

## Physical training

Course # HUSS 1081

Credits 0

**Prerequisites and/or Corequisites:** None

### Course description

The purpose of physical education is to strengthen health, develop the physical and mental abilities of students. Physical exercises and sports games is the way to a powerful and functional body, clear mind and strong spirit. The course is both practical and theoretical, it covers basic concepts of anatomy and physiology as well as health and safety requirements.

### Course learning outcomes

Upon completion of the course students will be able to:

- perform a range of physical activities
- understand health and safety requirements for a range of physical activities
- describe the role and progress of sport in Central Asia
- chose an appropriate physical activities program for their age and gender
- identify tiredness and its symptoms to control the body during athletic exercises
- describe the technique of running for a long and a short distance and jumping
- accomplish running for a short and a long distance and jumping according to all necessary norms
- describe the rules of a range of sports games
- participate in a range of sports games according to their rules and techniques

### Course Assessments and Grading

Controlling exercises and testing	Normative					
	Boys			Girls		
	5	4	3	5	4	3

Running – 60m (minutes and seconds )	8,6	9,4	10,2	9,6	10,2	10,6
Running – 100m (minutes and seconds)	14.0	14.2	14.6	16.0	16.3	17.0
ABS – 30 seconds	25	23	21	23	21	18
Long distance running – 1000m	3.50	4.00	4.10	4.30	4.40	4.50
Long distance running – 2000m				10.3	12.1	13.10
Long distance running – 3000m	14.0	16.00	17.00			
Push up on the cross bar (турник)	20	17	15			
Jumping with running (m,sm)	4.45	4.20	3.70	3.60	3.35	3.10
Jumping from the stand position(m,sm)	2.20	2.00	1.90	2.00	1.90	1.60

**\* The course will be graded with PASS/FAIL.**