federal state budgetary educational institution higher education

“Orenburg State Medical University”

Ministry of Health of the Russian Federation.

**INSTRUCTIONS FOR THE INDEPENDENT WORK OF STUDENTS**

ADAPTIVE PHYSICAL EDUCATION AND SPORT OF THE DISABLED

by specialty

31.05.01 Medicine

It is part of the main professional educational program of higher education

in the direction of training (specialty) 31.05.01 Medicine

approved by the Academic Council of the FSBEI HE ORGMU of the Ministry of Health of Russia

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**1.Explanatory note.**

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

Independent work of students is an obligatory component of the educational process, since it ensures the consolidation of the acquired knowledge by acquiring the skills of comprehending and expanding their content, solving urgent problems of the formation of general cultural (universal), general professional and professional competencies, research activities, preparation 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 organizing students' independent work is determined by the content of the discipline and the form of organizing training.

As a result of performing independent work on the discipline "Adaptive physical culture and sports of disabled people", the student must:

* to systematize and generalize knowledge about the legal basis of physical culture and sports; to create an understanding of medical, biological and social risk factors in modern society.
* to form the ability to implement theoretical and methodological knowledge in terms of the use of various means of physical culture for the acquisition of individual and collective practical experience, to develop and improve their cognitive creative activity in the direction of the formation of vital and professionally significant qualities, properties, abilities and skills.

2. Content of students' independent work.

The content of tasks for independent work of students in discipline is presented in the fund of assessment tools for conducting current monitoring of progress 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 information system of the University.

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

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| № | **Self-theme work** | **The form independent work1** | **Independent work control form (in accordance with section 4 of the RP)** | **The form contact work at holding the current control2** |
| 1 1 | 2 | 3 | 4 | 5 |
| Independent work within modules. | | | | |
| 1 | **Module1.**  General physical preparation - adaptive forms and types 1.1Nordic walking  1.2 Stretching, exercise complexes. | to master, consolidate and systematize knowledge | reading text (textbook, additional literature, Internet resources) | extracurricular - Control and independent work |
| to build skills | Test work number 1  Test work number 2 | in the Information System of the ORSMU |
| 2 | **Module 2.**  Educational training  2.1 Yoga, breathing exercises, running.  2.2 Basketball, volleyball, table tennis. | to master, consolidate and systematize knowledge | reading text (textbook, additional literature, Internet resources) | extracurricular - Control and independent work |
| to build skills | Test work number 1  Test work number 2 | in the Information System of the ORSMU |
| 33 | **Module 3.**  Mind games  3.1 Chess  3.2 Checkers | to master, consolidate and systematize knowledge | reading text (textbook, additional literature, Internet resources) | extracurricular - Control and independent work |
| to build skills | Test work number 1  Test work number 2 | in the Information System of the ORSMU |
| 4  4 | Module 4.  Assessment of functional and physical condition  4.1 Functional tests.  4.2 Psycho-emotional state, depression. | to master, consolidate and systematize knowledge | reading text (textbook, additional literature, Internet resources) | extracurricular - Control and independent work |
| to build skills | Test work number 1  Test work number 2 | in the Information System of the ORSMU |

**3. Methodical instructions for completing assignments for independent work in the discipline.**

**Methodical instructions for preparation for test work**

Preparation for the test.Test 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 from the teacher in advance.

Algorithm for preparing for the test:

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

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

- study of additional literature, which specifies the content of the tested knowledge;

- drawing up in mental form answers to the questions posed in the test;

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

Methodical instructions 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 use sources meaningfully.

There are several methods for working with literature.

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

The most effective method is the encoding method: the read text must be subjected to more processing than simple memorization. In order to thoroughly process information and encode it for storage, it is important to carry out a number of mental operations: comment on new data; evaluate their meaning; ask questions; compare the information received with the previously known.

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

The study of scientific educational and other literature requires keeping working records.

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

The plan is the primary basis, the frame of any written work, determining the sequence of presentation of the material.

The plan is the most concise and therefore the most accessible and common form of records of the content of the original source of information. Essentially, this is a list of the main issues discussed in the source. The plan can be simple and detailed. Their difference lies in the degree of detail of the content and, accordingly, in volume.

The advantage of the plan is as follows.

First, 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 into the essence of the structure of the work and, therefore, it is much easier to navigate in its content.

Thirdly, the plan allows - with the subsequent return to it - faster than usual to remember what you read.

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

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

1. Read the text, think over what you read.
2. Divide the text into parts and head each one. In the headings, convey the main idea of ​​each fragment.
3. In each part, highlight several provisions that develop the main idea.
4. Check whether the points of the plan reflect the main idea of ​​the text, whether the next point of the plan is related to the previous one.

Memo-algorithm of techniques for working with text.

1. Reading and analysis.
2. Comparative analysis of source and opinion.
3. Analysis and argumentation of the author.
4. Asking questions to the text.
5. Comparative analysis.
6. Selection of material.

Extracts are small fragments of a text (incomplete and complete sentences, sections of paragraphs, as well as verbatim and close to verbatim records about the facts stated in it), containing the quintessence of the content of the read.

Extracts are a more complex form of recording the content of the original source of information. In fact, extracts are nothing more than quotations borrowed from the text. Extracts allow in concentrated form and with maximum accuracy to reproduce in an arbitrary (often sequential) order the most important thoughts of the author, statistical and datalogical information. In some cases - when it is justified from the point of view of the continuation of work on the text - it is quite acceptable to replace the quotation with a statement close to the literal one.

Memo-algorithm EXTRACT FROM THE TEXT:

1. Extracts from the text are used when working with any book or article for the preparation of a report, abstract, article, essay.
2. Extracts must be accurate. Use quotation marks around the author's original words.
3. Format them as quotations and indicate (preferably in brackets) the title of the work, chapter, part, paragraph, page.
4. When reading books you are interested in, make extracts, gradually accumulating and distributing them by topic, and use them if necessary.

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

The criteria for evaluating the completed tasks are presented **in the fund of evaluation tools for monitoring progress 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 information system University.