

**Procedure of certification  
in the discipline "Physical training (elective modules)"  
for students enrolled in 2022, 2023, 2024  
in the educational program on 31.05.01 General Medicine (level of specialization),  
full-time education  
2024-2025 academic year**

**Current certification** (semester rating) includes: the current rating and the rating of the student's independent work.

The current rating is carried out in each semester of the discipline in the classroom, and includes: assessment of the level of physical fitness, assessment of sports and technical readiness.

The student's independent work rating consists of an assessment of the completed independent work, within the established time frame.

The current certification (semester rating) is calculated using the formula:

$$R_{sem} = (R_{cur} + R_{iw}) / 2 + R_b - R_p$$

$R_{cur}$  – current rating;

$R_{iw}$  – rating on the student's independent work;

$R_b$  – bonus rating;

$R_p$  – penalty rating..

**Intermediate certification** in the discipline is carried out in the form of a credit. The assessment is carried out according to the system "credited - not credited" based on the final rating for the discipline ( $R_d$ ).

$R_d$  – the final rating for the discipline is an individual cumulative assessment of the assimilation of the discipline in points, taking into account the intermediate certification, the maximum number of points is 100, the minimum number of points at which the discipline can be credited is 61 (Table 1).

Table 1. Final assessment of the discipline ( $R_d$ )

Assessment according to the 100-point system	Assessment according to the "credited - not credited" system	Assessment according to the 5-point system		ECTS assessment
96-100	credited	5	high	A
91-95	credited			B
81-90	credited	4	good	C
76-80	credited			D
61-75	credited	3	satisfactory	E
41-60	not credited	2	unsatisfactory	Fx
0-40	not credited			F

The final discipline rating ( $R_d$ ) is calculated by the following formula:

$$R_d = (R_{dav} + R_{ic}) / 2$$

where

$R_d$  is the rating for the discipline

$R_{ic}$  - rating of the intermediate certification (credit)

$R_{dav}$  - the average rating of the discipline for the first, second, third, fourth, fifth and sixth semesters - individual assessment of assimilation of the discipline in points for sixth semesters of study. The average rating of the discipline for 6 semesters of study is calculated according to the following formula:

$$R_{dav} = (R_{sem1} + R_{sem2} + \dots + R_{sem6}) / 6$$

где:

$R_{sem1} \dots R_{sem6}$  - rating on discipline in 1-6 semesters

### Calculation algorithm

1. Methodology for calculating the average score of current semester rating ( $R_{sem}$ )

The rating score for the discipline ( $R_{sem}$ ) is assessed on the basis of current academic performance ( $R_{cur}$ ), which is evaluated according to the average grade (Table 2) and independent work of students ( $R_{iw}$ ), which is evaluated according to the average score (Table 3).

The assessment of current student academic performance ( $R_{cur}$ ) includes:

- the level of physical fitness;
- the level of sports and technical preparedness

Table 2. Transfer of the average grade for assessing the level of physical fitness, assessment of the level of sports and technical readiness to the point system

«3»		«4»		«5»	
Score	grade	Score	grade	Score	grade
61	0-0,5	76	2,9	91	5,0
62	0,6-1,0	77	3,0		
63	1,1-1,6	78	3,1		
64	1,7	79	3,2		
65	1,8	80	3,3		
66	1,9	81	3,4		
67	2,0	82	3,5		
68	2,1	83	3,6		
69	2,2	84	3,7		
70	2,3	85	3,8-3,9		
71	2,4	86	4,0-4,1		
72	2,5	87	4,2-4,3		
73	2,6	88	4,4-4,5		
74	2,7	89	4,6-4,7		
75	2,8	90	4,8-4,9		

The assessment for independent work includes independent study and performance of theoretical and practical tasks, in the total amount of hours provided for in the curriculum. Each task is rated from 3 to 5 points. The work rated below 3 points is not counted and requires completion by the student. The form of student reporting: completing the task in the EIEE and writing in the diary of self-control indicating the performance of individual sets of exercises, type

of load, dosage, assessment of motor activity. The IWS rating (Riw) in the semester is calculated as the arithmetic mean of all the scores received by the student for completing the IWS.

Table 3. Calculation of scores for independent work of students

Assessment criteria	Score
The work has not been completed, it has not been completed in full, the work does not correspond to the subject, the proper motor volume has not been performed during independent work. There is no self-monitoring diary.	less than 61
The work was done in full, but 2-3 gross mistakes were made or the proper motor volume was not performed during independent work. The diary of self-monitoring is not filled in accordance with the subject of independent work.	61-75
The work was done in full, but 1-2 gross mistakes were made or the proper motor volume was not performed during independent work. Minor mistakes were made in the self-monitoring diary.	76-90
The work has been completed in full, there are no gross thematic errors in it, the motor volume of independent work has been fully completed. The diary of self-monitoring on the analysis of independent motor activity is filled in full and in accordance with the subject.	91-100

At the end of each semester, a centralized calculation of the student's average academic performance in the semester is performed with its transfer to a 100-point system (Table 4).

Table 4. Conversion of the average score of the student's current academic performance to a rating score according to a 100-point system

Average score on the 5-point system	Score according to the 100-point system	Average score on the 5-point system	Score according to the 100-point system	Average score on the 5-point system	Score according to the 100-point system
5,0	100	4,0	76-78	3,0	61-62
4,9	98-99	3,9	75	2,9	57-60
4,8	96-97	3,8	74	2,8	53-56
4,7	94-95	3,7	73	2,7	49-52
4,6	92-93	3,6	72	2,6	45-48
4,5	91	3,5	71	2,5	41-44
4,4	88-90	3,4	69-70	2,4	36-40
4,3	85-87	3,3	67-68	2,3	31-35
4,2	82-84	3,2	65-66	2,2	21-30
4,1	79-81	3,1	63- 64	2,1	11-20
				2,0	0-10

### Bonus and penalty system

This rating score calculation model provides bonuses that increase the rating score and penalties that lower the rating, according to Table 5.

Table 5. Bonuses (Rb) and penalties (Rp) by discipline

№	Name	Points
1	Bonuses for discipline:	
	100% attendance of classes	+5
2	Bonuses for participation in sports and recreation work:	
	Recreation in the sports and recreation camp of VolgSMU: taken into account in the autumn semester (according to the presentation of the teachers of the department)	+3
	Assistance in organizing 1 judging competitions	+2
	Trainings in sports sections of VolgSMU (sports teams)	+7
	Training in wellness groups:	+5
	Participation in intra-university competitions for one performance:	
	- on the course	+2
	- in the dormitory	+2
	- at the faculty	+3
	Participation in competitions of various levels:	
	- in intercollegiate	+5
- in city and regional	+4	
- regional	+5	
- Russian	+10	
- international	+15	
Prizes taken in competitions of various levels:		
- in intercollegiate	1 M/2 M/3 M +7/ 6/5	
- in city and regional	+7/6/5	
- regional	+8/7/6	
- Russian	+9/8/7	
- international	+10/9/8	
The number of points for a sports title or sports category upon admission to the university / the number of points for a sports title or sports category during the period of study at the university. The presence of supporting documents is mandatory. Performing sports categories:		
- Master of Sports of the Russian Federation	+10/15	
- Candidate for Master of Sports of the RF	+7/10	
- 1st sports category	+5/8	
- mass sports categories	+3	
Implementation of "Ready for Labor and Defense" standards		
- gold badge	+5	
- silver badge	+4	
- bronze badge	+3	
3	Disciplinary penalties	
	Skipping a practical lesson without a valid reason	- 2,0

	Systematic lateness to practical classes	- 1,0
	Violation of safety regulations	- 2,0
4	Penalties for causing material damage	
	Damage to equipment and property	- 2,0

## 2. Methodology for calculating the score of the intermediate certification (credit) (Ric)

Intermediate certification is carried out in the form of a student's report, which is a defense of the diary of self-monitoring.

The self-monitoring diary is a mandatory reporting document in which the student presents his attendance for the entire period of mastering the discipline; assessment of the level of physical fitness and assessment of the level of sports and technical readiness for 1-6 semesters of training; performing independent work for 1-6 semesters.

According to the report, the following are evaluated:

a) the quality of the self-monitoring diary presented by the student (evaluated in accordance with the criteria of Table 6, the minimum score is 61)

Table 6. Scoring points for diary protection

Evaluation criteria	Rating score
The diary has not been handed over.	Less than 61
The diary was not submitted in full (there are no sections, gross mistakes were made in the design of the diary, the student can hardly analyze the level of his preparedness)	61-75
The diary has been submitted in full, but minor errors have been made in the sections.	76-90
The diary is submitted in full, filled in without errors, the student can clearly formulate and assess the level of his physical fitness	91-100

b) the final level of physical and sports-technical readiness of the student according to Table 7.

Table 7. Criteria for assessing the final level of physical fitness and sports and technical readiness of the student

Characteristics of competence formation	ECTS assessment	Points in BRS	The level of competence formation in the discipline "Physical training (elective modules)"	Rating on 5-point system

<p>The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a high technical level. The student conducts active physical culture and sports activities, takes part in judging competitions, additionally trains during extracurricular time, takes part in high-ranking competitions, performs sports categories. The independent work has been completed in full, there are no gross thematic errors in it, the key topics of independent work have not been missed.</p>	A	100–96	HIGH	5 (5+)
<p>The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a high technical level. The student conducts active physical culture and sports activities, takes part in judging competitions, additionally trains during extracurricular time, takes part in competitions, performs sports categories. There may be shortcomings in demonstrating technical skills. The independent work has been completed in full, there are no gross thematic errors in it, the key topics of independent work have not been missed.</p>	B	95–91	HIGH	5
<p>The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a high technical level. The student conducts active physical culture and sports activities, takes part in judging competitions, additionally trains during extracurricular time, takes part in competitions. There may be shortcomings in the demonstration of technical skills, corrected by the student with the help of a teacher. The independent work was completed in full, but more than 2 thematic errors were made in it.</p>	C	90–86	AVERAGE	4
<p>The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a high technical level. The student conducts physical culture and sports activities, takes part in judging competitions, additionally trains during extracurricular time, takes part in competitions. There may be shortcomings or minor mistakes in the demonstration of technical skills, corrected by</p>	C	85–81	AVERAGE	4

the student with the help of the teacher during the repeated demonstration of techniques. The independent work has been completed in full, but 1-2 gross thematic errors have been made in it, or 1 key topic of independent work has been missed.				
The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a sufficient technical level. The student conducts physical culture and sports activities, takes part in judging competitions, additionally trains during extracurricular time, takes part in competitions. However, minor mistakes were made in demonstrating technical skills, corrected by the student with the help of a teacher when re-demonstrating techniques. The independent work has been completed in full, but 1-2 gross thematic errors have been made in it, or 1 key topic of independent work has been missed.	D	80-76	LOW	4 (4-)
The necessary level of basic physical training has been provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a sufficient technical level. The student conducts physical culture and sports activities, takes part in competitions. However, mistakes were made in demonstrating technical skills, corrected by the student with the help of a teacher when re-demonstrating techniques. The independent work was completed in full, but 2-3 gross thematic mistakes were made in it or 2 key topics were missed.	E	75-71	LOW	3 (3+)
The necessary level of basic physical training is poorly provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a low technical level. The student conducts physical culture and sports activities, takes part in competitions. However, mistakes were made in demonstrating technical skills, corrected by the student with the help of a teacher when re-demonstrating techniques. The technique of execution requires corrections, corrections. The independent work was not completed in full, gross thematic mistakes were made in it or key topics were missed.	E	70-66	EXTREMELY LOW	3 (3)

<p>The necessary level of basic physical training is poorly provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Practical skills and abilities in selected sports are demonstrated at a low technical level. Mistakes were made in demonstrating technical skills, corrected by the student with the help of a teacher when re-demonstrating techniques. The technique of execution requires corrections, corrections. The independent work was not completed in full, gross thematic mistakes were made in it or key topics were missed.</p>	E	65-61	EXTREMELY LOW	3 (3-)
<p>The necessary level of basic physical training is not provided for the acquisition of the necessary stock of motor skills and skills in subsequent technical training. Gross mistakes were made in demonstrating technical skills. The technique of execution requires amendments, significant correction. Mistakes corrected with the help of a teacher do not demonstrate a sufficient level of technical preparedness in selected sports. Independent work has not been completed, it has not been completed in full, the work does not correspond to the subject of independent work.</p>	Fx	60-41	COMPE- TENCE IS MISSING	2
<p>Skills in the basic components of the discipline are not demonstrated. Independent work has not been completed.</p>	F	40-0	COMPE- TENCE IS MISSING	2

Considered at the meeting of the Department of Physical Education and Health  
28.05.2024 Protocol № 16.

Head of the Department



S.Y. Maksimova