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federal state budgetary educational institution of higher education

"Orenburg State Medical University"

Ministry of Health of the Russian Federation

**METHODOLOGICAL INSTRUCTIONS**

**FOR INDEPENDENT WORK OF STUDENTS**

in the direction of training (specialty)

*31.05.01 General medicine*

It is part of the main professional educational program of higher education in the field of study (specialty) 31.05.01 General Medicine, approved by the Academic Council of the OrgMU of the Ministry of Health of Russia (protocol No. 9 of 30.04.2021) and approved by the rector of the OrgMU of the Ministry of Health of Russia on 30.04.2021

Orenburg

**1. Explanatory note**

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

Independent work of students is an obligatory component of the educational process, as 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 an intermediate certification.

Independent work of students is a set of classroom and extracurricular activities and work that ensures 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 academic discipline and the form of organization of training.

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

* *systematize and generalize knowledge*Oscientific and practical foundations of physical culture and a healthy lifestyle; about the social role of physical culture in personality development; about the basic rules and special terminology in basic sports*create a view*Oways of monitoring and evaluating physical development and physical fitness; about the rules and methods of planning individual lessons of various target orientation.
* *to form skills*develop an individual motor mode, control and regulate the functional state of the body when performing physical exercises in basic sports; compose and perform individually selected complexes of health-improving physical culture; demonstrate technical and tactical actions in basic sports; develop and improve the use of basic sports for physical self-improvement and self-education for the implementation of future professional activities.

**2. The content of students' independent work.**

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

List of educational, educational-methodical, scientific literature andinformation resources for independent work are 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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| --- | --- | --- | --- | --- |
| No. | Theme selfwork | Formindependent work1 | Form of control of independent work *(in accordance with section 4 of the RP)*  | Formcontactwork atcarrying outcurrentcontrol2 |
| 1 | 2 | 3 | 4 | 5 |
| *Independent work within the modules* |
| 1 | **Module number 1.**Teaching technical and tactical actions in basic sports* 1. Athletics
	2. Basketball
 | *for mastering, consolidating and systematizing knowledge* | reading text (textbook, additional literature, Internet resources) | extracurricular - CSR |
|  |
|  | *for the formation of skills* | Test No. 1Test No. 2 | in the Information system of Orgmu |
| 2 | **Module number 2.**Teaching tactical actions and improving technical actions in basic sports2.1 Gymnastics2.2 Volleyball | *for mastering, consolidating and systematizing knowledge* | reading text (textbook, additional literature, Internet resources) | extracurricular - CSR |
|  | *for the formation of skills* | Test No. 1Test No. 2 | in the Information system of Orgmu |
| 3 | **Module number 3.**Improving tactical and technical actions in basic sports3.1 Athletics3.2 Tourism | *for mastering, consolidating and systematizing knowledge* | reading text (textbook, additional literature, Internet resources) | extracurricular - CSR |
|  | *for the formation of skills* | Test No. 1Test No. 2 | in the Information system of Orgmu |

**3. Guidelines for completing assignments for independent work in the discipline.**

**Guidelines for preparing for the test**

Preparation for control work. The control work is assigned after studying a certain section (sections) of the discipline and is a set of detailed written answersstudentsto the questions they receive in advance from the teacher.

*Algorithm for preparing for the test*:

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

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

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

- compilation in a mental form of answers to the questions posed in the control work;

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

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

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

There are several ways to work with literature.

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

The most effective method is the coding 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 value; ask questions; compare the obtained information with the previously known.

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

*Plan*- the fundamental principle, the framework of any written work, determining the sequence of presentation of the material.

The plan is the shortest and therefore the most accessible and common form of recording the content of the original source of information. In essence, this is 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 volume.

The advantage of the plan is as follows.

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

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

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

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

1. Read the text and think about what you read.
2. Break the text into parts and give each one a title. 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 connected with 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. Material selection.

*Statements*- small fragments of the text (incomplete and complete sentences, sections of paragraphs, as well as verbatim and close to verbatim records of the facts presented in it), containing 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 quotations borrowed from the text. Extracts allow in a 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 continuing work on the text - it is quite acceptable to replace the citation with a presentation that is close to verbatim.

Memo-algorithm EXTRACT 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. Statements must be accurate. Enclose the actual words of the author in quotation marks.

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

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

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

The criteria for evaluating completed assignments are presented in the fund of assessment tools for ongoing 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 the information system of the University.