



APPROVED

Vice-rector for educational activities

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«24» \_\_\_\_\_ 2023.

## Физическая культура и спорт / Physical education

### 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	72	<b>Form of final attestation:</b>  Test: semester 4
incl:		
contact work	32	
self-study	40	
practical training	0	
control hours	0	

#### Hours distribution:

Semester:	4
Type of classes	Hours
Contact hours	32
Practical training	
Laboratory work	
<b>Total contact hours</b>	<b>32</b>
Self-study	40
Control hours	0
<b>Total academic hours</b>	<b>72</b>
<b>Total credits</b>	<b>2</b>

Saint-Petersburg

2023

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## 1. LEARNING OBJECTIVES

<b>Objective:</b>	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 B1.O. Physical education is a part of Block 1.

## 3. EXPECTED LEARNING OUTCOMES

Code and name of graduate competence	Code and name of the competence achievement indicator	Expected learning outcomes
UK-7 – Is able to maintain a proper level of physical fitness to ensure full-fledged social and professional activities	UC-7.2 – Selects and uses health-saving methods of physical culture to strengthen the body in order to carry out full-fledged professional and other activities	<p>To know: basic means of physical culture. Modern health-saving technologies. Means and methods of physical culture for the regulation and improvement of functional and motor capabilities in various periods of human life. Means and methods of increasing and maintaining physical performance, active longevity.</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 health-saving techniques taking into account your own health status. Independently select and use complexes of exercises of general physical, professionally applied physical training (motor actions of the chosen sport).</p>
UK-8 – Is able to create and maintain safe living conditions in everyday life and in professional activities for the preservation of the natural environment, ensuring sustainable development of society, including in the event of a threat and occurrence of emergencies and military conflicts	UC-8.2 – Applies theoretical and practical knowledge and skills to create and maintain safe living conditions in the household and professional spheres	<p>To know: the importance of physical culture in human life. Values of a healthy and safe lifestyle. Modern technologies for the prevention and prevention of diseases associated with educational and industrial activities. Methods of first aid and mutual assistance in situations that threaten their own health and life, as well as the health and life of others.</p> <p>To be able to: use knowledge in the field of physical culture to organize safe living conditions in the household, physical culture, sports and professional spheres. To use meta-subject concepts about the peculiarities of the body's adaptation to various working conditions and specific environmental influences.</p>

## 4. COURSE STRUCTURE AND CONTENT

Code and name of the topics	Course content	Academic hours			
		Contact work			Self-study
		Lectures	Practices	Workshops	
Topic 1. Federal standards for the	Goals and objectives of physical culture at the university. Physical culture and sport as an academic discipline of higher professional education and holistic	2			1

discipline "Physical culture and sport".	personal development. Regulatory framework: Federal Law "On Physical Culture and Sports in the Russian Federation" No. 329-FZ dated 4.12.2007 (as amended. from 30.04.2021)				
Topic 2. Competence vector of learning.	The main provisions of the organization of physical education in higher education. A model of competencies formed by the discipline. Requirements for the level of physical fitness of students.	2			1
Topic 3. Principles of physical fitness management.	Organization of the educational process in the discipline, taking into account didactic and methodological principles.	2			2
Topic 4. The choice of wellness technologies.	Characteristics of a healthy lifestyle and its determining factors.				2
Topic 5. Individual routes of physical training.	Physical exercises as a factor of influence on the human body. The influence of motor activity on the adaptive potential of a person. Requirements for the regulation of motor activity.	2			2
Topic 6. TRP – as a system-forming factor of physical training of students.	Historical and modern aspects of the program of the All-Russian TRP complex.	2			2
Topic 7. Classes in special medical groups and with the disabled.	Tasks solved when using therapeutic (physical therapy) and adaptive (AFC) physical culture. Clinical and biological justification of therapeutic physical culture. Indications and contraindications to physical therapy classes. Medical control in therapeutic physical culture.	2			2
Topic 8. Physical recreation resources.	Resources of physical recreation and motor rehabilitation. Means of physical culture. Classification of physical exercises.				2
Topic 9. Methods of adaptive management of physical fitness.	Adaptation processes. Methods of adaptive management of physical fitness.	2			2
Topic 10. General, special and professionally applied training of students.	The basics of the types of training of students: general, special, professionally applied.	2			2
Topic 11. Technical training.	Mastering methods of teaching and improving motor actions. Diversification of motor skills.				2
Topic 12. Development of physical qualities.	Characteristics of physical qualities of a person. Methods of directed influence on the development of speed, endurance, flexibility, dexterity, coordination abilities, strength. Sensitive periods of development of physical qualities.	2			2
Topic 13. Characteristics of fitness programs	Tasks solved during fitness classes. A variety of modern fitness techniques.	2			2
Topic 14. The specifics of playing sports.	Varieties and content of game sports. Means of sports and outdoor games in the practice of physical recreation and background physical culture.	2			2

Topic 15. Structure of athlete training.	The content of theoretical, technical, physical, tactical, psychological and special competitive training.				2
Topic 16. Conditioning training.	Means and methods of developing physical qualities and improving functional fitness.	2			2
Topic 17. Competitive practice.	Participation in competitions and "open" starts.				2
Topic 18. Physical training at the preparatory and main departments.	Norms of motor activity, individual physical training programs.				2
Topic 19. Physical training in special medical groups and disabled people.	Methods of correction of physical activity taking into account the nosology of the disease. Private methods of physical therapy.	2			2
Topic 20. PPFP complexes taking into account the specifics of labor.	General provisions of professionally applied physical training. Personal and socio-economic necessity of special psychophysical preparation of a person for work. Selection and compilation of PPFP complexes taking into account the specifics of professional activity.	2			2
Topic 21. Methods of improving performance.	Methods of improving performance, taking into account the physical development and preparedness of students. Diagnostics and self-diagnosis of the state of the body during regular physical education and sports. Pedagogical and self-control, indicators and a diary of self-control. Correction of the content and methods of physical exercises based on the results of control indicators.	4			2
<b>Control hours:</b>					<b>0</b>
<b>Total hours:</b>		<b>32</b>	<b>0</b>	<b>0</b>	<b>40</b>

## 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
Muller A.B., Dyadichkina N.S., Bogashchenko Yu.A. Physical culture. Textbook and workshop (Bachelor. Applied course), Moscow, Yurayt [Electronic resource], 2019.- 424 p.	<a href="https://urait.ru/bcode/433532">https://urait.ru/bcode/433532</a>
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.	<a href="http://opac.unecon.ru/elibrary ... 0%D1%82_%D0%B8%D0%BD%D0%B2.pdf">http://opac.unecon.ru/elibrary ... 0%D1%82_%D0%B8%D0%BD%D0%B2.pdf</a>
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.	<a href="http://opac.unecon.ru/elibrary ... D1%81%D0%BA%D0%B0%D1%8F_20.pdf">http://opac.unecon.ru/elibrary ... D1%81%D0%BA%D0%B0%D1%8F_20.pdf</a>

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 .	<a href="http://opac.unecon.ru/elibrary ... eсовременных.pdf">http://opac.unecon.ru/elibrary ... eсовременных.pdf</a>
Grigoriev V.I. Adaptive management in the fitness culture of students. Study guide. St. Petersburg, St. Petersburg State University, 2018.- 153 p.	<a href="http://opac.unecon.ru/elibrary ... BB%D0%B5%D0%BD%D0%B8%D0%B5.pdf">http://opac.unecon.ru/elibrary ... BB%D0%B5%D0%BD%D0%B8%D0%B5.pdf</a>
Kudashova L.T., Vengerova N.N. Fitness technologies in the formation of dynamic posture of students. St. Petersburg, St. Petersburg State University, 2018, - 80 p.	<a href="http://opac.unecon.ru/elibrary ... 2%D0%B0%D0%BD%D0%B8%D0%B8.pdf">http://opac.unecon.ru/elibrary ... 2%D0%B0%D0%BD%D0%B8%D0%B8.pdf</a>
Pakhomov Yu.M. Organization of independent physical education classes for students of non-sporting universities. The workshop.Saint Petersburg, SPbGEU, 2018,- 112 s	<a href="http://opac.unecon.ru/elibrary ... BD%D1%8F%D1%82%D0%B8%D0%B9.pdf">http://opac.unecon.ru/elibrary ... BD%D1%8F%D1%82%D0%B8%D0%B9.pdf</a>
Fedorova A.V., Labzo K.S. Physical culture and sport (elective discipline). Teaching students applied swimming (practical training)	<a href="http://opac.unecon.ru/elibrary ... ÑÑÐ° ÐÑÐ¿;Ð³¼ÑÑÑÑÐ'.pdf">http://opac.unecon.ru/elibrary ... ÑÑÐ° ÐÑÐ¿;Ð³¼ÑÑÑÑÐ'.pdf</a>
Koneeva 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.	<a href="https://urait.ru/bcode/475335">https://urait.ru/bcode/475335</a>
Germanov, Gennady . Motor abilities and physical qualities. Sections of the theory of physical culture : a textbook for universities / G. N. Germanov. 2nd ed., trans. and add. Moscow : Yurayt, 2020. 224 p. (Higher education) . ISBN 978-5-534-04492-8.	<a href="https://urait.ru/bcode/453843">https://urait.ru/bcode/453843</a>
Information technologies in physical culture and sports : an educational and methodical manual / comp. S. Yu. Makhov. Information technologies in Physical culture and Sports, 2027-04-01. Eagle : Interregional Academy of Security and Survival (MABIV), 2020. 174 p. ISBN 2227-8397.	<a href="https://www.iprbookshop.ru/95400.html">https://www.iprbookshop.ru/95400.html</a>

## 5.2 List of software (including national production)

- 7-Zip
- LibreOffice
- ОС АЛТ образование 10

### 5.3 List of reference systems and modern professional databases

№	Name of reference systems and professional databases
1.	Digital library Grebennikon.ru – <a href="http://www.grebennikon.ru">www.grebennikon.ru</a>
2.	Science Digital Library eLIBRARY – <a href="http://www.elibrary.ru">www.elibrary.ru</a>
3.	Science Digital Library КиберЛеника – <a href="http://www.cyberleninka.ru">www.cyberleninka.ru</a>
4.	Database ПОЛПРЕД Справочники – <a href="http://www.polpred.com">www.polpred.com</a>
5.	Database OECD Books, Papers & Statistics on the platform OECD iLibrary <a href="http://www.oecd-ilibrary.org">www.oecd-ilibrary.org</a>
6.	Legal reference system КонсультантПлюс (installed resource UNECON or <a href="http://www.consultant.ru">www.consultant.ru</a> )
7.	Legal reference system «ГАРАНТ» (installed resource UNECON or <a href="http://www.garant.ru">www.garant.ru</a> )
8.	Information and referral system «Кодекс» (installed resource UNECON or <a href="http://www.kodeks.ru">www.kodeks.ru</a> )

9.	Digital library system BOOK.ru - <a href="http://www.book.ru">www.book.ru</a>
10.	Digital library system ЭБС ЮРАЙТ – <a href="http://www.urait.ru">www.urait.ru</a>
11.	Digital library system ЗНАНИУМ (ZNANIUM) – <a href="http://www.znanium.com">www.znanium.com</a>
12.	Digital library UNECON – <a href="http://opac.unecon.ru">opac.unecon.ru</a>

## 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 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.	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, Б, P
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, 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, Б, 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, Б, 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, Б, 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	191023, St. Petersburg, Griboedova canal, 30-32, lit. A, Б, P



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.	
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) 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.	191023, St. 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

Number	Type	Method of conduct	Topic number
1	Control testing	with the help of technical means and information systems	1-10
2	Control testing	with the help of technical means and information systems	11-21
3	Monitoring	orally	1-21

### 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	1-21
Work with analytical databases, regulatory documents, reference literature	1,2
Preparation for lectures and practical classes	4,8,11,15,17,18

### 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.
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.