

Division: *Institute of Sport, Tourism and Service*

Academic programme: *49.03.02 Physical Education for Disabled People, Adapted Physical Education*

Mode of study: *part-time*

Programme length: *5 years*

Programme level: *Bachelor's degree*

Language of instruction: *Russian*

Programme description: *The programme is focused on research, teaching and rehabilitation types of activity in the field of adaptive physical education.*

Graduates can work with people with disabilities in health of all disease forms, age and gender groups in the framework of adaptive physical education and can form and correct their physical, mental, social and spiritual characteristics. Rehabilitation (recovery), compensatory, preventive types of professional activity are implemented in the context of both educational and training activities which are traditional for pedagogical professions in the field of physical culture, and also in management activity. Students are involved in research work with the opportunity to present reports at student scientific conferences and publish the results of experimental studies in collected works.

The fields of professional activity for graduates of programme 49.03.02 Physical Education for Disabled People (Adapted Physical Education) include education and science (preschool, elementary general education, basic general education, secondary general education, professional training, vocational education, continuing education; and research); healthcare (preventive and rehabilitation medicine in healthcare organisations); social care (rehabilitation in social services organisations and institutions); physical education and sport (physical education, adaptive physical education, physical education and mass sports, adaptive sports, sports training, or sports and athletic organisations management and development).

Main programme-specific classes:

- *Human Anatomy*
- *Human Physiology*
- *Psychology of Physical Education*

- *Psychology for Special Needs*
- *Pedagogy for Special Needs*
- *Pedagogy of Physical Education*
- *Psychology of Physical Education*
- *Theory and Methods of Teaching Basic Sports (Gymnastics, Track and Field, Sports and Outdoor Games, Skiing, Orienteering and Tourism)*
- *Theory and Methods of Physical Education*
- *Therapeutic Physical Culture and Massage*
- *Fundamentals of Anti-doping Support*
- *Legal Framework of Professional Activity*
- *Practicum on the Type of Professional Activity*
- *Sporting and Mass Participation Facilities and Devices for Physical Exercises*
- *Physiology of Physical Education and Sport*
- *Biomechanics of Motor Activity*
- *Human Biochemistry*
- *Theory and Organization of Adapted Physical Education*
- *Special Methods of Adapted Physical Education*
- *Physical Rehabilitation*
- *Special Pathology*
- *Breathing Exercises and Special Methods of Respiratory Gymnastics in Rehabilitation*
- *Comprehensive Rehabilitation for People with Disabilities*
- *Social Protection of People with Disabilities*
- *Medical Supervision in Adapted Physical Education*
- *Technologies of Physical Education and Sports Activities*
- *Postural Disorders and Methods of Postural Alignment*
- *Safety Precautions during Physical Education Classes*

Programme manager: *Albert S. Aminov, PhD, Candidate of Sciences (Biology), Associate Professor, Head of the Department of Self-perfection in Sports*