


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 Culture, Sports and Youth Policy

APPROVED BY
 Vice-Rector for Research
 A.V. Germanenko
 «_____» _____ 20__


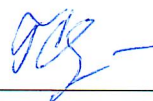




INTERNSHIP SYLLABUS

Information about the program	Codes and references
Postgraduate program Physical culture and professional physical training Theory and methodology of sports Recreational and adaptive physical culture	OP code 5.8.4 5.8.5 5.8.6
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 st March, 2022

Ekaterinburg
 2023

The internship program of the discipline is compiled by:

№	Name	Academic degree, title	Position	Department	Signature
1	Rapoport Leonid Aronovich	Doctor of Pedagogical Sciences, Professor	Head of Department	Department of Management in Physical Culture and Sports	
2	Semyonova Galina Ivanovna	Candidate of Pedagogical Sciences, Associate Professor	Associate Professor	Department of Theory of Physical Culture	
3	Gail Viktor Vadimovich	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

GENERAL DESCRIPTION

1.1. Annotation

The postgraduate internship program is developed on the basis of the Self-Approved Requirements, the Order “On the Enactment of the ‘Requirements for the Development and Implementation of Faculty and Research Staff Training Programs in Postgraduate Studies at UrFU’” № 315/03 dated 31st March, 2022. The program represents interrelated organizational documents, and educational and methodical materials determining the purposes, objectives, requirements for internship organisation, its content, methodical recommendations, report forms and assessment criteria in accordance with the Federal State Requirements (FSR) and Self-Approved Requirements (SAR).

Pedagogical internship plays a system-forming role in the educational and professional training of highly qualified teaching staff, provides postgraduates with pedagogical skills to perform pedagogical activities in a modern educational institution. The objective of the pedagogical internship is to develop competencies in organizing and conducting training sessions and developing educational and methodological materials in disciplines related to physical culture and sports. The competencies developed during the theoretical training of the postgraduate student should be consolidated and deepened during the pedagogical internship. Pedagogical internship helps postgraduate students to master their practical skills and acquire competencies and experience of independent teaching in the field of higher and secondary specialized education, and the skills to carry out scientific research in the field of the vocational education.

1.2. Internship outcomes

Postgraduate students are expected to master and demonstrate the following professional practical skills and experience:

№	Internship type <i>[type of internship according to the curriculum]</i>	Outcomes
1.	Pedagogical internship	<p>Students are expected to be capable of:</p> <ul style="list-style-type: none">• performing assisting functions in organizing a teaching activity in their education area;• planning and organizing educational and methodical activity;• organizing students individual activity;• acquiring and applying new knowledge both in the area of their study and in the related areas;• using modern information technologies for dealing with pedagogical issues;• applying educational and scientific resources, for their professional pedagogical activity;• conducting scientific research activity in the professional area. <p>Students are expected to demonstrate the following skills and experience:</p> <ul style="list-style-type: none">• working with Russian and international teams;• organizing and planning their own professional and scientific activities;

		<ul style="list-style-type: none"> • conducting classes with students, clearly presenting the educational instructions, communicating effectively using the latest pedagogical technologies; • planning and managing the educational processes in pedagogical activity; • public speaking, reasoning, holding discussions; • carrying out scientific research in the professional field.
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1.3. Internship structure, terms and duration

№	Internship type	Academic semester number	Credit value and duration	
			weeks	credit units
1.	Pedagogical internship	2	2	3
Total			2	3

2. CONTENT OF INERNSHIP

№	Internship type	Stages	Content of educational, practical and independent work
1.	Pedagogical internship	<p>1. Preparatory stage</p> <p>2. Main stage</p> <p>3. Internship report preparation</p>	<ul style="list-style-type: none"> - introductory lectures; - labour safety training; - executing internship documents; - studying the internship methodical materials recommended by the department; - meeting with the internship supervisor on the issues of effective internship; - developing lecture plans using multimedia; - planning research during the educational activity - studying the educational discipline program, its elements; - studying approaches to planning the labour intensity of mastering the academic discipline and its structure (the ratio of types and forms of the classes); - studying the educational materials on the disciplines, principles and forms of their development; - analyzing approaches to lesson plans development and preparing educational and teaching materials for the classes; - researching approaches to organizing independent student work in the process of studying the discipline; - studying modern methods, technologies and technical teaching means and the procedure for their use in the educational process; - conducting lectures and practices; - assessing current learning outcomes on a test using a competency-oriented task; - conducting research during the classes - systematization and analysis of the materials obtained during the internship; - preparing the internship report including the self-analysis on the lecturer competencies formation level; - submitting the internship report to the internship supervisor; - reporting on the internship at the department meeting.

3. ASSESSMENT TOOLKIT FOR THE FORMATIVE AND INTERIM ATTESTATION ON INTERNSHIPS

3.1. Sample test questions:

1. Methodological principles for preparing and conducting lectures on the disciplines for bachelor and master courses students.
2. Methodological foundations for preparing and conducting practical classes on the disciplines for bachelor and master courses students.
3. Characteristics of the competencies formed in students during the study of the disciplines.
4. Types of active and interactive methods in higher education.
5. Means and methods of teaching in higher education.
6. Requirements for developing specifications for test task databases for conducting final attestation in electronic form.
7. Requirements for test items for the electronic form of final attestation.
8. Competencies and priority personal qualities of a high school teacher.
9. The main functions of pedagogical communication.
10. Cooperation as a priority position of communication.
11. Models of pedagogical interaction in higher education.
12. Methodology for developing educational programs of higher professional education.
13. Scientific research methods used in the educational process.

3.2. Sample individual work topics:

1. Preparation and delivering lectures on the disciplines for bachelor and master courses students.
2. Preparing educational and methodological materials and conducting practical classes on the disciplines for bachelor and master courses students.
3. Studying the academic discipline curriculum and its planning.
4. Studying approaches to planning the labour intensity of mastering an academic discipline and its structure (ratio of types and forms of classes).
5. Studying educational materials on disciplines, principles and forms of their development.
6. Analysis of the requirements for studying the discipline, forms and methods of current and milestone monitoring of academic performance, approaches to assessing developed competencies;
7. Studying modern methods, technologies and technical means of teaching and the procedure for their use in the educational process.
8. Attending lectures and practical classes delivered by teachers of the department to be familiarized with the methods of conducting various teaching forms.
9. Developing a competency-oriented task to assess the development of professional competencies in students.
10. Conducting scientific research in the process of conducting practical classes with bachelor and master courses students.

4. EDUCATIONAL AND INFORMATION SUPPORT

4.1. Principal literature

1. Technologies for training specialists for innovative activity in education. Methodical recommendations: educational manual / G. A. Bordovsky. – [Electronic]. – St. Petersburg : Herzen State Pedagogical University, 2011. – 194 p. – Access mode: http://biblioclub.ru/index.php?page=book_red&id=428365&st=1.
2. Modern educational technologies: educational manual / L. L. Rybtsova [Electronic]. – Ekaterinburg : Ural University Publishing House, 2014. – 93p. – Access mode: http://biblioclub.ru/index.php?page=book_red&id=276535&st=1.
3. Lebedev, S.A. Lectures on methodology of scientific knowledge M.: Bauman Moscow State Technical University Publishing house, 2016. Access mode: <http://baumanpress.ru/books/553/553.pdf>.

4.2. Additional literature

1. Gromkova, M. T. Pedagogy of higher education: educational manual for students of pedagogical universities / M. T. Gromkova. – Moscow: UNITY-DANA, 2012. – 447 p. URL: <http://biblioclub.ru/index.php?page=book&id=117717>
2. Zagvyazinsky, V. I. Pedagogical innovation: problems of strategy and tactics: monograph / V. I. Zagvyazinsky, T. A. Strokov; Tyumen State University. - Tyumen: Tyumen State University, 2011. - 175 p. : ill. — Bibliography in the book. Access mode: electronic library system “University Library ONLINE”, authorization required. — ISBN 978-5-400-00505-3. — <URL: <https://biblioclub.ru/index.php?page=book&id=574588>>.
3. Kuzina, L. L. Diagnosis of educational results based on the qualitative approach: educational and methodological manual / L. L. Kuzina; scientific ed. S. V. Kortov; Ural Federal University named after the first President of Russia B.N. Yeltsin. - Ekaterinburg: UrFU, 2011. - 108 p. : ill., table. ; 21 cm.— Conceptual apparatus: p. 98-101. — Bibliography: p. 94-97 (35 titles) (ZNL UrFU).
4. Kuznetsov, I. N. Fundamentals of scientific research: educational manual / I. N. Kuznetsov. - 5th ed., revised. — Moscow: Dashkov and K°, 2020.— 282 p. — (Educational publications for bachelors).— Bibliography. in the book.— Access mode: electronic library system “University Library ONLINE”, authorization required.— ISBN 978-5-394-03684-2.— <URL: <https://biblioclub.ru/index.php?page=book&id=573392>>
5. Science in the education system. Regulatory basis / Ministry of Education of the Russian Federation. — Moscow: — (Rector and Vice-Rector Library). [Part 2]: Development and planning of scientific research.— 2001.— 297 p. : ill. 1 copy (ZNL UrFU)
6. Science in the education system. Regulatory basis / Ministry of Education of the Russian Federation. — Moscow: - (Rector and Vice-Rector Library). [Part 7]: Organization and legal regulation of scientific research at universities. - 2004. - 162. 1 copy. (ZNL UrFU)
7. Science in the education system. Regulatory basis / Ministry of Education of the Russian Federation. — Moscow: - (Rector and Vice-Rector Library). [Part 3]: scientific and innovative activities. - 2001. - 161 p. (ZNL URFU)
8. Panfilova, A. P. Innovative pedagogical technologies: Active learning: educational manual for students of higher prof. education / A. P. Panfilova. — 3rd ed., rev. — Moscow: Academy, 2012. — 192 p. (ZNL UrFU)

9. Training of a researcher-teacher in university education: monograph / V. I. Zagvyazinsky, G. F. Shafranov-Kutsev, O. S. Andreeva, E. G. Belyakova, E. N. Volodina; Tyumen State University. - Tyumen: Tyumen State University, 2017. - 162 p. : ill. — Bibliography: p. 150 - 159. (ZNL UrFU)
10. Popkov, V.A. Theory and practice of higher professional education: educ. manual for the system of additional pedagogical education / V. A. Popkov, A. V. Korzhuev. – Moscow: Academic Project, 2004. – 432 p. (ZNL UrFU)
11. Smirnov, S. D. Psychology and pedagogy for higher school teachers: educ. manual. – Moscow: Bauman Moscow State Technical University Publishing house, 2007. – 400 p. (ZNL UrFU)
12. Sorokopud, Yu. V. Pedagogy of higher school / Yu. V. Sorokopud. – Rostov on Don: Fenix, 2011. – 541 p. (ZNL UrFU)

4.3. Methodological guidelines

Semenova G. I. Fundamentals on scientific and methodological activities in sports: educ. manual / G.I. Semenov. – Ekaterinburg: UrFU, 2014. – 182 p. – Access mode: <https://elibrary.ru/item.asp?id=25256601>. (ZNL UrFU).

4.4. Software

Microsoft Office (Word, Excel, Outlook, PowerPoint)

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/>

4.5. Databases, reference and search systems

1. Russian State Library www.rsl.ru
2. Central industry library on physical culture and sports- <http://lib.sportedu.ru/>
3. Sverdlovsk Regional Library named after V.G. Belinsky. – URL: <http://belinka.ur.ru>
4. Theory and practice of physical culture <http://teoriya.ru/ru>
5. Federation Portal “Internet-Education. <http://www.fio.ru>

6. Zonal Scientific Library of UrFU <http://lib.urfu.ru>
7. Web of Science: <http://apps.webofknowledge.com>
8. Scopus: <http://www.scopus.com>
9. Search system EBSCO Discovery Service
10. <http://lib.urfu.ru/course>
11. Zonal Scientific Library of UrFU <http://library.urfu.ru/>
12. Resources <http://library.urfu.ru/resources>
13. Search <http://library.urfu.ru/search>
14. Scientific electronic library eLIBRARY.RU – <http://elibrary.ru/>

4.6. Electronic educational resources

Not provided

5. MATERIAL AND TECHNICAL SUPPORT

Facilities and resources of Ural Federal University and Institute of Physical Culture, Sports and Youth Policy.

1. Workplaces for postgraduate students at the department (educational institution) for internship running Room 41 (Kominterna St., 4)
2. Internet access
3. Multimedia projector
4. 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 Ergometric 894E Peak Bike (Monark, Sweden) and Manual Ergometer Top Bike Excite 700 TechnoGym (Italy) - equipment for speed-strength testing (Wingate test, etc.)