Approved by Deputy Rector for Academic Affairs

\_\_\_\_\_E.V. Konovalova

"15" June 2023, Record No.5

### **Individual sports**

## Syllabus

| Department | Physical Education  |
|------------|---|
| Curriculum | s310501-ЛечДелоИн-23-1.plx<br>Specialty 31.05.01 General Medicine |

#### **Qualification General Practitioner**

| Form of education     | Full-time |
|-----------------------|-----------|
| Total (in<br>credits) | 0         |

| Total academic | 328 | Control:  |
|----------------|-----|---|
| hours          |     |   |
| Including:     |     | Credit 6 <sup>th</sup> , 5 <sup>th</sup> , 4 <sup>th</sup> , 3 <sup>rd</sup> , 2 <sup>nd</sup> term |
| Classes        | 304 |   |
| Self-study     | 24  |   |

#### Course outline in terms

| Academic<br>year<br>(Term) | 2 (1 | 1.2) | 3 (2 | 2.1) | 4 (2 | 2.2) | 5 (3 | <b>3.1</b> ) | 6 (3 | 3.2) | То  | tal |
|----------------------------|------|------|------|------|------|------|------|--------------|------|------|-----|-----|
| Weeks                      | 17   | 2/6  | 17   | 2/6  | 17   | 2/6  | 17   | 2/6          | 17   | 2/6  |     |     |
| Types of<br>classes        | Cur  | Syl  | Cur  | Syl  | Cur  | Syl  | Cur  | Syl          | Cur  | Syl  | Cur | Syl |
| Practical                  | 48   | 48   | 64   | 64   | 64   | 64   | 64   | 64           | 64   | 64   | 304 | 304 |
| Total                      | 48   | 48   | 64   | 64   | 64   | 64   | 64   | 64           | 64   | 64   | 304 | 304 |
| Classes                    | 48   | 48   | 64   | 64   | 64   | 64   | 64   | 64           | 64   | 64   | 304 | 304 |
| Self-study                 | 8    | 8    | 4    | 4    | 4    | 4    | 4    | 4            | 4    | 4    | 24  | 24  |
| Total                      | 56   | 56   | 68   | 68   | 68   | 68   | 68   | 68           | 68   | 68   | 328 | 328 |

The Syllabus is compiled by: Doctor of Education, Professor, Peshkova N.V\_\_\_\_\_

The Syllabus Individual sports

Developed in accordance with Federal State Educational Standard:

Federal State Educational Standard of higher education in the specialty 31.05.01 General medicine (Order of the Ministry of Education and Science of the Russian Federation on August, 12, 2020 № 988)

Based on the Curriculum: 31.05.01 GENERAL MEDICINE Specialization: General Medicine Approved by the Academic Council of Surgut State University, 15.06.2023, Record № 5

The Syllabus was approved by the Academic Council of Surgut State University, **Physical Education** 

#### **1. COURSE OBJECTIVES**

1.1 **The aim of the course** is to acquire practical experience of applying a variety of means and methods of physical culture and sport to preserve and strengthen health, maintain a proper level of physical fitness as a condition for ensuring full social and professional activity.

#### 2. COURSE OVERVIEW

#### Course code (in curriculum) Б1.О.03.ДВ.01

2.1 Assumed background: Basic level of knowledge in high school subjects "Physical

2.2 Post-requisite courses and practice:

#### 3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)

UC-7.3 - Maintains the proper level of physical fitness to ensure full-fledged social and professional activity, regularly engaging in physical exercises

#### By the end of the course student must:

| 3.1   | Know:  |
|-------|--|
| 3.1.1 | the basics of exercise technique and methods of their application to maintain a proper level of physical fitness |
| 3.2   | Be able to:  |
| 3.2.1 | apply physical exercises in the process of regular exercise in various types of motor activities                 |
| 3.3   | Have skills of:  |
| 3.3.1 | maintaining an adequate level of physical fitness to ensure full social and professional activity                |

|               | 4. STRUCTUREANDCONTENTS OF THE COURSE (MODULE)  |                            |                   |             |   |             |  |  |
|---------------|---|----------------------------|-------------------|-------------|---|-------------|--|--|
| Class<br>Code | Topics/Class type   | Term /<br>Academic<br>year | Academic<br>hours | Competences | Literature  | Interactive |  |  |
|               | Section 1. Sports orientation stage   |                            |                   |             |   |             |  |  |
| 1.1           | Propaedeutics in sports, types of physical activity / <b>pr</b> /                       | 2                          | 40                | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 1.2           | General physical training / <b>pr</b> /   | 2                          | 8                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 1.3           | General physical training / <b>Self-study</b> /   | 2                          | 8                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 1.4           | Credit  | 2                          | 0                 | UC-7.3      |   |             |  |  |
|               | Section 2. Stage of sport specialisation  |                            |                   |             |   |             |  |  |
| 2.1           | The history of the emergence and current state of development of the sport /Self-study/ | 3                          | 2                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.2           | Technical and tactical training by sport /pr/   | 3                          | 32                | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.3           | General and special physical training for<br>the type of sport / <b>pr</b> /            | 3                          | 12                | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.4           | Integral training by sport / <b>pr</b> /  | 3                          | 16                | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.5           | Structure and content of a training session<br>in a sport discipline / <b>pr</b> /      | 3                          | 2                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.6           | Fundamentals of refereeing competitions in a sport / <b>pr</b> /                        | 3                          | 2                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.7           | Fundamentals of refereeing competitions in a sport / <b>Self-study</b> /                | 3                          | 2                 | UC-7.3      | 1.1, 1.2, 1.3, 1.4, 1.5,<br>1.6, 2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |             |  |  |
| 2.8           | Credit  | 3                          | 0                 | UC-7.3      |   |             |  |  |

| 2.0  | Trabulation data at the test of the second   | 4 | 20 |        |   |  |
|------|--|---|----|--------|---|--|
| 2.9  | Technical and tactical training by sport / <b>pr</b> /   | 4 | 32 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.10 | General and special physical training for the type of sport / <b>pr</b> /  | 4 | 12 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.11 | Integral training by sport / <b>pr</b> /   | 4 | 16 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.12 | Structure and content of a training session in a sport discipline / <b>pr</b> /  | 4 | 2  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.13 | Structure and content of a training session in a sport discipline / <b>Self-study</b> /                                    | 4 | 2  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.14 | General and special physical training for the type of sport / <b>pr</b> /  | 4 | 2  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.15 | General and special physical training for the type of sport / <b>Self-study</b> /  | 4 | 2  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 2.16 | Credit   | 4 | 0  | UC-7.3 |   |  |
|      | Section 3. Sports improvement stage  |   |    |        |   |  |
| 3.1  | Technical and tactical training by sport /pr/  | 5 | 22 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.2  | Specialised physical training /pr/   | 5 | 12 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.3  | General physical training / <b>pr</b> /  | 5 | 12 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.4  | Integral training by sport / <b>pr</b> /   | 5 | 14 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.5  | Organization and methodology of<br>competitions in a sport. Refereeing of<br>competitions in a sport / <b>pr</b> /         | 5 | 4  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.6  | Organization and methodology of<br>competitions in a sport. Refereeing of<br>competitions in a sport / <b>Self-study</b> / | 5 | 4  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.7  | Credit   | 5 | 0  | UC-7.3 |   |  |
| 3.8  | Technical and tactical training by sport / <b>pr</b> /   | 6 | 22 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.9  | Special physical training by sport / <b>pr</b> /   | 6 | 8  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.10 | General physical training / <b>pr</b> /  | 6 | 8  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.11 | Integral training by sport /pr/  | 6 | 16 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.12 | Organization and methodology of<br>competitions in a sport. Refereeing of<br>competitions in a sport / <b>pr</b> /         | 6 | 4  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |
| 3.13 | Organization and methods of conducting a training session in a type of sport / <b>pr</b> /                                 | 6 | 4  | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |  |

| 3.14 | Requirements for planning and control of<br>independent physical culture and sports<br>activities of different target orientation / <b>pr</b> /            | 6 | 2 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |
|------|--|---|---|--------|---|
|      | Requirements for planning and control of<br>independent physical culture and sports<br>activities of different target orientation<br>/ <b>Self-study</b> / | 6 | 4 | UC-7.3 | 1.1, 1.2, 1.3, 1.4, 1.5, 1.6,<br>2.1, 2.2, 2.3.<br>E1 E2 E3 E4 E5 |
| 3.16 | Credit   | 6 | 0 | UC-7.3 |   |

# 5. ASSESSMENT TOOLS 5.1. Assessment tools for midterm assessment Presented by a single document 5.2. Assessment tools for diagnostic testing Presented by a single document

| 6.1. Recommended Literature6.1.1 Core4.1.1 CareQuantity1.1Barchukov I. S.,<br>Nazarov Yu. N.,<br>Kikot V. Ya.Physical Education and Physical Training:<br>TextbookMoscow: UNITY<br>DANA, 201211.2Shestakov V. Sa.,<br>Eregina S. B.Theory and practice of judo: TextbookMoscow: Svetsky Sport, 201111.3Strikhanov M. N.,<br>Savinkov V. I.Iheory and practice of judo: TextbookMoscow: Yurait Publishing House,<br>201811.4Garnik V.S.Martial arts and martial arts in psychophysical<br>training of students: TextbookMoscow: Moscow State Construction<br>University. EBS ASV, 201211.5.Bulgakova N.J.,<br>Popov O. I.,<br>Nikitina S. M.,<br>Pavlova T. N.Swimming: TextbookMoscow: LLC "INFRA-M Research<br>and Publishing Centre of Surgut<br>State University, 201221.6.Apokin V. V.Applied swimming: training manual<br>Research and Methodology of Sport): Educational<br>and Methodolog  | 6.1.1. Core           Authors         Title         Publish., year         Quantity           1.1         Barchukov I. S.,<br>Nazarov Yu. N.,<br>Kikot V. Ya.         Physical Education and Physical Training:<br>Textbook         Moscow: UNITY<br>DANA, 2012         1           1.2         Shestakov V.B.,<br>Eregina S. B.         Theory and practice of judo: Textbook         Moscow: Sovetsky Sport, 2011         1           1.3         Strikhanov M. N.,<br>Savinkov V. I.         Physical Education and Sport in Higher Education<br>Institutions: Textbook         Moscow: Yurait Publishing House,<br>2018         1           1.4         Garnik V.S.         Martial arts and martial arts in psychophysical<br>training of students: Textbook         Moscow: Moscow State Construction<br>University, EBS ASV, 2012         1           1.5.         Bulgakova N. J.,<br>Popov O. I.,<br>Nikima S. M.,<br>Pavlova T. N.         Swimming: Textbook         Moscow: LC "INFRA-M Research<br>and Publishing Centre", 2017         1           1.6.         Apokin V. V.         Applied swimming: training manual<br>Pavlova T. N.         Surgut: Publishing Centre of Surgut<br>State University, 2012         2           2.1         Zabelina L.G.,<br>Nechunaeva E.E.         Athletics: Textbook         Novosibirsk: Novosibirsk State<br>Technical University, 2010         1           2.2         Losev V. Yu.         Theory and Methodology of Physical Culture<br>(Theory and Methodology of Sport): Educational<br>and Methodological Man         Surgut:   |   |                                 | 6. COURSE (MODULE) RESOU                          |                              |          |  |  |  |
|---|--|---|---------------------------------|---|------------------------------|----------|--|--|--|
| Authors         Title         Publish., year         Quantity           1.1         Barchukov I. S.,<br>Nazarov Yu. N.,<br>Kikot V. Ya.         Physical Education and Physical Training:<br>Textbook         Moscow: UNITY<br>DANA, 2012         1           1.2         Shestakov V. B.,<br>Eregina S. B.         Theory and practice of judo: Textbook         Moscow: Sovetsky Sport, 2011         1           1.3         Strikhanov M. N.,<br>Savinkov V. I.         Physical Education and Sport in Higher Education<br>Institutions: Textbook         Moscow: Warait Publishing House,<br>2018         1           1.4         Garnik V.S.         Martial arts and martial arts in psychophysical<br>training of students: Textbook         Moscow: Moscow State Construction<br>University, EBS ASV, 2012         1           1.5.         Bulgakova N. J.,<br>Popov O. I.,<br>Niktina S. M.,<br>Pavlova T. N.         Swimming: Textbook         Moscow: LLC "INFRA-M Research<br>and Publishing Centre of Surgut<br>State University, 2012         1           Onesite State State Textbook           Novosibirsk: Novosibirsk State<br>Technical University, 2010           Surgut: Publishing Centre of Surgut<br>State University, 2010           Surgut: Publishing Centre of Surgut<br>Tehnoy and Methodology of Physical Culture<br>(Theory and Methodology of Sport): Educational<br>and Methodological Man         Surgut: Publishing Centre of Surgut<br>State University, 2016         2           State University www.minsport.gov.ru/ <td co<="" td=""><td>Authors         Title         Publish., year         Quantity           1.1         Barchukov I.S.,<br/>Nazrov Yu. N.,<br/>Kikot V. Ya.         Physical Education and Physical Training:<br/>Textbook         Moscow: UNITY<br/>DANA, 2012         1           1.2         Shestakov V.B.,<br/>Eregina S. B.         Theory and practice of judo: Textbook         Moscow: Sovetsky Sport, 2011         1           1.3         Strikhanov M. N.,<br/>Savinkov V. I.         Theory and practice of judo: Textbook         Moscow: Yurait Publishing House,<br/>2018         1           1.4         Garnik V.S.         Martial arts and marial arts in psychophysical<br/>training of students: Textbook         Moscow: Moscow State Construction<br/>University, EBS ASV, 2012         1           1.5.         Bugakova N. J.,<br/>Popov O. I.,<br/>Nikitina S. M.,<br/>Pavlova T. N.         Swimming: Textbook         Moscow: LLC "INFRA-M Research<br/>and Publishing Centre", 2017         1           1.6.         Apokin V. V.         Applied swimming: training manual         Surgut: Publishing Centre of Surgut<br/>State University, 2012         2           6.1.2. Supplementary           2.1         Zabelina L.G.,<br/>Nechunaeva E.E.         Athletics: Textbook         Novosibirsk: Novosibirsk State<br/>Technical University, 2010         1           2.2         Losev V. Yu.         Theory and Methodology of Sport): Educational<br/>and Methodological Man<br/>and Methodology of Sport): Educational<br/>and Methodological Man<br/>and Methodology of Sport): Educational<br/>and Meth</td><td></td><td></td><td>6.1. Recommended Literatur</td><td>'e</td><td></td></td> | <td>Authors         Title         Publish., year         Quantity           1.1         Barchukov I.S.,<br/>Nazrov Yu. N.,<br/>Kikot V. Ya.         Physical Education and Physical Training:<br/>Textbook         Moscow: UNITY<br/>DANA, 2012         1           1.2         Shestakov V.B.,<br/>Eregina S. B.         Theory and practice of judo: Textbook         Moscow: Sovetsky Sport, 2011         1           1.3         Strikhanov M. N.,<br/>Savinkov V. I.         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Theory and Methodology of Sport): Educational<br/>and Methodological Man<br/>and Methodology of Sport): Educational<br/>and Methodological Man<br/>and Methodology of Sport): Educational<br/>and Meth</td> <td></td> <td></td> <td>6.1. Recommended Literatur</td> <td>'e</td> <td></td>  | Authors         Title         Publish., year         Quantity           1.1         Barchukov I.S.,<br>Nazrov Yu. N.,<br>Kikot V. Ya.         Physical Education and Physical Training:<br>Textbook         Moscow: UNITY<br>DANA, 2012         1           1.2         Shestakov V.B.,<br>Eregina S. B.         Theory and practice of judo: Textbook         Moscow: Sovetsky Sport, 2011         1           1.3         Strikhanov M. N.,<br>Savinkov V. I.         Theory and practice of judo: Textbook         Moscow: Yurait Publishing House,<br>2018         1           1.4         Garnik V.S.         Martial arts and marial arts in psychophysical<br>training of students: Textbook         Moscow: Moscow State Construction<br>University, EBS ASV, 2012         1           1.5.         Bugakova N. J.,<br>Popov O. I.,<br>Nikitina S. M.,<br>Pavlova T. N.         Swimming: Textbook         Moscow: LLC "INFRA-M Research<br>and Publishing Centre", 2017         1           1.6.         Apokin V. V.         Applied swimming: training manual         Surgut: Publishing Centre of Surgut<br>State University, 2012         2           6.1.2. Supplementary           2.1         Zabelina L.G.,<br>Nechunaeva E.E.         Athletics: Textbook         Novosibirsk: Novosibirsk State<br>Technical University, 2010         1           2.2         Losev V. Yu.         Theory and Methodology of Sport): Educational<br>and Methodological Man<br>and Methodology of Sport): Educational<br>and Methodological Man<br>and Methodology of Sport): Educational<br>and Meth |                                 |   | 6.1. Recommended Literatur   | 'e       |  |  |  |
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| E1       https://www.minsport.gov.ru/         E2       http://www.fizkult-ura.ru/         E3       http://kultura-fiz.vspu.ac.ru/         E4       https://gto.ru/         E5       http://www.teoriya.ru/ru         6.3.1 Software         6.3.1.1       Operational system Microsoft, applied programs pack Microsoft Office         6.3.2 Information Referral systems   | E1       http://www.minsport.gov.ru/         E2       http://www.fizkult-ura.ru/         E3       http://kultura-fiz.vspu.ac.ru/         E4       http://gto.ru/         E5       http://www.teoriya.ru/ru         6.3.1 Software         6.3.1.1       Operational system Microsoft, applied programs pack Microsoft Office         6.3.2 Information Referral systems         6.3.2.1       http://www.garant.ru   | 2.3   |                                 |   | Moscow: Sovetsky Sport, 2013 | 1        |  |  |  |
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| 6.3.2 Information Referral systems  | 6.3.2 Information Referral systems         6.3.2.1 http://www.garant.ru  |   |                                 | 6.3.1 Software                                    |                              |          |  |  |  |
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| 6.3.2.1 http://www.garant.ru  |  |   |                                 | -   | ems                          |          |  |  |  |
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| 6.3.2.2 http://www.consultant.ru  | 6.3.2.2 http://www.consultant.ru   | 6.3.2.2   | 2 http://www.consult            | ant.ru  |                              |          |  |  |  |

|      | 7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)   |
|------|--|
| 7.1  | Gymnasium 1, equipped with the necessary equipment: basketball hoops, volleyball stands and net, futsal gates, Swedish walls, hanging combined horizontal bars, bleachers, benches, table, balls for various sports  |
| 7.2  | Gymnasium 2 with the necessary equipment: basketball hoops, volleyball posts and net, futsal gates, wall bars, hanging combined horizontal bars, benches, table, balls for various sports  |
| 7.3. | A martial arts room with the necessary equipment: tatami, wall bars, hanging combination horizontal bars, mirrors, dumbbells. Physical rehabilitation room, with the necessary equipment: a set of exercise machines for different muscle groups, wall bars, dumbbells, benches, mirrors, sports equipment for fitness |
| 7.4. | Swimming pool: 25m pool tub, 6 lanes, equipment required for teaching swimming   |