Federal State Budgetary Educational Institution

higher education

Orenburg State Medical University

Ministry of Health of the Russian Federation

**METHODOLOGICAL GUIDELINES**

**ON INDEPENDENT WORK OF TRAINEES**

**"PHYSICAL CULTURE AND SPORT"**

by specialty

34.05.01 General Medicine

It is part of the main professional educational program of higher education in the direction of training (specialty) 31.05.01 General Medicine, approved by the scientific council of the FSBOU VO ORSMU of the Ministry of Health of Russia

Protocol No. 8 of 25.03.2016

Orenburg

**1. Explanatory note**

Independent work is a form of organization of the educational process, stimulating activity, independence, the cognitive interest of students.

The independent work of students is a mandatory component of the educational process, as it ensures the consolidation of the acquired knowledge by acquiring comprehension skills and expanding their content, solving current problems of forming general cultural (universal), general professional and professional competencies, research activities, preparing for classes and completing intermediate certification.

The independent work of students is a set of classroom and out-of-audience classes and works that ensure the successful development of the educational program of higher education following the requirements of the GEF. The choice of the form of organization of independent work of students is determined by the content of the training discipline and the form of organization of training.

As a result of performing independent work in the discipline "General physical training," the student must:

* Systematize and synthesize knowledge about the legal framework of physical culture and sports;
* Create an understanding of biomedical and social risk factors in modern society.

to develop the ability to realize theoretical and methodological knowledge in terms of applying various means of physical culture to acquire individual and collective practical experience, to develop and improve cognitive creative activity in the direction of forming vital and professionally significant qualities, properties, skills, and skills.

**2. Content of independent work of students.**

The content of the independent work of the students in the discipline is presented in the methodological guidelines for the independent work of the students, which are attached to the working program of the discipline, section 6 "Educational and methodological support in the discipline (module)," in the information system of the University.

The list of educational, teaching, scientific literature and information resources for independent work is presented in the working program of the discipline, section 8 "List of basic and additional educational literature necessary for the development of the discipline (module)."

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| --- | --- | --- | --- | --- |
| № | Self-contained topic  works | Form  independent work1 | Self-Service Control Form  *(in accordance with section 4 of the RP)* | Form  contact  operations at  carrying out  current  control2 |
| 1 | 2 | 3 | 4 | 5 |
| *Self-service within modules* | | | | |
| 1 | **Module № 1.**  Athletics | *to master, consolidate, and systematize knowledge* | Reading text (textbook, supplementary literature, Internet resources) | out-of-class - CSW |
|  |
|  | *to create the skills of referencing the proposed problem* | Examination | in the Information System of the OrSMU |
| 2 | **Module № 2.**  Overall physical fitness | *to master, consolidate, and systematize knowledge* | Reading text (textbook, supplementary literature, Internet resources) | out-of-class - CSW |
|  | *to create the skills of referencing the proposed problem* | Examination | in the Information System of the OrSMU |

**3. Methodological guidelines for performing tasks for independent work in the discipline**

**Guidelines for preparation for control work**

Preparation for control work. Control work is assigned after studying a certain section (s) of the discipline and is a collection of detailed written answers of students to questions that they receive in advance from the teacher.

*Algorithm for preparation for control operation:*

- reading of the text (textbook, additional literature, Internet resources revealing the material, knowledge of which is checked by control work;

- repetition of educational material obtained in preparation for practical lessons and during their conduct;

- Study of additional literature specifying the content of the knowledge to be tested;

- preparation of answers in thought-form to the questions posed in the control work;

- formation of the psychological setting for successful completion of all tasks.

**Methodological guidelines for preparing for reading the text (textbook, additional literature, Internet resources)**

An important component of independent work is working with literature. The ability to work with literature means learning to make meaningful use of sources.

There are several methods of working with literature.

One of them is the most famous - the method of repetition: the read text can be memorized by heart. Simple repetition affects memory mechanically and superficially. The information obtained in this way is easily forgotten.

The most effective method is the coding method: read text needs to be subjected to more than simple learning, processing. To thoroughly process the information and encode it for storage, it is important to carry out several thought operations: comment on new data; assess their significance; raise questions; Compare the information received with the previously known information.

To improve the processing of information, it is very important to establish meaningful connections, structure new information.

The study of scientific-educational and other literature requires the maintenance of working records.

The form of records can be very diverse: a simple or detailed plan, theses, quotes, conception.

The plan is the primary basis, the framework of any written work, which determines the sequence of presentation of the material.

The plan is the shortest and therefore the most accessible and common form of content records of the source information. This is essentially a list of the main issues addressed in the source. The plan can be simple and detailed. Their difference lies in the degree of detail of the content and, accordingly, in the volume.

The advantage of the plan is as follows.

Firstly, the plan allows you to best understand the logic of the author's thought, simplifies the understanding of the main points of the work.

Secondly, the plan allows you to quickly and deeply penetrate the essence of the construction of the work, and, therefore, it is much easier to navigate its content.

Thirdly, the plan allows - with a subsequent return to it - to recall what has been read faster than usual.

Fourth, with the help of the plan, it is much more convenient to find the right places in the source, facts, quotes, etc.

Note-algorithm for drawing up a plan when working with text.

1. Read the text, think through what you read.
2. Split the text into parts and title each. In the headings, convey the main thought of each fragment.
3. In each part, several provisions develop the main idea.
4. Check whether the plan items reflect the main message of the text, whether the subsequent plan item is related to the previous one.

Memo-algorithm of methods of working with text.

1. Reading and analysis.
2. Comparative analysis of source and opinion.
3. Author's analysis and reasoning.
4. Questions to the text.
5. Comparative analysis.
6. Material selection.

Extracts - small fragments of the text (incomplete and complete sentences, sections, or paragraphs, as well as verbatim and close to verbatim records of the facts outlined in it), containing a quintessential content of what was read.

Extracts are a more complex form of recording the content of the source information. In fact, extracts are nothing more than quotes borrowed from the text. Extracts allow you to reproduce the most important thoughts of the author, statistical and data logical information in an arbitrary (more often sequential) order in concentrated form and with maximum accuracy. In some cases - where this is justified from the point of view of continuing work on the text - it is quite permissible to replace the citation with a statement close to the literal.

TEXT EXTRACT MEMO-ALGORITHM:

1. Extracts from the text are used when working with any book or article to prepare a report, abstract, article, essay.

2. Statements must be made accurate. Enclose the original words of the author in quotation marks.

3. Design them as quotes and indicate (better in parentheses) the name of the work, chapter, part, paragraph, page.

4. When reading books of interest, make extracts, gradually accumulating and distributing them by topic, and use them if necessary.

**4. Criteria for evaluation of results of self-work tasks of trainees**

Criteria for evaluation of completed tasks are presented in the fund of evaluation funds for carrying out monitoring of academic performance and intermediate certification in discipline, which is attached to the working program of discipline, section 6 "Educational and methodological support in the discipline (module)," in the information system of the University.