


MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
 Federal State Autonomous Educational Institution of Higher Education
 Ural Federal University named after the first President of Russia B.N.Yeltsin

Institute of Physical Education, Sports and Youth Policy



APPROVED BY
 Vice-Rector for Research
 A.V. Germanenko

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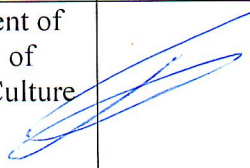


Course Syllabus
THEORY AND METHODOLOGY OF SPORTS

Information about the program	Credentials
Postgraduate program Theory and methodology of sports	OP code 5.8.5
Group of disciplines Pedagogy	Code 5.8.
Federal state requirements	Order of the Ministry of Science and Higher Education of the Russian Federation dated 20 th October 2021 №951
Self-approved requirements	Order 'On the Enactment of the "Requirements for the Development and Implementation of PhD Training Programs for Research Staff and Faculty of UrFU"' №315/03 dated 31.03.2022

Ekaterinburg, 2023

The program is compiled by:

№	Name	Academic degree, title	Position	Department	Signature
1	Rapoport L.A.	Doctor of Pedagogical Sciences, Professor	Head of Department	Department of Management in Physical Culture and Sports	
2	Gail V.V.	Candidate of Pedagogical Sciences, Associate Professor	Head of Department	Department of Theory of Physical Culture	

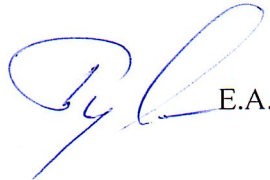
Recommended by the Educational and Methodological Council of the Institute of Physical Education, Sports and Youth Policy

Chairman of the Educational and Methodological Council
of the Institute of Physical Education, Sports and Youth Policy


V.V. Gail

Record № 7 dated 15.09.2023

Approved:
Head of the Department of Science and Pedagogical Training


E.A. Butrina

1. GENERAL DESCRIPTION OF THE DISCIPLINE [Theory and Methodology of Sports]

1.1. Annotation

The discipline “Theory and Methodology of Sports” is implemented in the fourth semester. The purpose of the discipline is to prepare graduate students to pass the candidate exam “Theory and Methodology of Sports”. The discipline covers various sections of the theory and methodology of sports: sociological characteristics of sports; basics of sports training; mechanisms and trends in the development of the international sports movement; organizational features of professional sports; the preparation features of mega-events in the field of sports.

1.2. The program is taught in Russian - the official language of the Russian Federation.

1.3. Intended learning outcomes

The intended outcomes of the program are as follows:

Postgraduate students are expected to know:

- contents of planning activities to ensure and support the training of sports teams, high-class athletes and sports reserves;
- fundamentals of coordinating the work of sports federations and physical culture and sports organizations in the preparation of high-class athletes and their participation in official all-Russian and international sports competitions as part of sports teams;
- contents of scientific, methodological, information and analytical support for the preparation of sports teams, high-class athletes and sports reserves.

Postgraduate students are expected to apply their knowledge and understanding to:

- carry out strategic planning of interdepartmental interaction in the implementation of state, municipal programs and sports mega-events;
- manage scientific, research, expert and analytical, creative, innovative activities of an educational organization of higher education.

Postgraduate students are expected to demonstrate the following skills:

- manage centralized work activity on the development of sports potential
- skills in forming priority areas and (or) topics of scientific research of an educational organization of higher education

1.4. Credit value

№	Type of activity	Number of hours		Distribution of credit units by semester (hours)
		Total/hours	Contact work (hours)*	4
1.	Classroom studies	4		
2.	Lectures	4	4	4
3.	Tutorials	-	-	
4.	Individual work of postgraduate students, incl. formative attestation	104	1	104
5.	Interim attestation	4	1	Exam
6.	Total number of hours	108		108
7.	Total number of credit units	3		3

*Contact work contains:

- for lectures and tutorials, the number of hours is equal to the total number of hours allocated to these types of activity;
- for individual work, the number of hours is equal to the total number of hours allocated for group consultations (15% of the number of hours allocated for classroom studies).
- for interim attestation, the number of hours is equal to the total number of hours allocated for interim assessment per student.

2. DISCIPLINE CONTENT

Section code, topic	Discipline section, topic	Content
P1	Sport as a social and pedagogical phenomenon	<p>Basic concepts.</p> <p>Sport as a historically established competitive activity. Sport as a social phenomenon. Trends in the development of scientific knowledge in the field of sports. Social and cultural determinants of spiritual and moral development of athletes in the process of training and competitive activity.</p> <p>Characteristics of sports functions. Characteristics of sport functions: prestigious, competitive-standard, heuristic-achievement, personality-oriented education, training and development; health-recreational, emotional-spectacular, communicative, economic, etc. Humanistic orientation of the sport functions.</p> <p>Types of sports developed in the world and in Russia: public (mass) sports (school-student, professionally applied, physical education-conditioning, health-recreational, physical education-rehabilitation) and sports of the highest achievements (super-achievement - amateur, professional, professional commercial: achievement-commercial, entertainment-commercial).</p> <p>Sports for the disabled (adaptive sports). Problems of social rehabilitation and integration of people deprived of the opportunity to play sports conventionally on an equal basis with everyone else.</p> <p>Factors and conditions that increase the efficiency of sports and training and competitive preparation system.</p>
P2	General theory of sports training	<p>Types of tasks detailing the goal of sports training. The goal of training is an idea of the expected sports result of the joint activity of the coach and athletes in a specific competition or series of starts.</p> <p>Types of tasks detailing the content of the main goal of training. Characteristics of tasks in the field of physical, technical, tactical, psychological, intellectual (theoretical) and integral training.</p> <p>Requirements for forming and specifying training goals and objectives. Criteria and types of classification of sports training means. Competitive, special-preparatory and general preparatory exercises as the main specific means of preparation. Characteristics of general training and other means of training athletes.</p> <p>Criteria for the classification of sports training methods: by the training type, application method, nature of physical activity, etc., their content and characteristic features.</p> <p>Concept of an athlete's physical training, its types and relationships.</p> <p>Importance of technical training in certain types, its types and main tasks.</p>

		<p>Tactical training as a pedagogical process aimed at mastering rational (effective) ways of conducting competitive struggle by an athlete or team.</p> <p>Psychological training of an athlete, its content, types and significance.</p> <p>Intellectual (theoretical) training of an athlete, its importance and role in training, connection with other types of training.</p> <p>Integral training as a process of ensuring the coherence of complex manifestations of all aspects of preparedness in competitive activity.</p> <p>The structure of the training process as the basis of its value ordering.</p> <p>Sports training as a long-term process. Methodological aspects of building theory and modern knowledge in the system of training athletes in groups of related sports and individual sports.</p> <p>Theoretical and applied aspects of short-term and long-term adaptation to stress and the patterns of its formation in athletes.</p> <p>Biomechanical ergogenic aids in the system of training athletes.</p> <p>Planning, control and accounting as one of the conditions for the effectiveness of managing the training of athletes.</p> <p>Comprehensive control and accounting in the training process of an athlete.</p> <p>Purpose, content and technology of monitoring competitive and training influences, the athlete's state of preparedness and environmental factors.</p>
P3	Theory and methodology of training young athletes	<p>Sports orientation and selection of young athletes. Role of selection in the long-term training system. Stages, tasks of orientation and selection at various stages of long-term training.</p> <p>Criteria, methodology and organization of orientation and selection at the stage of initial, preliminary and in-depth sports specialization, maximum realization of individual sports capabilities and preservation of achievements.</p> <p>System of training and competitive loads for young athletes. General approaches to rationing the athletic stress of young athletes. Parameters and structure of training and competitive sports activities in the annual cycle.</p>
P4	Sportsization of physical education	<p>Development of physical education concepts. Arnoldism as the first experience of a sports-oriented system of physical education. Soviet system of physical education. Conversion of sports technologies into the process of physical education.</p>
P5	Theory and methodology of training highly qualified athletes	<p>Trends in the development of elite sports and directions for improving the training system. Planning, control and accounting in the process of sports training of athletes. Competitive training of highly qualified athletes. Management of the process of sports and competitive training. Management of an organization in the field of physical culture and sports. Projects in the field of physical culture and sports and their management.</p>
P6	International Olympic Movement. Development of sports in the state and international community	<p>History of the international Olympic movement. Interaction between international sport federations and the International Olympic Committee. The Olympic Games as a mega-event. Models of state development of sports. Current problems in the development of international sports federations at the present stage.</p>
P7	Features of professional sports	<p>History of professional sports. Features of sports training in professional sports. Mega-events in the field of professional</p>

		sports.
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3. ORGANIZATION OF TUTORIALS AND INDEPENDENT WORK

3.1. Tutorials

Not provided

3.2. Sample topics for independent work

3.2.1. Sample essay topics

1. Sports orientation and selection of young athletes.
2. Methodological aspects of constructing theories and modern knowledge in the system of training athletes in groups of domestic sports and individual sports.
3. Methodological aspects of constructing theories and modern knowledge in the system of training athletes in groups of related sports and individual sports.
4. Purpose, content and technology of monitoring competitive and training influences, the athlete's state of readiness and environmental factors.
5. Mega-events in the field of professional sports.

3.2.2. Sample topics for individual or group projects

Not provided

4. ASSESSMENT TOOLKIT FOR THE FORMATIVE AND INTERIM ATTESTATION (Appendix 1)

4.1. ASSESSMENT CRITERIA

The criteria approved by the department are used to evaluate postgraduate student's results. The system of assessment criteria is based on the three competency proficiency levels: basic, advanced and proficient.

Competency components	Description of competency proficiency levels		
	basic	advanced	proficient
Knowledge	A postgraduate student demonstrates knowledge-familiarity, knowledge-copy: recognizes objects, phenomena and concepts, compares them; information literacy skills, skills of knowledge comprehension and its independent reproduction and application.	A postgraduate student can gather, analyze, classify, systematize and interpret data, apply it productively in familiar situations.	A postgraduate student can gather, analyze, classify, systematize and interpret data, creatively use it and make decisions in new challenging situations.
Skills	A postgraduate student can follow instructions or algorithms in a familiar situation and can solve typical problems that require a choice of familiar methods in a predictably changing situation.	A postgraduate student can independently perform actions and apply techniques to solve non-standard tasks that require a choice based on a combination of familiar methods in an unpredictably changing	A postgraduate student has excellent problem-solving skills; demonstrates a creative approach to the using skills and applying technologies.

		situation.	
Personal qualities	A postgraduate student has a low motivation, shows an indifferent, irresponsible attitude to learning and research work.	A postgraduate student has a high motivation for learning, demonstrates a positive attitude to learning and future professional activity.	A postgraduate student has a strong motivation for learning and research activity, shows perseverance and enthusiasm, diligence, independence and creative approach.

4.2. ASSESSMENT TOOLKIT FOR THE FORMATIVE AND INTERIM ATTESTATION

[Choose from the list or add more assessment tools]

4.2.1. Sample interim test assignments

Not provided

4.2.2. Sample exam assignments

1. Modern trends in the development of scientific knowledge in sports.
2. Types of sports developed in the world and in Russia: public (mass) sports (school-student, professionally applied, physical education-conditioning, health-recreational, physical education-rehabilitation) and sports of the highest achievements (super-achievement - amateur, professional, professional commercial: achievement-commercial, entertainment-commercial).
3. Sports for the disabled (adaptive sport).
4. Types of objectives detailing the purpose content of sport training.
5. Characteristics of objectives in the field of physical, technical, tactic, psychological, intellectual (theoretical) and integral training.
6. Requirements for forming and specifying goals and objectives of training.
7. Criteria and types of sports training means classifications.
8. Competitive, special-preparatory and general preparatory exercises as the main specific means of preparation.
9. Criteria for the classification of sports training methods: by type of training, method of application, nature of physical activity, etc., their content and characteristic features.
10. Concept of athlete's physical training, its types and relationships.
11. Importance of technical training in particular kinds, its types and main goals.
12. Athlete's psychological training, its essence, types and meaning.
13. Integral training as a process of ensuring the coherence of complex manifestations of all aspects of preparedness in competitive activity.
14. Competitive training of highly qualified athletes.
15. Structure of the training process as the basis of its value ordering.
16. Planning, control and accounting as a means of athlete training management effectiveness.
17. Project management in the field of physical culture and sports.
18. Role of selection in the multi-year training system.
19. System of training and competitive exercise stress for young athletes.
20. Modern trends in development of elite sports and directions for improving the training system.
21. Olympic Games as a mega-event.
22. Features of sport training in professional sport.

5. EDUCATIONAL AND INFORMATION SUPPORT

5.1. Recommended literature

5.1.1. Principal literature

1. Dysko, E. N. The basics of theory and methods of sport training : Tutorial : [12+] / E. N. Dysko, E. M. Yakush. – Minsk : RIVE, 2018. – 252 p. – URL:

- <https://biblioclub.ru/index.php?page=book&id=497462> (reference date: 06.06.2022). – ISBN 978-985-503-802-4. – Electronic text.
2. Zamchy, T. P. Basics of Основы of speed-strength training in strength sports : Tutorial : [16+] / T. P. Zamchy, Yu. F. Nazarenko, S. V. Matuk; Siberian state university of physical culture and sports. – Omsk : Siberian state university of physical culture and sports, 2019. – 68 p. : tables, graphs, schemes, illustrations. – URL: <https://biblioclub.ru/index.php?page=book&id=573688> (reference date: 06.06.2022). – ISBN 978-5-91930-126-4. – Electronic text.
 3. Volkov, I. P. Theory and methods of training in a selected sports type : tutorial : [12+] / I. P. Volkov. – Minsk : RIVE, 2015. – 196 p. : schemes, tables – URL: <https://biblioclub.ru/index.php?page=book&id=463697> (reference date: 06.06.2022). – ISBN 978-985-503-542-9. – Electronic text.
 4. Koryagina, Yu. V. Science and methods support of national teams in sport games : tutorial / Yu. V. Koryagina, V. A. Blinov, S. V. Nopin ; Ministry of sports of the Russian Federation, Siberian state university of physical culture and sports, Department of theory and methodology of football and hockey. – Omsk : Siberian state university of physical culture and sports, 2016. – 138 p. – URL: <https://biblioclub.ru/index.php?page=book&id=459420> (reference date: 06.06.2022). – Electronic text.
 5. Kuzmenko, G. A. Technology of teenagers' intellectual development in the system of sport training: social aspect : tutorial : in 2 parts / G. A. Kuzmenko ; Moscow pedagogical state university. – Moscow : Moscow pedagogical state university (MPSU), 2017. – Part 1. – 276 p. – URL: <https://biblioclub.ru/index.php?page=book&id=470558> (reference date: 06.06.2022). – ISBN 978-5-4263-0427-7. – Electronic text.
 6. Nikitushkin V.G. Elite sport: theory and methods : tutorial / V. G. Nikitushkin, F. P. Suslov. – Moscow : Sport, 2017. – 320 p. : tables – URL: <https://biblioclub.ru/index.php?page=book&id=471229> (reference date: 06.06.2022). – ISBN 978-5-9500178-0-3. – Electronic text.
 7. Smolentseva, V. N. Psychological support for athletes training : tutorial : [16+] / V. N. Smolentseva. – Omsk : Siberian state university of physical culture and sports, 2020. – 116 p. – URL: <https://biblioclub.ru/index.php?page=book&id=607574> (reference date: 06.06.2022). – ISBN 978-5-91930-130-1. – Electronic text.

5.1.2. Additional literature

1. Babushkin, G. D. Pre-competition training of highly qualified athletes : tutorial / G. D. Babushkin ; Ministry of sports of the Russian Federation, Siberian state university of physical culture and sports. – Omsk : Siberian state university of physical culture and sports, 2017. – 110 p. – URL: <https://biblioclub.ru/index.php?page=book&id=483428> (reference date: 06.06.2022). – Electronic text.
2. Grigoryeva I. I. Education and sport training. Modernization processes. Questions and answers. Part 2. Dealing with personnel and remuneration [Electronic]/ I. I. Grigoryeva, D. N. Chernonog— Electronic text.— M.: «Sport» Publishing house, 2017.— 416 p.— URL: <http://www.bibliocomplectator.ru/book/?id=68540>.— «BIBLIOCOMPLECTATOR», with password.
3. Zhukov, R. S. Basics of sport training : tutorial / R. S. Zhukov ; Kemerovo state university. – Kemerovo : Kemerovo state university, 2014. – 110 p. – URL: <https://biblioclub.ru/index.php?page=book&id=278415> (reference date: 06.06.2022). – ISBN 978-5-8353-1717-2. – Electronic text.
4. Samolenko T. V. Methods of individual planning of sport training for highly qualified athletes specializing in middle and long distance running [Electronic text]: Monography/ T. V. Samolenko — M.: «Sport» Publishing house, 2016.— 248 p.— URL: <http://www.bibliocomplectator.ru/book/?id=55558>.— «BIBLIOCOMPLECTATOR», with password.

5.2. Methodological guidelines

Not provided

5.3. Software

Microsoft Office

5.4. Databases, reference and search systems

1. Electronic library system *University Library Online* - <http://biblioclub.ru/>
2. Scientific electronic library eLIBRARY.RU – <http://elibrary.ru/>
3. Electronic library system IPR Books <https://www.iprbookshop.ru>
4. Central industry library on physical culture and sports- <http://lib.sportedu.ru/>
5. World Anti-Doping Agency – <http://www.wada-ama.org/en/>
6. Ministry of sports of the Russian Federation – <https://www.minsport.gov.ru/>
7. Science and theory journal *Theory and practice of physical culture* – <http://sportlib.info/Press/TPFK/>
8. Science and methodology journal *Physical culture: education and training* – <http://sportlib.info/Press/FKVOT/>

5.5. Electronic educational resources

Not provided

6. MATERIAL AND TECHNICAL SUPPORT FOR THE DISCIPLINE

Information about the specialized and laboratory equipment for the discipline

The University provides a special classroom Room Y1 (Komintern str, 1) – the room for lectures, practices, course projects, group and individual work, formative and interim attestation; as well as premises for independent work with study furnishing for 30 workplaces, teacher's workplace. The room is equipped with multimedia, the whiteboard with projector NEC P451W ПК: Lenovo Think Centre MT-M 10G9 001JR4 S/N PCOMD6RJ.

The laboratory:

- Load testing system SCHILLER based on electrocardiograph CARDIOVIT AT-10 PC with the integrated blood pressure recorder
- Portable metabolographer Fitmate PRO (COSMED, Italy) - a portable device for determining metabolic rates at rest and during physical activity by measuring the rate of oxygen consumption and carbon dioxide production in exhaled air.
- Study of heart rate variability using Varicard-2.51 (Russia) – a complex (with a program installed on a PC) designed to study the heart rate regulation system.
- Hemodynamic monitoring device
- Microlux (Russia) - Identification and correction of hemodynamic abnormalities, diagnosis of hypovolemia and assessment of vascular tone, analysis of the features of autonomic regulation of hemodynamics
- Spirometer MicroLab (the UK) – evaluation of respiratory function
- Body composition analyzer using bioimpedance technology TANITA MC-980 – Segmental body composition studies (TANITA, Japan)
- Hardware and software complex NS-Psychotest (Neurosoft, Russia) – psychophysiological testing of athletes (more than 150 methods)

- Multifunctional apparatus for studying the musculoskeletal system, training and rehabilitation HUBER Motion LAB (LPG Systems, France)
- Portable express laboratory for studying the body biological fluids Diaglobal Vario Plus (Diaglobal, the Netherlands)
- Studying the athletes functional capabilities ThoraxTrainer (Denmark)
Training of all muscle groups (effective for improving physical fitness and rehabilitation after injuries)
- Strain platform MarathonElectro TJ4002 (Russia) - a device for conducting jump testing, determining the speed and strength legs abilities, motor symmetry
- • Cycle Ergometer Monark 894E Anaerobic Ergomedic 894E Peak Bike (Monark, Sweden) and Manual Ergometer Top Bike Excite 700 TechnoGym (Italy) - equipment for speed-strength testing (Wingate test, etc.)