federal state budgetary educational institution

higher education

Orenburg State Medical University

Ministry of Health of the Russian Federation

**GUIDELINES**

**ON INDEPENDENT WORK OF STUDENTS**

SPORTS GAMES

by field of study (specialty)

*31.05.01 Medical business*

It is part of the main professional educational program of higher education in the field of training (specialty) *31.05.01 Medical*Science, approved by the Academic Council of the FSBEI HE OrGMU of the Ministry of Health of the Russian Federation (Protocol No. 9 of 30.04.2021) and approved by the rector of the FSBEI HE OrGMU of the Ministry of Health of the Russian Federation 30.04.2021

Orenburg

1. **Explanatory note.**

Independent work is a form of organizing the educational process that encourages students ' activity, independence, and cognitive interest.

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

Independent work of students is a set of classroom and extracurricular activities and works that ensure the successful development of the educational program of higher education in accordance with the requirements of the Federal State Educational Standard.

The choice of the form of organization of independent work of students is determined by the content of the discipline and the form of organization of training.

As a result of performing independent work on the discipline "Sports games", the student must:

* *systematize and generalize knowledge* about technical techniques and motor actions in sports games; *create an idea* of the rules for using sports equipment and equipment;
* *to develop the ability* to apply highly effective health and sports technologies, practical skills and abilities with elements of sports games*, to develop and improve* motor skills and abilities for: improving performance, maintaining and strengthening health through sports games.

1. **Content of students ' independent work.**

Assessment criteria for independent work of students in the discipline are presented ***in the fund of assessment tools for conducting current monitoring of academic performance and intermediate certification in the discipline***, which is attached to the work program of the discipline, section 6 " Educational and methodological support for the discipline (module)", in the University information system

The list of educational, methodical, 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 mastering the discipline (module)"

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Subject of independent work Form of independent work 1 Form of control of independent work (in accordance with Section 4 of the Administrative Code) | Topic of independent work | Independent work form1 | Independent work control form *(in accordance with Section 4 of the EP)* | Form of contact work during the current control2 |
| 1 | 2 | 3 | 4 | 5 |
| *Independent work within the framework of modules* | | | | |
| 1 | **Module No. 1.**  Sports games. Basketball.  1.1 History of the game basketball  1.2 Rules of the game basketball | *for mastering, consolidating and systematizing knowledge* | reading the text (textbook, additional literature, Internet resources) | Extracurricular-DAC |
| 1  1 |
|  | *for the formation of skills* | Control work No. 1  Control work No. 2 | in the Information system of OrGMU |
| 2  2 | **Module No. 2.**  Sports games. Volleyball.  2.1 History of the game volleyball  2.2 Rules of the game volleyball | *for mastering, consolidating and systematizing knowledge* | reading the text (textbook, additional literature, Internet resources) | Extracurricular-DAC |
|  | *for the formation of skills* | Control work No. 1  Control work No. 2 | in the Information system of OrGMU |
| 3  3 | **Module No. 3.** Sports games. Football  3.1 History of the game football  3.2 Rules of the game football  3.3 History of the game handball  3.4 Rules of the game handball | *for mastering, consolidating and systematizing knowledge* | reading a text (textbook, additional literature, Internet resources) | extracurricular-DAC |
|  | *for the formation of skills* | Control work No. 1  Control work No. 2  Control work No. 3  Control work No. 4 | in the Information system of OrGMU |

1. **Guidelines for completing tasks for independent work in the discipline.**

**Guidelines for preparing for the test work.**

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

*Algorithm for preparing for the test paper*:

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

- repetition of the training material obtained in preparation for practical classes and during their implementation;

- study of additional literature that specifies the content of the tested knowledge;

- drawing up in a mental form answers to the questions posed in the control work;

- formation of a psychological attitude to the successful completion of all tasks.

**Guidelines for preparing for reading a text (textbook, additional literature, Internet resources).**

An important component of independent work is working with literature. Learning to work with literature means learning to use sources meaningfully.

There are several methods of working with literature. One of them - the most famous - *is the repetition method*: you can memorize the text you read**.** Simple repetition affects memory mechanically and superficially. The information obtained in this way is easily forgotten.

The most effective *method is the coding*method: the read text needs to be subjected to more processing than just memorizing.

To thoroughly process information and encode it for storage, it is important to perform a number of mental operations: comment on new data; evaluate their significance; ask questions; compare the information obtained with previously known ones.

To improve information processing, it is very important to establish meaningful connections and structure new information. Studying scientific educational and other literature requires keeping working records. The form of entries can be very diverse: a simple or detailed plan, theses, citations, and synopsis.

*Plan* - the primary basis, framework of any written work, defining the sequence of presentation of the material. The plan is the most concise and therefore the most accessible and widespread form of recording the content of the original source of information. In essence, this is a list of the main issues considered 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.

First, the plan allows you to best understand the logic of the author's thoughts, 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.

Third, the plan allows you to remember what you read faster than usual when you return to it later.

Fourth, using a plan is much more convenient to find the right places, facts, quotes, etc. in the source.

*Memo-an algorithm for drawing up a plan when working with text.*

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

*Memo-an algorithm for working with text.*

1. Reading and analyzing.
2. Comparative analysis of the source and opinion.
3. Analysis and argumentation of the author.
4. Putting questions to the text.
5. Comparative analysis.
6. Material selection.

*Extracts* - small fragments of text (incomplete and complete sentences, sections of paragraphs, as well as verbatim and close-to-verbatim entries about the facts stated in it) that contain the quintessence of the content of what was read. Extracts are a more complex form of recording the content of the original source of 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 datalogical information in a concentrated form and with maximum accuracy in an arbitrary (often sequential) order.

In some cases, when this is justified from the point of view of continuing to work on the text, it is quite acceptable to replace the citation with a statement that is close to verbatim.

*Memo-an EXTRACT algorithm FROM THE TEXT:*

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

2. Make your statements accurate. Enclose the original words of the author in quotation marks.

3. Formalize them as quotations and indicate (preferably in parentheses) the title of the work, chapter, part, paragraph, page.

4. When reading books that interest you, make excerpts, gradually accumulating and distributing them by topic, and use them if necessary.

**4. Criteria for evaluating the results of tasks on independent work of students.**

The criteria for evaluating completed tasks are presented ***in the fund of assessment tools for conducting current monitoring of academic performance and intermediate certification in the discipline***, which is attached to the working program of the discipline, section 6 "Educational and methodological support for the discipline (module)", in the University information system.