detailing the technique of arm and leg movements, special exercises to increase the mobility of the joints of the upper and lower extremities). The study of the elements of technology at a fixed support (side of the pool), with a movable support (swimming board), without support. Swimming in full coordination combined with breathing. Familiarization with original and combined methods of swimming (diving and moving underwater, applied diving, swimming in fins). Mastering applied swimming exercises.		14		10
Topic 38. Formation of individual routes of physical training using swimming facilities	Prevention of occupational diseases. Industrial physical culture during working hours. Physical culture of recreational and background orientation in the mode of independent studies. Preparation and execution of sets of exercises of professional and applied orientation using swimming facilities. Development of individual wellness swimming programs.		2		2
Control hours:					0
Total hours:		0	164	0	164

5. TEACHING AND LEARNING TOOLS OF THE COURSE

5.1 Recommended literature

Bibliographic description of the publication (author, title, type, place and year of publication, number of pages)	Digital resources
Arkhipova Yu.A., Grigoriev V.I., Kudasheva L.T. Physical culture and sport. Lecture notes (for students with disabilities and disabilities). Study guide. St. Petersburg, St. Petersburg State University, 2020.- 140 p.	http://opac.unecon.ru/elibrary ... 0%D1%82_%D0%B8%D0%BD%D0%B2.pdf
Malinovskaya N.V., Ustinov I.E., Fedorova A.V., Pakhomov Yu.M., Pozdnyakova E.V., Kazanovskaya O.E. Physical culture and sport. Organization of classes at the university with students with disabilities and disabilities. St. Petersburg, St. Petersburg State University, 2020.- 80 p.	http://opac.unecon.ru/elibrary ... D1%81%D0%BA%D0%B0%D1%8F_20.pdf
Arkhipova Yu.A., Fedorova A.V., Ustinov I.E. The use of modern wellness techniques in physical education classes with university students St. Petersburg, SPbGEU, 2017- 59 p .	http://opac.unecon.ru/elibrary ... e современих.pdf
Grigoriev V.I. Adaptive management in the fitness culture of students. Study guide. St. Petersburg, St. Petersburg State University, 2018.- 153 p.	http://opac.unecon.ru/elibrary ... BB%D0%B5%D0%BD%D0%B8%D0%B5.pdf
Kudashova L.T., Vengerova N.N. Fitness technologies in the formation of dynamic posture of students. Saint Petersburg, St. Petersburg State University, 2018, - 80 p.	http://opac.unecon.ru/elibrary ... 2%D0%B0%D0%BD%D0%B8%D0%B8.pdf
Pakhomov Y.M. Organization of independent classes in physical culture for students of non-sporting universities. Practicum. Saint Petersburg, SPbGEU, 2018,- 112 p.	http://opac.unecon.ru/elibrary ... BD%D1%8F%D1%82%D0%B8%D0%B9.pdf
Fedorova A.V., Labzo K.S. Physical culture and sport (elective discipline). Teaching students applied swimming (workshop)	http://opac.unecon.ru/elibrary ... ÑÑÑ°Đ. ÑÑĐ;Đ³¼ÑÑÑ_ÑĐ'.pdf
Korneeva E.V. [et al.] Sports games: rules, tactics, technique. Textbook for universities; under the general editorship of E. V. Koneeva. — 2nd ed., reprint. and add. Moscow, Yurayt, 2021. — 322 p.	https://urait.ru/bcode/475335
Zaitsev, Anatoly Alexandrovich. Elective courses in physical culture. Practical training : a textbook for universities / A. A. Zaitsev [et al.] ; under the general editorship of A. A. Zaitsev. 2nd ed., trans. and add. Moscow : Yurayt, 2020. 227 p. (Higher education) ISBN 978-5-534-12624-2	https://urait.ru/bcode/447870
Physical culture and sport in modern professions : a textbook / A. E. Burov, I. A. Lakeikina, M. H. Begmetova, S. V. Nebratenko. Physical culture and sports in modern professions, The entire term of copyright protection. Saratov : University Education, 2022. 261 p. ISBN 978-5-4487-0807-7	https://www.iprbookshop.ru/116615.html
Muller, Aron Berkovich. Physical culture : textbook and workshop for universities / A. B. Muller, N. S. Dyadichkina, Yu. A. Bogashchenko. Moscow : Yurayt, 2022. 424 p. (Higher education) . ISBN 978-5-534-02483-8.	https://urait.ru/bcode/488898

Sharonova, Alexandra Vladimirovna. Physical culture and sports (elective disciplines). Physical training of students with health disabilities / A.V.Sharonova, Yu.A.Arhipova, L.A.Onuchin ; Ministry of Education and Science of Russia, St. Petersburg State University. un-t, Kaf. phys. cult. Saint Petersburg : [B. I.], 2021. 1 file (4.45 MB).	http://opac.unecon.ru/elibrary ... A,%20Онучин%20Л.А.,pdf
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5.2 List of software (including national production)

- 7-Zip
- LibreOffice
- ОС АЛЬТ образование 10

5.3 List of reference systems and modern professional databases

№	Name of reference systems and professional databases
1.	Digital library Grebennikon.ru – www.grebennikon.ru
2.	Science Digital Library eLIBRARY – www.elibrary.ru
3.	Science Digital Library КиберЛенинка – www.cyberleninka.ru
4.	Database ПОЛПРЕД Справочники – www.polpred.com
5.	Database OECD Books, Papers & Statistics on the platform OECD iLibrary www.oecd-ilibrary.org
6.	Legal reference system КонсультантПлюс (installed resource UNECON or www.consultant.ru)
7.	Legal reference system «ГАРАНТ» (installed resource UNECON or www.garant.ru)
8.	Information and referral system «Кодекс» (installed resource UNECON or www.kodeks.ru)
9.	Digital library system BOOK.ru - www.book.ru
10.	Digital library system ЭБС ЮРАЙТ – www.urait.ru
11.	Digital library system ЗНАНИУМ (ZNANIUM) – www.znanium.com
12.	Digital library UNECON – opac.unecon.ru

6. TECHNICAL FACILITIES

There are special rooms for lectures, seminars, coursework, group and individual consultations, current and interim assessments, as well as rooms for self-study.

The premises are equipped with equipment and teaching aids.

The rooms for students' independent work are equipped with computers with Internet connection and access to the university's electronic learning environment.

Name of classroom	Classroom location
Classroom 2009 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Special furniture and equipment: Educational furniture for 122 seats (study table 61 pcs., chairs 122 pcs.), the teacher's workplace, desk m/m, drawer 1 pc, chalk board 1 pc (3 sections), chair 1 pc, drawer 1 pc, chair 1 pc, Chair 2 pcs., Intel i3-2100 2.4 Ghz /4Gb/500Gb/Acer V193 19" - 1 pc, Sound projector Yamaha YSP-3000 - 1 pc, Projector stand with	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P

camera decks - 1 pc, Projection screen draper - 1 pc, Multimedia projector Type 2 Panasonic PT-VX610E - 1 pc, Screen Media D1 ceiling bracket - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	
Classroom 2011 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 118 seats, teacher's workplace, desk - 1 pc, chalk board (3 sections) - 1 pc, marker board - 1 pc, desk - 1 pc, desk - 1 pc, drawer - 1 pc, chair - 3 pcs., Computer Intel i3-2100 2.4 Ghz /4Gb/500Gb/Acer V193 19" - 1 pc, ScreenMedia Champion 244x183cm SCM-4304 - 1 pc, Panasonic PT-VX610E multimedia projector - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2028 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 44 seats, teacher's workplace, chalk board (one section) - 1 pc, chair - 1 pc, table - 1 pc, chair - 3 pcs. Portable multimedia set: HP 250 G6 1WY58EA laptop, LG PF1500G multimedia projector. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2045 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 78 seats, teacher's workplace, chalk board (3 sections) - 1 pc, chair - 1 pc, chairs - 2 pcs. Portable multimedia set: HP 250 G6 1WY58EA laptop, LG PF1500G multimedia projector. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2052 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 88 seats, teacher's workplace, chalk board (3 sections) - 1 pc, desk - 1 pc, table - 2 pcs, chair - 2 pcs, Computer Intel i3-2100 2.4 Ghz/500/4/Acer V193 19" - 1 pc, Multimedia projector Type 2 Panasonic PT-VX610E - 1 pc, ScreenMedia Champion 244x183cm SCM-4304 motorized screen - 1 pc, MW Cinerollo 200*200cm manual spring loaded screen - 1 pc, Multimedia projector Type 2 Panasonic PT-VX610E - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2060 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 82 seats, a teacher's workplace, chalk board (3 sections) - 1 pc., chair - 1 pc., table - 1 pc., chair - 2 pcs., Computer Intel i3-2100 2.4 Ghz/500/4/Acer V193 19" - 1 pc., Multimedia projector Panasonic PT-VX610E - 1 pc., Screen with electric drive ScreenMedia Champion 203x153cm (SCM-4303) - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2061 Training classroom (for lecture- and seminar-type classes, coursework, group and individual consultations, current control and intermediate attestation), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 80 seats, teacher's workplace, table - 1 pc, chalk board (3 sections) - 1 pc, pulpit - 1 pc, chairs - 2 pcs. Portable multimedia set: HP 250 G6 1WY58EA laptop, LG PF1500G multimedia projector. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2023 Computer room (for practical classes, course design (coursework)	191023, St.

using computer technology), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 48 seats, teacher's workplace (computer desk - 1 pc.), wheeled marker board - 1 pc, 3 sectional marker board - 1 pc, desk - 1 pc, iso chair - 7 pcs, chair -1 pc, blinds - 3 pcs., Computer i5-8400/8GB/500GB_SSD/Viewsonic VA2410-mh -34 pcs, Switchboard Cisco Catalyst 2960-48PST-L (including SmartNet Service Contract CON-SNT-2964STL) - 1 pc, Wi-Fi Access Point Type1 UBIQUITI UAP-AC-PRO - 1 pc, NEC M350 X projector - 1 pc, Local Area Network Switch (48 ports) Cisco WS-C2960+48PST-L - 1 pc, ProCurve Switch 2626 - 1 pc, Intel pentium x2 g3250 computer /500gb / philips 21.5' monitor - 1 pc, Ubiquiti IP video camera - 1 pc, Wireless access point/UNI FI AP PRO/Ubiquiti - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	Petersburg, Griboedova canal, 30-32, lit. A, B, P
Classroom 2034 Computer room (for practical classes, course design (coursework) using computer technology), equipped with a multimedia system. Specialized furniture and equipment: Educational furniture for 25 seats, teacher's workplace (table 1pc., chair 1pc.), marker board 1pc, Rack hanger 2pcs, chairs 3pcs.Computer I5-7400/8Gb/1Tb/DELL S2218H - 21pcs, Network switch Cisco WS-C2960-48TT-L (Catalyst2960) 48-ports 10/100Mbps+2p - 1 pc, Switchboard Cisco Catalyst 2960 24 WS-C2960-24PC-L - 1 pc. Sets of display equipment and visual aids: multimedia applications for lecture courses and practical sessions, interactive teaching and visual aids.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, B, P

7. METHODOLOGICAL GUIDELINES FOR STUDENTS

The following documents should be made available to the trainee before the start of the course:

- training and methodological documentation;
- local normative acts regulating the main issues of the organisation and implementation of educational activities, including those regulating the procedure for current monitoring and interim assessment of students;
- the schedule of consultations of the teaching staff.

The level and depth of mastering the discipline is determined by the active and systematic work of students in lectures, seminars, independent work, including in terms of identifying the most significant and relevant problems for further study. A special condition for qualitative mastering of the discipline is an effective organisation of work, which allows distributing the academic workload evenly in accordance with the schedule of the educational process.

When preparing for classes, students have the opportunity to attend consultations with the staff of UNECON according to the timetable set out in the schedule of consultations.

The students' in- and out-of-classroom work should aim to form:

- the fundamentals of the learner's world view and scientific understanding;
- basic knowledge relevant to the training area and the declared professional field, forming the target and professional basis for training;
- professional competences oriented towards the needs of the labour market;
- an individual trajectory by mastering a unique set of professional competences that complement the learner's competence model, through a

focus on specific professional specialised areas of knowledge defined by labour market representatives;

- meta-skills for learners, such as teamwork and leadership, data analysis, digital skills, project design and implementation, intercultural interaction.

8. SPECIFICATIONS FOR TEACHING DISABLED PERSONS

Students with disabilities, if necessary, are taught on the basis of an adapted work programme using special teaching methods and didactic materials that take into account the particularities of their psychophysical development, individual capacities and health status.

In order for disabled persons and persons with disabilities to master the curriculum, the University shall ensure that:

- for the visually impaired and visually impaired: availability of information on the timetable in accessible places and adapted forms for learners who are blind or visually impaired; presence of an assistant to assist the learner as needed; production of alternative formats of teaching materials (large print or audio files);
- for the hearing-impaired and hearing-impaired: adequate sound reproduction of information;
- for persons with disabilities and persons with mobility impairments: the possibility of unimpeded access for students to classrooms, restrooms and other areas of the department, as well as their stay in these areas.

Learners with disabilities and persons with disabilities are provided with printed and/or electronic educational resources in forms adapted to their disabilities. The education of students with disabilities may be organised with other students or in separate groups or organisations.

ASSESSMENT RESOURCES

1.1 Control tasks and assignments for interim attestation

Is not provided by the work programme of the discipline.

1.2 Topics for written task

Is not provided by the work programme of the discipline.

1.3 Interim checkpoints

Is not provided by the work programme of the discipline.

1.4 Other assessment objects

Is not provided by the work programme of the discipline.

1.5 Self-study

Name of self-study	Topic number
Doing homework	1,2,3,15,20,22,23,32,35,38
Preparation for lectures and practical classes	2-6,7-38

1.6 Grading scale

Scales of assessment and procedures for assessing learning outcomes of the discipline are regulated by the Regulations on the current control of progress and interim attestation of students in higher education programmes and the Regulations on the scoring and rating system.

A grading and rating system is used to assess the learning outcomes of the discipline:

The final control of the discipline is an examination (or a differentiated test), the final grade being formed in accordance with the scale given in the table below:

Points	Grade
<55	Not passed
>=55	Passed

Grading scale

2 (points to 54)	Demonstrates a lack of understanding of the problem. Many of the requirements of the assignment are not met. An initial perception of the material is demonstrated. The work is incomplete and/or plagiarised.
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3 (points 55-69)	Demonstrates a partial understanding of the problem. Most of the requirements of the task have been met. Mastery of the elements of the assigned material. The material is mostly clear and coherent.
4 (points 70-84)	Demonstrates considerable understanding of the issue by the discipline. All requirements of the assignment are fulfilled. The content of the completed tasks is disclosed and examined from different perspectives.
5 (points 85-100)	Demonstrates full understanding of the problem. All requirements of the assignment are fulfilled. Demonstrates proficiency in the discipline. The completed assignments are holistic, complete, structured, present different points of view and demonstrate creativity.