

MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION
NATIONAL RESEARCH
TOMSK STATE UNIVERSITY

Faculty of Physical Education

APPROVED

Vice-Rector for Academic Affairs

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Basic Study Programme

Field of study
49.03.01 Physical Education
Bachelor's Degree

Major
Sports Training Technologies

Admission year
2024

Full-time

UPDATED

by the decision of the Academic Council of the
Faculty of Physical Education
Minute No. 5 of 14.12.2023

Tomsk-2024

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1 General provisions

The basic professional educational bachelor study programme (hereinafter BSP), implemented by National Research Tomsk State University in the field of study 49.03.01 Physical Education, major ***Sports Training Technologies*** is a set of basic characteristics of education (workload, syllabus, planned results) and organisational and pedagogical conditions, forms of certification, which is presented as a curriculum, a curriculum schedule, course (modules) syllabi, practices, other components, assessment and methodological materials, as well as a syllabus of educational work and a calendar plan for educational work.

The normative legal base of development of the BSP for bachelor students comprises:

- Federal Law "On Education in the Russian Federation" dated 29.12.2012 No. 273-FZ;
- Federal Law "On Amendments to the Federal Law "On Education in the Russian Federation" on issues of students' education" dated 30.07.2020 No.304- FZ;
- Order of the Ministry of Science and Higher Education of the Russian Federation dated 26.11.2020 No. 1456 "On Amendments to the Federal State Educational Standards of the Higher Education";
- Order of the Ministry of Science and Higher Education of the Russian Federation dated 08.02.2021 No. 83 "On Amendments to the Federal State Educational Standards of the Higher Education – bachelor degree programmes according to the fields of study";
- Order of the Ministry of Science and Higher Education dated 27.02.2023 No. 208 "On Amending Federal State Educational Standards for Higher Education";
- Order of the Ministry of Science and Higher Education dated 19.07.2022 No. 662 "On Amending Federal State Educational Standards for Higher Education";
- Order of the Ministry of Education and Science of the Russian Federation as of 12 September 2013 No.1061 "On approving the lists of educational programme specialisations and majors of higher education";
- The procedure for the final state certification of educational programmes of higher education – bachelor's degree programmes, specialty programmes and master's degree programmes, approved by the order of the Ministry of Education and Science of the Russian Federation No. 636 of 29.06.2015;
- The order of organisation and implementation of educational activities for educational programmes of higher education – bachelor's degree programmes, specialty programmes, master's degree programmes, approved by Order of the Ministry of Science and Higher Education of the Russian Federation No. 245 of 06.04.2021;
- Rules for the application of e-learning and distance education technologies in the implementation of educational programs by organizations engaged in educational activities, approved by the order of the Ministry of Science and Higher Education of the Russian Federation from 11.10.2023 № 1678;
- Regulations on practical training of students, approved by the Order of the Ministry of Science and Higher Education of the Russian Federation, Ministry of Education of the Russian Federation No. 885/390 of 05.08.2020;
- Federal State Educational Standard – bachelor's degree programme in the field of study 49.03.01 Physical Education, approved by the Order of the Ministry of Science and Higher Education No. 940 dated 19.09.2017 (as amended and supplemented on 08.02.2021);
- Register of Professional Standards (list of types of professional activity) approved by the Ministry of Labour and Social Protection of the Russian Federation No. 667n of 29.09.2014;
- Professional Standard 01.001 "Teacher (preschool, primary general, basic general, secondary general education) (educator, teacher)", approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 544n of 18.12.2013 amended by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 422n of 05.08.2016;
- Professional Standard 01.003. "Teacher of supplementary education for children and adults", approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 652H dated 22.09.2021;

- Professional Standard 05.003 "Coach", approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 362Н dated 27.04.2023;
- Professional Standard 05.012 "Coach-teacher", approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 952Н dated December, 24 2020 (as amended Order of the Ministry of Labor of the Russian Federation dated 30.08.2023 N 686n);
- Charter of National Research Tomsk State University, approved by the Order of the Ministry of Science and Higher Education of the Russian Federation No. 1378 dated December, 28 2018.
- TSU Educational Standard for the field of study 49.03.01 Physical Education, approved by the decision of the Academic Council of NR TSU Minute No. 6 of 30.06.2021 and put into effect by the Order of the Rector of TSU No. 646/OD, updated by the decision of the Academic Council of NR TSU Protocol No. 06 dated 31.05.2023;
- Local regulations of NR TSU.

2 Educational Standard for the major/educational programme specialisation

This study programme is designed in accordance with TSU Educational Standard for the field of study 49.03.01 Physical Education, approved by the decision of the Academic Council of NR TSU Minute No. 6 of 30.06.2021 and put into effect by the Order of the Rector of TSU No. 646/OD of 05.07.2021, updated by the decision of the Academic Council of NR TSU Minute No. 06 dated 31.05.2023 presented at TSU Web-site <https://www.tsu.ru/sveden/eduStandarts/>.

3 General characteristics of the educational programme

3.1 Aim of the educational programme

The aim of this study programme is training of PE and sports staff who can carry out activities in the field of sport and physical culture, take part in educational and upbringing activities, perform research, provide psychological and pedagogical support for physical education, recreational and mass sports activities of educational institutions, and carry out entrepreneurial activities

3.2 Mode of study

This study programme is conducted in full-time mode of study, including with the use of e-learning and distance learning technologies.

E-learning, distance learning technologies used in the education of people with disabilities and special needs provide for the possibility of receiving and transmitting information in forms accessible to them.

This study programme is implemented by NR TSU independently on the basis of the Faculty of Physical Education.

3.3 The language of the study programme

The main language of this study programme is Russian.

3.4 Duration of the study

The period of the BSP completion (regardless of the educational technologies used), including breaks provided after passing the final state certification, is 4 years.

People with disabilities or special needs studying according to an individual curriculum may request the extension of the period of BSP completion by no more than 1 year.

3.5 The workload of the study programme

The workload of the study programme is 240 credits.

3.6 The area for graduates' professional activity

The areas of professional activity in which graduates who have mastered this study programme (hereinafter referred to as graduates) can carry out professional activities are the following:

01 Education and science (in the field of supplementary education for children and adults, vocational training, vocational education, additional vocational education, in the field of scientific research);
05 Physical Education and Sports (in the field of physical recreation, including sports and health tourism; in the field of physical education; in the field of physical education and mass sports, including fitness; in the field of sports training; in the field of management and development of recreational and healthcare and (or) sports organizations).

Graduates can work in other areas of professional activity, provided that their level of education and acquired competencies meet the requirements for employee's qualification.

3.7 The kinds of graduates' professional activity

As part of the development of this study programme, graduates prepare to the following kinds of professional activity as

- coach;
- teacher;
- researcher.

3.8 Study programme major

A graduate who completed this study programme should be ready to deal with the following kinds of professional activity:

coach:

- teaching sports and physical culture on supplementary educational programmes;
- selection and conducting training sessions at different stages of sports training, taking into account gender, age and individual characteristics of students.

teacher:

- develops and implements educational programmes in the field of physical education;
- educates children at preschool, primary general, basic general, secondary general school;
- fostering the personality while upbringing the values of sports and physical culture.

researcher:

- scientific, pedagogical and methodical support of physical culture and sport activities;
- scientific, pedagogical and methodological support of the formation of socially significant personal qualities through physical culture and sport.

The objects of professional activity of graduates who have mastered this educational programme are:

- persons involved in activities in the field of physical culture and sport and potential consumers of physical culture, recreation and sports services;
- processes of formation of worldview, motivational and value orientations and attitudes for preservation and improvement of health, healthy lifestyle, optimisation of psychophysical state of a person, mastering of various motor skills and related knowledge, development of motor skills and high performance;
- training, methodological and regulatory documentation.

3.9 Requirements for the level of preparation required for completing the bachelor's degree programme

A bachelor's programme applicant must have a secondary general education.

Admission to this study programme is conducted on a competitive basis in accordance with the admission rules of TSU.

Persons entering this study programme must have a documentary proof of the Russian language proficiency in accordance with the admission rules of TSU.

3.10 Qualification (degree) of graduates

Upon successful completion of the study programme, the graduate is awarded the qualification "bachelor".

4 Structure of the educational programme

4.1 General information

The study programme is implemented in accordance with the curriculum (<https://www.tsu.ru/sveden/education/eduop/>).

The study programme includes Study block 1 "Subjects (modules)", Study block 2 "Practice", and Study block 3 "Final State Certification".

The curriculum provides for the possibility of mastering elective courses by students, which are not included in the total BSP workload.

BSP allocates the basic part and the elective part formed by the participants of educational relations. The workload of the basic part, excluding the final state certification, is more than 60% of the total BSP volume. Practical training makes up at least 20 per cent of the total amount of hours.

Upon their application, persons with disabilities are given the opportunity to study according to the BSP that takes into account the peculiarities of their psychophysical development, individual capabilities and, if necessary, provides correction of developmental disorders and social adaptation of these persons.

4.2 Structure of Study block 1 "Disciplines (modules)"

Study block 1 "Subjects (modules)" consists of a basic part and a part formed by participants in educational relations.

In the compulsory part of Study block 1 of the educational programme are implemented subjects (modules) on philosophy, foreign language, life safety, physical education and other disciplines which form universal competencies, core competencies and job-specific competencies.

The workload of the discipline «History of Russia» is not less than 4 credits, including at least 80% classroom hours when students work with the lecturers.

In the part formed by the participants of educational relations, Study block 1 implements elective and basic disciplines (modules) that determine the professional orientation (specialisation) of the educational programme and form job-specific competencies and participate in the formation of universal and core competencies.

Physical education and sports are implemented in the amount of 2 credits within the compulsory part of Study block 1 "Subjects (modules) and in the amount of 328 academic hours, which are compulsory for the completion of this course, are not transferred to credit units and are not included in the volume of the educational programme, within the elective disciplines of the part formed by the participants of educational relations.

Physical education and sports are implemented in accordance with the procedure established by the programme. A special procedure is set for students with disabilities and special needs so that they could master physical education classes, taking into account their health status.

The educational programmes of the subjects (modules) are presented at <https://www.tsu.ru/sveden/education/eduop/>.

4.3 Structure of Study block 2 "Practice"

Study block 2 "Practice" consists of a compulsory part.

In the compulsory part of Study block 2, the following kinds of practices are implemented: academic (introductory practice, professional oriented practice) and internship (educational practice, research practice, coach practice, pre-graduation practice), ensuring the formation of universal competencies, core competencies and job-specific competencies.

The programmes of the practices are presented at <https://www.tsu.ru/sveden/education/eduop/>.

4.4 Structure of Study block 3 "Final State Certification"

Study block 3 "Final State Certification" includes:

- preparation for and passing the state exam;
- preparation for and defense of the final qualifying work.

The programme of Final State Certification is presented at <https://www.tsu.ru/sveden/education/eduop/>.

5 The planned results upon completing this educational programme

5.1 General information

As a result of completing this study programme with a bachelor's degree (qualification) awarded, graduates must have the following general, general professional and professional competencies.

5.2 General competencies

In accordance with the Educational Standard of TSU in the field of study 49.03.01 Physical Education as a result of mastering the study programme, the graduate will obtain universal competencies (Table 1). The formation of competencies is verified by achievement indicators established by the Educational Standard of TSU and additionally by this study programme (Table 1).

Table 1 – Universal competencies

Name of the category (group) of universal competencies	The code and name of the graduate's universal competency	Code and name of the indicator of achievement of universal competency
Systematic and critical thinking	UC-1. Searches and carries out critical analysis and synthesis of information, applies a systematic approach to solving tasks	IUC-1.1. Searches for information necessary to solve the problem IUC-1.2. Conducts a critical analysis of various sources of information (empirical, theoretical). IUC-1.3. Reveals the correlation of a part and the whole, their relationship, as well as the mutual subordination of the system elements while solving the task. IUC -1.4. Creates new content and reflexively interpret the results of the analysis.
Development and implementation of projects	UC-2. Determines the range of tasks within the set goal and chooses the best ways to solve them based on current legal regulations, available resources and limitations	IUC-2.1. Formulates a set of interrelated objectives within the framework of the set work aim, ensuring its achievement. IUC-2.2. Designs a solution to a specific project objective, choosing the best way to solve it, based on current legal norms and available resources and limitations. IUC-2.3. Solves specific objectives (research, project, activity) in a set time
Teamwork and leadership	UC-3. Carries out social interaction and plays their role in a team	IUC-3.1. Define their role in the team and act in accordance with it to achieve the objectives of the work. IUC-3.2. Takes into account the role positions of other participants in teamwork. IUC-3.3. Understands the principles of group dynamics and acts accordingly
Communication	UC-4. Communicates verbally and in writing in the	IUC-4.1. Carries out communication, including business, in oral and written forms in Russian, including

	state language of the Russian Federation and foreign language(s)	using information and communication technologies (hereinafter ICT). IUC-4.2. Carries out communication, including business, in oral and written forms in a foreign language, including using ICT.
Intercultural communication	UC-5. Takes into account the diversity and multiculturalism of a society in the socio-historical, ethical and philosophical contexts in interpersonal and intergroup interaction	IUC-5.1. Takes into account the historical predicament of diversity and multiculturalism of society in interpersonal and intergroup interaction. IUC-5.2. Interprets the diversity and multiculturalism of modern society from the standpoint of ethics and philosophical knowledge. IUC-5.3. Participates in communication, taking into account the diversity and multiculturalism of society.
Self-organisation and self-development (including health care)	UC-6. Manages their time, builds and implements a trajectory for self-development based on the principles of lifelong learning	IUC-6.1. Allocates time and their own resources to perform assigned tasks. IUC-6.2. Sets long-term aims, taking into account the existing conditions and limitations, based on the principles of lifelong education. IUC-6.3. Implement their development track, taking into account the existing conditions and constraints.
	UC-7. Maintains health and physical fitness to ensure full-fledged social and professional activities	IUC-7.1. Understands the role of physical culture and sport in modern society, in human life, in preparation for social and professional activity, as well as the importance of physical culture and sport activity as part of a healthy lifestyle and the features of planning an optimal motor regime, taking into account the conditions of their future professional activity. IUC-7.2. Uses self-monitoring to determine the level of health and physical fitness in accordance with regulatory requirements and conditions of future professional activity. IUC-7.3. Maintains the proper level of physical fitness to ensure full-fledged social and professional activities by regularly exercising.
Health and safety	UC-8. Creates and maintains safe living conditions in various environments to preserve the natural environment and ensure the sustainable development of society	IUC-8.1. Identifies possible threats to life and health in everyday and professional life in emergency situations in various environments (natural, digital, social, and aesthetic). IUC-8.2. Takes the necessary actions to ensure life safety in different environments (natural, digital, social, aesthetic) as well as in emergency situations IUC-8.3. Provides safe and/or comfortable working conditions at the workplace
Inclusive competency	UC-9. Uses the inclusion principles in social and professional fields	IUC-9.1. Understands the basic principles and foundations of an inclusive societal culture. IUC- 9.2. Selects a communication strategy in everyday and professional activities, taking into account the characteristics of people with disabilities.
Economic awareness, including financial	UC-10. Makes reasonable economic decisions	IUC-10.1. Understands basic principles of economy functioning and economic development, goals and forms of state participation in the economy. IUC-10.2. Applies methods of personal economic and

literacy		financial planning to achieve current and long-term financial goals.
Civil position	UC-11. . Forms an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior, and counteracts them in professional activities	IUC-11.1. Explains the negative impact of extremism, terrorism, and corruption on the historical development of human society using concrete examples. IUC-11.2. Identifies the interests of the state, individual social groups, the individual and society in social, economic and political situations in order to understand the norms of responsible civil and professional behaviour and to counteract extremism, terrorism and corruption. IUC-11.3. Detects evidence of extremism, terrorism in social, economic, and political situations, as well as corrupt behaviour of individual state-administrative groups and officials.

5.3 Core competencies

In accordance with the Educational Standard of TSU in the field of study 49.03.01 Physical Education (Bachelor's degree) as a result of mastering the study programme, the graduate will obtain core competencies (table 2). The formation of competencies is verified by achievement indicators established by the Educational Standard of TSU and additionally by this study programme (Table 2).

Table 2 – Core competencies of the study program

Name of the category (group) of core competencies	The code and name of the graduate's core competency	Code and name of the indicator of achievement of core competency
Planning	CC-1 - Plans the content of classes taking into account the provisions of the theory of physical education, physiological characteristics of the load, anatomical, morphological, and mental characteristics of people of different sex and age	ICC-1.1. Knows the common basics of the theory and methods of physical education, anatomo-morphological and psychological features of students, the main means and methods of their physical education. ICC-1.2. Develops programmes of study in physical education, uses means and methods of physical education, taking into account the peculiarities of different categories of students.
Athletic selection	CC-2 - Is capable of carrying out sports selection and sports orientation during training	ICC-2.1. Knows theoretical and methodological basics of sports orientation and sports selection at different stages of sports training. ICC-2.2. Uses anthropometric, physical and mental characteristics of students when carrying out selection and sports orientation in the chosen sport, analyses and predicts sports giftedness (abilities) of a child
Training and development	CC-3 – Conducts classes and physical education and sports activities using the means, methods, and techniques of the basic types of physical education and sports	ICC-3.1. Carries out professional physical culture and sports activities in accordance with the FSES of preschool, primary general, basic general, secondary general and additional

	activities for motor and cognitive learning and physical training	<p>education.</p> <p>ICC-3.2. Plans and implements training and coaching classes in physical education using the means, methods and techniques of basic types of sports activities.</p> <p>ICC-3.3. Evaluates the effectiveness of motor and cognitive learning and physical training technologies. Arranges and implements monitoring and evaluation of students' physical education and sports achievements.</p>
Learning and development	CC – 4 – Conducts training sessions of various types and organizes the participation of athletes in competitions in their chosen sport	<p>ICC– 4.1. Selects appropriate forms and types of exercises, types of activity (strength, local, dynamic, static). Develops sets of general physical exercises aimed at harmonious development of all physical qualities (strength, endurance, speed, agility, flexibility), exercises to improve the level of special physical fitness.</p> <p>ICC – 4.2. Develops lesson plans and the most effective methods of training. Checks the availability and sufficiency of facilities, weather, sanitary and hygienic conditions for training sessions.</p> <p>ICC – 4.3. Plans and arranges participation of athletes in competitions of various levels in the chosen sport, knows the duties of organisers and judges of the competition; basic requirements for competition locations and equipment, medical support of competitions.</p>
Education	CC-5 – Cultivates socially important personal qualities in students and prevents negative social behavior	<p>ICC-5.1. Designs and implements educational programmes aimed at fostering in students socially significant personal qualities.</p> <p>ICC-5.2. Designs situations and events that contribute to the prevention of negative social behaviour.</p> <p>ICC-5.3. Regulates the behaviour of students to ensure a safe physical education environment.</p>
	CC-6 – Raises awareness of physical education, sports, motivational and value orientations and attitudes towards a healthy lifestyle	<p>ICC-6.1. Designs situations and events that contribute to the conscious attitude of students to physical fitness and sports activities.</p> <p>ICC-6.2. Plans content and delivers lectures and conversations with students on the benefits and importance of a</p>

		<p>healthy lifestyle, taking into account their age and psychophysical characteristics.</p> <p>ICC-6.3. Develops students' cognitive activity, value orientations and motivation to lead a healthy lifestyle.</p>
Ensuring safety	CC-7 – Ensures compliance with safety regulations, injury prevention, provides first aid	<p>ICC-7.1. Timely identifies threats and the degree of danger of external and internal factors and organises a safe space for students, promptly responds to emergency situations and applies correct actions to eliminate or reduce the danger.</p> <p>ICC-7.2. Analyses the causes of sports injuries and diseases, implements preventive measures, and provides first aid.</p>
Monitoring and analysis	CC-8 – Implements doping prevention	<p>ICC-8.1. Analyses anti-doping legislation, knows the main doping substance groups, physiological and biochemical mechanisms of action of doping substances and the danger of their use for the organism.</p> <p>ICC-8.2. Conducts awareness raising activities on the prevention of doping in physical culture and sports activities.</p>
	CC-9 – Exercises control using methods for measuring and evaluating physical development, technical and physical fitness, and mental state of the involved	<p>ICC-9.1. Knows the regularities and factors of physical development and physical fitness, characteristics of the mental state of students.</p> <p>ICC-9.2. Controls and evaluates physical development and physical fitness, mental state of students, technique of physical exercises performed by qualified selection of diagnostic material and taking into account individual characteristics of students.</p>
Professional interaction	CC-10 – Organizes joint activities and interaction of participants in physical education and sports	<p>ICC-10.1. Communicates fluently with joint activity participants in the field of physical culture and sport, covers competently the problems of professional activity, chooses and implements one or another style of communication appropriate to the contingent of students and pedagogical tasks.</p> <p>ICC-10.2. Establishes constructive relationships and organises interaction between the participants of the educational process, creates a favourable microclimate in the team.</p>

Research	CC-11 – Carries out research to determine how effective the means and methods of physical culture and sports activity are.	ICC-11.1. Plans, properly organises and conducts scientific experiment to determine the effectiveness of various activities in the field of physical culture and sport using tested methods, statistically processes and analyses the results, summarises and formalises the results of research. ICC-11.2. Uses information technologies to plan and correct the processes of physical culture and sports activities, to control the state of the students.
Legal bases of professional activity	CC-12 – Carries out professional activities in accordance with the regulatory legal acts in the field of physical education and sports and norms of professional ethics	ICC-12.1. Knows the system of Russian legislation in the field of sport and physical culture, the main provisions of international documents and treaties, the Constitution of the Russian Federation, regulatory and legal support in the field of physical culture and sport, analyses and evaluates legislative initiatives. ICC-12.2. Uses in professional activity the provisions of Russian and international documents, normative-legal acts, recommendation documents; analyses specific situations arising in the daily practice of educational and sports institutions from the point of view of legal norms, carries out physical culture and sports activity in accordance with the norms of professional ethics.
Organisational and methodological support	CC-13 – Organizes and judges competitions in a chosen sport	ICC-13.1. Organises and conducts competitions in the chosen sport at various levels, carries out objective refereeing of competitions. ICC-13.2. Resolves sports disputes during competitions, provides safety and medical support of competitions in the chosen sport.
Organisational and methodological support	CC-14 – Carries out methodological support and control of training and educational process	ICC-14.1. Knows the main types of documentation of planning, methodological support, control of training and educational processes. ICC-14.2. Carries out planning, methodological support and control of training and educational processes.

Material and technical support	CC-15 – Carries out material and technical support of classes, competitions, and sports events	ICC – 15.1. Analyses the material, technical and financial aspects of mass sports and entertainment events; identifies ways of cooperation of responsible groups involved in the organisation of mass sports and entertainment events for effective professional interaction with participants of sports and entertainment events.
		ICC– 15.2. Prepares basic documents necessary for the material and technical equipment of classes, competitions, sports and mass events in accordance with the legal and sanitary-hygienic norms of these events.
Information and communication technologies for professional activities	CC-16 – Understands the principles of operation of modern information technologies and uses them to solve problems in professional activity.	ICC-16.1. Understands the principles of modern information technology. ICC-16.2. Uses modern information technologies to solve the tasks of professional activity.

5.4 Job-specific competencies

In accordance with the types of professional activity that the study programme is focused on, as a result of mastering the educational program, the graduate will form job-specific competencies developed on the basis of Professional Standards in accordance with the requirements to professional competencies of the graduates. Achievement indicators established by the study programme are used to check the formation of competencies (Table 3).

Table 3 – Job-specific competencies of the study program according to the types of professional activity

Basis	The code and name of the graduate's job-specific competencies	Code and name of the indicator of achievement of job-specific competencies
Type of professional activity: Coach		
Professional Standard 05.003 «Coach», approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 362H dated 27.04.2023; Labor function C/6 – Activity on sports training of athletes for joint sports team in a particular type of sport (group of sports disciplines) from sports societies, municipalities, regions of the Russian Federation	JSC-1. Carries out the training process at different stages of sports training, taking into account the sex, age and individual characteristics of those involved	IJSC-1.1. Carries out the process of sports training, control of its effectiveness and formation of the athlete's personality by means of physical culture and sports activities. IJSC-1.2. Carries out planning, organizational and methodological support of sports training at different stages. IJSC-1.3. Develops competitive skills in accordance with the stage and sports training programmes of the students.
Professional Standard		

<p>05.012 «Coach-teacher», approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 952H dated December, 24 2020 (as amended Order of the Ministry of Labor of the Russian Federation dated 30.08.2023 N 686n); Labor function A/6 – Activities on training of the athletes and physical education of the students.</p>		
Type of professional activity: Teacher		
<p>01.003. “Teacher of supplementary education for children and adults”, approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 298H dated 05.05. 2018 Labor function A/6 – Teaching in supplementary general education programmes. Labor function B/6 – Organizational and methodological support for the implementation of supplementary educational programs. Code C Level 6 – Organizational and pedagogical support for the implementation of supplementary educational programs.</p>	<p>JSC-2. Carries out additional education study programs in the field of physical education and sports</p>	<p>IJSC-2.1. Carries out pedagogical activities aimed at mastering an supplementary general education programme in the field of physical culture, sport. IJSC - 2.2. Provides educational and methodological support for the implementation of a supplementary general education programme in the field of physical culture and sports.</p>

Professional Standard 01.001 "Teacher (preschool, primary general, basic general, secondary general education) (educator, teacher)", approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 544n of 18.12.2013 amended by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 422n of 05.08.2016 Labor function A/6 – Pedagogical activity on designing and implementing the educational process in educational organisations of preschool, primary general, basic general, secondary general education Labor function B/6 Pedagogical activities in designing and implementing basic general education programmes	JSC-3. Defines pedagogical goals and objectives, plans pedagogical activities, develops plans (scenarios) for educational and leisure activities	IJSC -3.1. Knows the basics of teaching methodology, basic principles of the activity approach, types and techniques of modern pedagogical technologies IJSC - 3.2. Plans the educational process, classes and (or) cycles of classes, develops scenarios of educational and leisure activities.
Type of professional activity: Research		
Professional Standard 05.003 «Coach», approved by the Order of the Ministry of Labour and Social Protection of the Russian Federation No. 362н dated 27.04.2023; Labor function C/6 – Activity on sports training of athletes for joint sports team in a particular type of sport (group of sports disciplines) from sports societies, municipalities, regions of the Russian Federation 01.003. “Teacher of supplementary education for children and adults”, approved by the Order of the Ministry of Labour and Social Protection of the	JSC-4. Carries out scientific analysis of research results using methods of mathematical statistics, information technology, formulate and present summaries and conclusions	IJSC-4.1. Critically analyses academic and methodological literature, formulates a research problem and conducts research. IJSC-4.2. Carries out statistical processing of research findings, summarises and draws conclusions.

Russian Federation No. 298H dated 05.05. 2018. Labor function A/6 – Teaching in supplementary general education programmes.		
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6 Conditions for the implementation of the BSP

6.1 General system conditions for the implementation of the BSP

NR TSU has on the right of ownership or other legal basis the material and technical support of educational activities (premises and equipment) that ensure the implementation of the BSP in Study block 1 "Disciplines (modules)", Study block 2 "Practices" (taking place at NR TSU) and Study block 3 "Final state certification" in accordance with the curriculum.

Each student during the entire period of study is provided with individual unlimited access to the electronic information and educational environment of NR TSU from any point where there is access to the Internet, both on TSU campus, as well as outside of it.

The electronic information and educational environment (hereinafter referred to as EIEE) of NR TSU provides:

- access to curricula, programmes of disciplines (modules), practice programmes, electronic educational publications and electronic educational resources specified in the BSPs of disciplines (modules), practice programmes;
- the formation of an electronic portfolio of the student, including their submitted assignments and grades.
- saving the information on the course of the learning process, the results of intermediate certification and the results of mastering the BSP;
- conducting all types of classes, procedures for assessing learning outcomes, the implementation of which is provided for using e-learning and distance learning technologies;
- interaction between students and teaching staff, including synchronous and (or) asynchronous interaction via the Internet.

The functioning of the EIEE is ensured by the appropriate means of information and communication technologies and the qualifications of the employees using and supporting it. The functioning of the EIEE complies with the legislation of the Russian Federation.

Saving data on the course of the learning process is carried out by keeping a journal of classes, a journal of attendance, regular monitoring of current progress and in other forms.

The results of the intermediate certification are reflected in the statements, as well as in the TSU EIEE based on the results of mastering disciplines and practices.

The results of mastering the BSP are reflected in the statements, as well as in the TSU EIEE based on the results of the final state certification.

The implementation of the educational programme is provided by the following departments: department of theoretical foundations and technologies of physical culture and sports activities; physical culture and sports; sports and recreational tourism, sports physiology and medicine.

6.2 Organisational and pedagogical conditions for the BSP implementation

The university is provided with the material and technical base necessary for the implementation of all types of classes according to the curriculum.

The premises are classrooms for conducting all types of classes provided for by the educational programme, with equipment and teaching aids, the composition of which is determined in the BSPs of disciplines (modules). It is allowed to replace the equipment with its virtual analogues.

Premises for self-study are equipped with computers with the Internet connection and provide access to the electronic information and educational environment of National Research Tomsk State University.

The university is provided with the necessary set of license and free software, including national software (the composition is determined in the programmes of disciplines (modules) and is subject to update if necessary). Information about the software is presented in Appendix B, which is updated for the academic year.

Printed publications are used in the learning process, the library is equipped with printed publications at the rate of at least 0.25 copies of each of the publications specified in the programmes of disciplines (modules), practice programmes, per one student from among persons simultaneously studying the corresponding discipline (module) or undergoing relevant internships.

Students are provided with access (remote access), including in the case of using e-learning, distance learning technologies, to modern professional databases and information referral systems, the composition of which is determined in the programmes of disciplines (modules) and is regularly updated. Information about professional databases and information referral systems is available at - <http://lib.tsu.ru/sp/subjects/guide.php?subject=VSE#tab-1>.

Students with disabilities and special needs are provided with printed or electronic educational resources adapted to their needs.

6.3 Information about the faculty members necessary for implementing the BSP

The implementation of the educational programme is provided by the teaching staff of National Research Tomsk State University, as well as persons involved in the implementation of the bachelor's programme on other conditions.

The qualifications of TSU teaching staff meet the qualification requirements specified in the qualification handbooks and (or) professional standards.

At least 70 percent of the number of teaching staff of National Research Tomsk State University participating in the BSP implementation, and persons involved on other conditions (based on the number of positions to be replaced, reduced to integer values), conduct scientific, educational and methodological and (or) practical activities corresponding to the profile of the taught discipline (module).

At least 5 percent of the number of teaching staff of National Research Tomsk State University participating in the implementation of the BSP, and persons involved on other conditions (based on the number of replacement positions reduced to integer values), are managers and (or) employees of other organisations, working in the area corresponding to the future professional activity of the graduates of the BSP (they have at least 3 years of relevant work experience).

At least 60 percent of the number of teaching staff of NR TSU and persons involved in educational activities at TSU on other conditions (based on the number of replacement positions reduced to integer values) have a scientific degree (including a scientific degree obtained in a foreign country and recognised in the Russian Federation) and (or) an academic title (including an academic title obtained in a foreign state and recognised in the Russian Federation).

The general management of the educational programme is carried out by Tatyana A. Shilko, doctor of medical sciences, associate professor, 23 years of professional experience. <https://persona.tsu.ru/Home/UserProfile/935> Tatyana A. Shilko published 70 scientific articles, including articles in English. Over the past 3 years 30 scientific publications concerning her professional activities, 2 teaching guides. Every year she delivers reports at international conferences. Tatyana A. Shilko was a scientific supervisor to a postgraduate student from the People's Republic of China who obtained a scientific grade candidate of pedagogical sciences at TSU. She has an Acknowledgement of TSU, Letter of Gratitude from TSU Honourable Doctors, Certificate of Honour from TSU.

6.4 Financial basis for the implementation of the BSP

Financial support for the implementation of the BSP is carried out in the amount not lower than the basic standard costs established by the Ministry of Science and Higher Education of the Russian Federation for the provision of public services in the field of education for a given level of education and major, taking into account adjustment factors that take into account the specifics of BSPs in accordance with the Methodology for determining regulatory costs for the provision of public services for the implementation of BSPs in specialties (majors) and enlarged groups of specialties, approved by the Order of the Ministry of Education and Science of the Russian Federation No. 1272 of 30.10.2015.

6.5 Assessment of the quality of educational activities and training students in the BSP

The quality of educational activities and training of students in the BSP is determined within the framework of the system of internal and external assessment.

The system of internal assessment of the quality of educational activities and training of students in the BSP includes an assessment of the quality of mastering the BSP and the assessment of the conditions, content, organisation and quality of the educational process.

Assessment of the quality of mastering BSP includes ongoing progress monitoring, intermediate certification of students and the final state certification. Specific forms and procedures for progress monitoring and intermediate certification of students for each discipline (module) and practice are determined by the programmes of disciplines, practices (including the features of the procedures for progress monitoring and intermediate certification of students with disabilities and special needs) and brought to the attention of students at the first class in the discipline (module) or practice.

As part of the internal system for assessing the quality of educational activities under the BSP, students are given the opportunity to evaluate the conditions, content, organisation and quality of the educational process as a whole and individual disciplines (modules) and practices, as well as the work of teachers by filling out a questionnaire at the end of theoretical part of the BSP and before exam session. Questionnaire is in Appendix C.

Employers and (or) their associations, other legal entities and (or) individuals, including academic staff of the university participate in the internal BSP quality assessment (assessment of the results of practical training, employers' representatives on the State Examination Board, reviewing the BSP, parts of the BSP, etc.).

External assessment of the quality of educational activities and training of students in the BSP is carried out within the framework of state accreditation, professional public and international accreditation.

External assessment of the quality of educational activities and training of students under the educational programme is carried out within the framework of professional and public accreditation conducted by employers, their associations, as well as organisations authorised by them, including foreign organisations, or authorized national professional and public organisations that are part of international structures, in order to recognise the quality and level of training of graduates who have mastered bachelor's degree programme that meet the requirements of professional standards, the requirements of the labour market for specialists of the relevant specialisation.

7 Educational work with students

The implementation of educational activities under the BSP provides for the creation of conditions for self-determination and socialization of students on the basis of socio-cultural, and moral values, rules and norms of behavior accepted in Russian society in the interests of man, society and the state. Educational work is aimed at forming students' feelings of patriotism, citizenship, respect for the memory of the defenders of the Fatherland, law and order, labourers and the older generation, mutual respect, respect for the cultural heritage and traditions of the multinational people of the Russian

Federation, nature and the environment. Educational work is carried out in accordance with the work program.

Head of the BSP

signature

Tatyana A. Shilko
full name

APPROVED:

Head of the Educational
Programmes Support Department

signature

Galina Tsoy
full name

Head of the Department
of Academic Affairs

signature

Maria A. Ignatieva
full name

APPENDIX A

List of the tools of TSU electronic information and educational environment

Table A.1 – List of the tools of TSU electronic information and educational environment and their links

Name of the resource (ICT means)	Адрес (URL)
TSU website	http://www.tsu.ru .
Research Library of Tomsk State University (website)	http://www.lib.tsu.ru .
Faculty of Foreign Languages, TSU (website)	http://sport.tsu.ru .
Electronic university on MOODLE learning platform	https://moodle.tsu.ru .
Student's account	https://lk.student.tsu.ru .
Multifunctional service for students, Flamingo	http://flamingo.tsu.ru .
Tasks in Google Class	Links are in Moodle located on the pages of relevant disciplines

Table A.2 – Compliance of EIEE tools with the tasks they provide (according to the requirements of the TSU Educational Standard)

EIEE should provide:	Means of information and communication technologies
Access to curricula	TSU website
Access to BSPs on disciplines	Electronic university on MOODLE learning platform
Access to the programmes of practices	Web-site of TSU Faculty of physical education
Access to publications of information referral systems	Research Library of Tomsk State University (website)
Access to electronic educational resources specified in the educational programmes;	Research Library of Tomsk State University (website)
Data on the learning process	Electronic university on MOODLE learning platform Student's account
Intermediate assessment results	Student's account
Results of the bachelor's BSP completion	Electronic university on MOODLE learning platform Student's account
Conducting all types of classes, procedures for assessing learning outcomes, the implementation of which is provided for using e-learning, distance learning technologies	Electronic university on MOODLE learning platform
Formation of the student's electronic portfolio, including saving their works, reviews and assessments of these works by other participants in the educational process;	Multifunctional service for students, Flamingo
Interaction between students and academic staff, including synchronous and (or) asynchronous interaction via the Internet.	Electronic university on MOODLE learning platform Tasks in Google Class

APPENDIX B
Software for the educational program

	List of licensed software	Type of license	Details of the document
Paid software			
1.	MicrosoftWindows 10	Academic	License number 65802298, date of issue 28.09.2015
2.	MicrosoftWindows 7	Academic	License number 47729022, date of issue 26.11.2010
3.	Microsoft Office pro	Academic	License number 49272788, date of issue 08.11.2011
Free software			
1.	WinRAR: file archiver for Windows operating systems	Shareware	file in the program directory
2.	Gimp	freely available	file in the program directory
3.	Audacity	freely available	file in the program directory
4.	Vlc media player	freely available	file in the program directory
5.	Acrobat Reader	freely available	file in the program directory

APPENDIX C

Feedback questionnaire for students in order to assess the conditions, content, organisation and quality of the learning process as a whole and individual disciplines (modules) and practices as part of the internal assessment of the quality of education

TOMSK STATE UNIVERSITY

NAME OF THE FACULTY

FEEDBACK QUESTIONNAIRE

Dear student, we invite you to fill out a questionnaire in order to receive feedback and identify the quality of education in the discipline you have studied. Please answer the questions, evaluating each criterion according to the proposed scale. This data will be used to analyze the learning process and make decisions about changing curricula and the content of academic disciplines.

Group 000000

Discipline Name of the discipline

Period of study year 1 semester 1 (2024/2025 academic year)

Question	Score	
	Lecture	Seminars
	Name of the lecturer	Name of the lecturer
Evaluate if the course is useful for your future career ("1" - useless, "5" - very useful)		
Evaluate if the course is useful for broadening of your outlook and all-round development ("1" - useless, "5" - very useful)		
Rate the novelty of the acquired knowledge ("1" - not new, "5" - new)		
Evaluate the difficulty of the course ("1" - the course is very easy, "5" - the course is very difficult)		
Evaluate the clarity of the requirements set by the teacher for students ("1" - the requirements are incomprehensible, "5" - the requirements are clear)		
Evaluate the logic and consistency of the material presentation ("1" - the course material is incomprehensible, "5" - the course material is clear)		
Evaluate the teacher's contact with the class ("1" - no contact, "5" - good contact with the class)		
Evaluate the quality of extracurricular communication with the teacher ("1" - there is no extracurricular communication with the teacher, "5" - good extracurricular communication with the teacher)		

Express your suggestions for improving the quality of the organisation and the content of the discipline: _____

Thank you for your cooperation!

APPENDIX D Programme of Fostering

Ministry of Science and Higher Education of the Russian Federation
NATIONAL RESEARCH
TOMSK STATE UNIVERSITY (NR TSU)

Faculty of Physical Education

APPROVED:
Dean of the Faculty of Physical
Education

_____ Viktor G. Shilko

" ____ " _____ 20 ____

**Programme of fostering
for the period 2024-2028**

49.03.01 Physical Education

major:
Sports Training Technologies

Mode of study
Full-time

Qualification (Degree)
Bachelor

Year of admission
2024

Tomsk – 2024

1. General provisions

The programme of fostering (hereinafter referred to as the programme) was developed for the period of implementation of the main basic study programme (hereinafter referred to as the BSP) of higher education in the major Sports Training Technologies (49.03.01 Physical Education) of full-time mode and is an integral part of it. The programme defines a set of key characteristics of the system of educational work (principles, methodological approaches, purpose, objectives, directions, forms, means and methods of education, planned results, etc.) in relation to the peculiarities of National Research Tomsk State University (hereinafter referred to as TSU) as a whole and the corresponding major. The programme is developed on the basis of the programme of fostering at TSU and is implemented outside the schedule of classes at the Faculty of Physical Education in accordance with the calendar plan of educational work of TSU.

2. Features of the organised educational process

The educational process at TSU in the field of study 49.03.01 Physical Education 49.03.01 Physical Education 2024 - 2028 and is based on the following traditions of professional education:

- the humanistic nature of fostering and learning;
- priority of universal values, human life and health, free personal development;
- fostering citizenship, diligence, respect for human rights and freedoms, love for the outside world, Fatherland, family;
- development of national and regional cultural traditions in a multinational state;
- the democratic state-public nature of education management.
- The main traditions of education at TSU are inextricably linked with the implementation of the basic principles underlying the target model of the university:
 - mutual responsibility and respect for teachers and students as a consequence of the principle of classicality;
 - the desire to know the basic laws of the functioning and development of man, society and nature as a consequence of the principle of fundamentality;
 - tolerance and readiness for renewal as a consequence of the principle of openness.

The specifics of this educational programme are related to pedagogical and physical culture and sports activities.

3. Principles of education

The organisation of educational work and the implementation of this programme are carried out in accordance with the following principles:

- consistency and integrity, taking into account the unity and interaction of the components of the educational system of TSU (content, education and organisation);
- priority of the value of the health of participants in educational relations, socio-psychological support of the individual and ensuring a favorable socio-psychological environment in the team;
- education in the context of vocational education and state youth policy;
- cultural conformity of the educational environment, value-semantic content, content of the educational system and organisational culture in TSU, humanization of the educational process;
- subject-subject interaction in the systems "student - student", "student - academic group", "student - teacher", "teacher - academic group", "student - student council";
- priority of initiative, independence, self-realisation of students in educational and extracurricular activities, social partnership in the joint activities of participants in educational processes;
- co-management as a combination of administrative management and student self-government, independence of the choice of options for educational activities in NR TSU;
- awareness, completeness of information, information exchange, taking into account the unity and interaction of direct and feedback between the subjects of interaction;
- taking into account socio-economic, cultural and other features of the region.

4. Methodological approaches to the organisation of education

The program is based on a set of methodological approaches, including: axiological (value-oriented), systemic, system-activity, cultural, problem-functional, research, project, resource, health-preserving, and informational. The content of these approaches is revealed in the programme of the NR TSU education.

5. The aim and objectives of education

The aim of educational work is to create conditions for the active life of students, their civic self-determination, professional formation and individual and personal self-realization in creative activity to meet the needs for moral, cultural, intellectual, social and professional development.

The objectives of educational work in the TSU are:

- development of the worldview and actualization of the system of basic values of the individual;
- familiarization of students with universal norms of morality, national foundations and academic traditions;
- fostering respect for the law, the norms of collective life, the development of civil and social responsibility as the most important personality trait, manifested in caring for their country, the preservation of human civilization;
- fostering a positive attitude to work, developing the need for creativity, fostering socially significant purposefulness and responsibility in business relationships;
- ensuring the development of personality and its socio-psychological support, the formation of personal qualities necessary for effective professional activity;
- identification and support of talented youth, formation of organisational skills, creative potential, involvement of students in the processes of self-development and self-realisation;
- formation of culture and ethics of professional communication;
- fostering the inner needs of the individual in a healthy lifestyle, responsible attitude to the natural and socio-cultural environment;
- raising the level of the culture of safe behavior;
- development of personal qualities and attitudes (responsibility, discipline, self-management), social skills (emotional intelligence, orientation in the information space, speed of adaptation, communication, ability to work in a team) and managerial abilities (skills to make decisions in conditions of uncertainty and change, time management, leadership, critical thinking).

6. Educational environment at TSU

The educative (educational) environment is an environment of creative activity, communication, various events, relationships arising in them, demonstration of achievements.

The TSU environment is considered as a geographically and event-limited set of influences and conditions of personality formation, which acts as a factor of internal and external psychosocial and socio-cultural development of personality.

The following technologies are used while implementing the programme:

- health-preserving;
- inclusive;
- portfolio;;
- case technologies;
- distance educational technologies.

7. The main kinds of educational work:

The main kinds of educational work: civil, patriotic, moral, scientific and educational, physical, cultural and educational, professional, environmental, creative, international, including:

- development of personality, creation of conditions for self-determination and socialisation of students;
- instilling in students a sense of patriotism and citizenship,

- instilling in students a sense of respect for the memory of the defenders of the Fatherland and the exploits of the heroes of the Fatherland;
- developing in students a respect for people of work and the senior generation;
- forming in students a respectful attitude to the cultural heritage and traditions of the multinational people of the Russian Federation,
- teaching students the rules and norms of behavior for the benefit of the person, the family, society and the state;
- fostering the ability to resist the negative factors of modern society and to orient themselves towards traditional Russian moral and ethical values;
- teaching students to have a careful attitude to nature and the environment; developing the desire to be active in protecting the environment
- teaching students to respect the law and the rule of law;
- prevention of destructive behavior of students;
- teaching students to respect the teaching staff and traditions of the university;
- formation of motivation to research activity;
- formation of research and critical thinking;
- orientation students to further work on the solving of professional tasks;
- formation of students' careful attitude to the cultures and traditions of foreign students studying at NR TSU.
- formation of motivation and value attitude to physical culture, attitude to a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercise and sports;
- gaining experience in the creative usage of physical culture and sports activities to achieve life and professional goals.

8. Priority activities of students in the system of fostering:

- activities of student associations;
- volunteer (voluntary) activity; learning and research;
- involvement of students in career guidance;
- involvement of students in entrepreneurial activity;
- leisure, creative and socio-cultural activities for the organisation and holding of significant events;
- student international cooperation.

9. Forms and methods of educational work.

When implementing this BSP, the following **forms** of educational work are carried out:

- by the number of participants – individual (subject-subject interaction in the teacher-student system); group (creative teams, sports teams, clubs, interest groups, etc.), mass (festivals, academic contests, holidays, subbotniks, etc.);
- according to the goal, the position of the participants, objective educational opportunities – events, games;
- by the time of the event – short-term, long-term, regular;
- by kind of activity - work, sports, art, research, social, etc.;
- according to the result of educational work – a socially significant result, information exchange, development of a solution.

The **methods** of educational work used include:

1. Methods of formation of self-consciousness (conversation, debate, suggestion, instruction, control, explanation, example, explanation, story, self-control, advice, persuasion, etc.).
2. Methods of organizing activities and forming behavioral experience (assignment, public opinion, pedagogical requirement, assignment, creating educational situations, training, exercise, etc.).

3. Methods of activity and behaviour motivation (approval, encouragement of social activity, censure, creation of situations of success, creation of situations for emotional and moral experiences, competition, etc.).

10. Resource support of the education programme

The resource support for the implementation of the programme includes:

- regulatory and legal support;
- staffing;
- financial support;
- information support;
- scientific and educational methodical support
- material and technical support.

10.1. Regulatory and legal support.

The content of regulatory and legal support as a resource for learning activities and educational work includes:

- 1) the programme of education at TSU;
- 2) this programme;
- 3) the calendar plan of educational work of NR TSU for the academic year;
- 4) approximate job descriptions of those who organize educational activities in TSU;
- 5) Regulations on TSU Student Council, Regulations on the TSU Trade Union Organisation, Regulations on other student associations.

10.2. Staffing.

Staffing as a resource for educational activities includes:

- 1) Department of Social and Youth Policy;
- 2) Museum Department;
- 3) deputy dean/director of the Institute for academic affairs;
- 4) counsellors of academic groups and student communities;
- 5) TSU Center of Culture;
- 6) TSU Sports Club;
- 7) D.I. Mendeleev Center for the Development of Modern Competencies of Children and Youth;
- 8) vocational programmes aimed at professional development and retraining of organizers of educational activities and managerial personnel on the issues of student education.

10.3. Financial support.

Financial support as a resource for educational activities includes:

- 1) financial support for the implementation of the BSP and this programme as its component in the amount not lower than the basic standard costs established by the Ministry of Education and Science of the Russian Federation for the provision of public services in the field of education for bachelor's degree in the relevant major;
- 2) funds for the remuneration of the deputy dean/director of the Institute for educational work, counsellors of academic groups and student associations, as well as for advanced training and professional retraining of organisers of fostering activities and managerial personnel on the issues of education of students.

10.4. Information support

Information support as a resource for fostering and education includes:

- 1) posting this programme and the calendar plan of fostering activities for the academic year on the faculty's website;
- 2) informing students and research and academic staff about planned and past events related to fostering and education;
- 3) other information on fostering activities.

10.5. Scientific and educational methodical support.

The content of scientific and educational methodical support as a resource for fostering and education work includes:

- 1) availability of scientific, educational and methodical guidelines as conditions for the implementation of the BSP, this programme and the calendar fostering plan;
- 2) the educational and methodological support of the fostering process meets the requirements for the educational and methodological support of the BSP.

10.6. Material and technical support.

Material and technical support as a resource for fostering and education includes:

- 1) technical means of education and fostering corresponding to the goals, objectives, types, forms, methods, means and content of fostering activity;
- 2) the material and technical support of the educational process meets the requirements for the educational and methodological support of the BSP.

11. The infrastructure of NR TSU, which ensures the implementation of the program.

Tomsk State University has an excellent infrastructure for unlocking the creative potential of students. Concert hall of TSU Center of Culture: 800 seats, stage (13x10 m), LED screen (6x10.4 m). A dance hall with a 4x9 m mobile stage, LED screen (8x4.5 m), with a capacity of 250 seats.

Socio-cultural and creative activity of students is realised in the organisation and conduct of significant events.

The educational potential of the socio-cultural activities of students also consists in visiting the museum complex of the university, which consists of:

- Museum of University History introduces students to the main stages of the history of Tomsk University, established by Emperor Alexander II on May 16 (28), 1878; gives an idea of the scientific, educational, cultural, and social aspects of the activities of Tomsk University. The display consists of six sections, includes more than 1,000 museum items, reflects the peculiarities of the university's development in the changing political and socio-economic conditions in the country, while remaining faithful to the best university traditions
- Museum of Zoology was founded in 1885, it houses exhibits of 588 species of birds, more than 150 mammals, and the number of invertebrate species has not yet been counted. The collection is famous not only for the value of the exhibits (for example, it contains more than 60% of the bird species listed in the Red Book of Russia, or birds of which there are one or two dozen left in the world), but also for names known to the whole world – Semenov-Tianshansky, Przewalski, and Grum-Grshimailo
- P.N. Krylov Herbarium of Tomsk State University was founded in 1885. It ranks third in Russia and first in Siberia in terms of the volume and scientific value of its collections. Today there are 500,000 plants in the collection, 12 departments with various research topics
- V.A. Khakhlov Paleontology Museum was founded in 1888. The total collection consists of 7 educational and more than 100 scientific collections, which is approximately 2 million exhibits. Exhibition hall is the main part of the museum, where expositions are combined on the following topics: "The main fossils of the Phanerozoic", "Stages of development of land plants", "The most important locations of paleontological remains of Siberia", "Mammoth fauna of Siberia". The museum has a diorama that allows you to visually see the landscapes of ancient epochs and unique fossils of the inhabitants of the seas and land: the first land plants, shelled fish, trilobites, corals, tree ferns, remains of dinosaurs and mammoths, extinct plants and shellfish
- I.K. Bazhenov Mineralogy Museum was founded in 1888. The museum collection counts more than 50,000 exhibits, all incoming exhibits are registered in the catalogue. The museum constantly holds thematic exhibitions: "First arrivals", "New arrivals", "Physical properties of minerals", "Natural polyhedra", "Synthetic minerals". A special showcase is dedicated to the mineral wealth of Tomsk region.
- Museum of Siberian Archeology and Ethnography named after V.M. Florinsky was founded in 1882. The exhibition illustrates the material and spiritual culture of Siberians for 140 thousand

years, from the Ancient Stone Age to the traditional cultures of the indigenous inhabitants of Tomsk region

- The Museum of Physics History contains more than 1,000 devices, a large number of interesting archival materials, many thousands of photographs. Many devices which are now the museum exhibits were brought to Tomsk back in 1888 by the first rector of the University N.A. Gezekhus
- The TSU Research Library Book Museum was opened in 2005 on the basis of a permanent exhibition on the history of books at the Department of Rare Books and Manuscripts of the Research Library, which operated from 1944 to 2003. Under this Department, TSU established the Book Museum. The exhibition presents the best examples of monuments of book culture, characterizing the originality and uniqueness of the Research Library fund: handwritten and old-printed books, newspapers and magazines, lifetime editions of works by writers and poets in Russian and foreign languages, the works of scientists, books with an unusual fate, including autographs
- The Siberian Botanical Garden was founded in 1880, the first director was Porfiry N. Krylov, and palm trees brought by him from the greenhouse of Kazan University can still be seen in the greenhouse. The Siberian Botanical Garden is located on 128 hectares of land and includes a greenhouse complex (6500 sq.m.), an experimental farm (114 hectares), and the exposition of living plants has more than 6,000 species, forms and varieties.

Tomsk State University provides an excellent infrastructure for revealing the research and educational potential of students.

The largest university scientific library of the West Siberian region, one of the largest libraries in Russia Preserving the traditions of its forerunners, actively implements up-to-date methods in all activities, aims to maintain the high position of a methodological center in the community of university libraries in Western Siberia. The library staff's professional focus is to ensure the availability of scientific and educational resources and to offer up-to-date information services necessary for a research-type university.

Tomsk State University Scientific Library contains 4 million items of editions, more than 2 millions books in different languages, 900 thousands journals (3,5 thousands of Russian and 700 overseas editions). About 500,000 readers visit the library per year and 1,350,000 items of editions are handed out.

In the section of manuscripts and written monuments is located the most valuable part (100 thousand items) of the fund.

The scientific library provides a round-the-clock reading room. It offers readers 20 automated workplaces with access to the electronic catalog, electronic library (repository) of Tomsk State University, scientific and educational electronic resources, as well as an exhibition of new arrivals, a fund of reference literature (general and specialized), fiction (for recreation and entertainment).

2. For sports activities Tomsk State University has a training base, which can satisfy the most demanding needs in terms of equipment and provision of everything necessary:

1. Sports Center - TSU House of Sports. Sports House is located in the University Grove, in the heart of Tomsk. The complex includes: - 36x18m game hall, the hall has the appropriate equipment for basketball and volleyball classes; 18x9m aerobics hall; 18x9m shaping hall; 20x6m fitness hall (all three halls are equipped with video recorders and TV sets (12 units) to provide classes with video courses); chess club with 20 tables of 12x6m; recreation center of 90 sq. m.

2. Three-hall sports facility for weightlifting and bodybuilding "SK Athlete". The center is located in the city center of Tomsk, next to the University' campus buildings. The Center includes: men's (22x11 m) and women's (11x8 m) weightlifting gyms; 11x8 weightlifting hall; recreation center of total area - 79 square meters. Every hall is equipped with modern workout gear (250 units) and appropriate equipment.

3. Foosball stadium with a reserve field, playing fields and running tracks and throwing sectors with a total area of 12 hectares.

4. Two ski lodges.

5. Swimming pool, including 5 lanes of 25 m each with a total surface area of 282 sq.m. The complex also includes a workout room with an area of 22x15 m

6. A 15x10m gym for health-improving and recreational physical activity. The gym is equipped with special training simulators, audio and video equipment for classes for groups with various diseases and health problems, for exercising and health-improving classes.

7. Gym with an area of 6x10m, equipped with modern simulators and appropriate equipment

8. A water barrel 8 m deep, 3 m in diameter for diver training.

9. A 30x15m playing gym (at the building No. 6) with service rooms.

10. Sports and recreation camp for 250 people. The camp is located in a picturesque location in the countryside on the Ob river. The camp has facilities for comfortable accommodation and meals for students, as well as for physical training and sports.

11. The office of functional diagnostics and medical control. The room is supplied with diagnostic equipment for assessing the state of the heart and blood vessels and allows you to assess the degree of fitness and physical endurance.

The total area of sports facilities is more than 8,500 square meters. Condition of educational and sports facilities meets current hygienic standards both in terms of area per student and in terms of sanitary and hygienic characteristics (ventilation, lighting, etc.).

12. Socio-cultural space. Networking with organisations, social institutions and subjects of education.

1. Tomsk is the trading centre of Siberia, the capital of the region, the scientific and educational centre of Siberia, an industrial and scientific centre. Tomsk has gone through all these stages in different centuries of its existence. Tomsk of the XXI century is a scientific, innovative, educational and cultural centre of Western Siberia.

The wooden architecture of Tomsk is a unique cultural phenomenon, which has no analogues in the world. Wooden architecture is one of the symbols of Tomsk, its unique feature. Today Tomsk is the only city in Siberia where the wooden buildings reflecting the manorial structure of the city streets have been preserved.

Among the most common architectural styles in Tomsk are Russian architecture and Art Nouveau (in wood), Siberian Baroque, Classicism and Art Nouveau (in stone).

At one time, famous architects worked in the city: Luka Knyazev, Georgy Letuchiy, Mikhail Priorov, Yakov Nabalov, Robert Marfeld, Viktor Khabarov, Tovi Fishel. He, for example, is the creator of the so-called "Flour Corps" on the former Gostinodvorskaya Square, now Lenin Square.

The central street of Tomsk city is prospect Lenina, Lenin Avenue, and before that - the street with the distinctive name "Millionnaya" - shows visitors and residents of the city a number of interesting and even unique architectural creations.

Several hundred years later, Tomsk began to reveal its underground secrets. The fact is that during the period when the city was first a fortress and then a trade center and a center of gold producers in Western Siberia, under the city streets, according to legend, there was a practical second, underground city.

Since 2013 the research of this most interesting area of the history of old Tomsk began. The first excursions are organized, among others, to the basement of the merchant Karim-baya's house (now the Center of Tatar Culture).

There are many interesting modern sculptural compositions created by local sculptors in Tomsk. Here are just a few of them:

"Anton Pavlovich in Tomsk as seen by a drunken man lying in a ditch and not reading Kashtanka" - a famous creation of the world famous Tomsk sculptor Leontiy Usov;

"Monument to the Fan" (L. Usov), installed at the "Trud" stadium;

"Monument to home slippers" (sculptor Oleg Kislitsky) with the slogan "Make yourself at home!", placed in front of the hotel "Tomsk";

"Monument to Uncle Kolya" (sculptor Anton Gnedykh) - a monument to Nikolai Putintsev, a traffic police inspector, who was a legend of Tomsk, for more than 20 years regulating traffic at an

important city crossroad. "Uncle Kolya" he began to be called by Tomsk citizens - for his responsible and fair service.

Siberia is historically a place where different cultures and religions meet and interact. At present there are followers of the main Russian confessions in Tomsk:

Christianity (Orthodoxy, Catholicism, Protestantism, Armenian Apostolic Church), Islam, Judaism, Buddhism, Krishnaism, ancient Slavic faith.

Excursions to religious objects in the city are organized.

A special interesting topic - the universities of the city of Tomsk. In Tomsk, the number of young people aged 18 to 40 years old is 45% of the city's population.

Tomsk is a major educational and scientific center. There are 9 universities, 15 research institutes, a technology development special economic zone and 6 business incubators.

Each object in this area has its own history and, of course, deserves particular attention.

Sports infrastructure of the city of Tomsk is diverse.

Sports and entertainment palace, 11 stadiums, 19 sports complexes, 118 gyms, sports grounds, horse racing clubs and state stud farm, 3 tennis courts, 7 swimming pools, 12 shooting galleries, 4 skiing slopes, 4 ski jumps, 10 ski lodges, 25 hockey boxes, 11 ice rinks, 4 bowling alleys, 2 go-cart tracks, 19 children and youth sports schools, 7 children's sports clubs, 41 sports federations, professional sports club (football club "Tom"), mass sports clubs (diving club SKAT, volleyball club Tomichka, basketball club Universal TP, chess club after P. Ismailov), 139 fitness clubs.

2. List of of NI TSU partners – organizations and social institutions in carrying out tutorial work with students in this educational program:

children and youth sports schools;

secondary school of Tomsk Region;

sports clubs of Tomsk city;

centre for social and professional volunteering «UNIVOL»;

Administration of Kirovsky district of the Tomsk city

Center for Social Support of the Population of Kirovsky District of Tomsk;

13. Expected learning outcomes

The expected learning outcomes imply participation in the formation of general competencies in the BSP.

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The program was approved at a meeting of the Educational and Methodological Commission of the Faculty of Physical Education on November 29, 2023, Minute No. 11.

Table 1

Table of correlation of universal competences to the disciplines of Bachelor's curricula to ensure fostering work

	Discipline	Name and code of competency	Fields of educational work, goals of upbringing work
Civic and patriotic areas of educational work			
1.	Economics, Entrepreneurship	UC-2. Determines the range of tasks within the set goal and chooses the best ways to solve them based on current legal regulations, available resources and limitations UC-10. Makes reasonable economic decisions	<ul style="list-style-type: none"> - teaching students to respect the law and the rule of law; - teaching students the rules and norms of behaviour for the benefit of the person, the family, society and the state; - fostering a positive attitude to work; - fostering a positive attitude to labour, developing the need for creative work, fostering socially significant determination and responsibility in business relations; - development of students' personal qualities and attitudes.
2.	History of Russia, Foundations of Russian statehood Philosophy Ethics and Aesthetics	UC-5. Takes into account the diversity and multiculturalism of a society in the socio-historical, ethical and philosophical contexts in interpersonal and intergroup interaction UC-11. Forms an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior, and counteracts them in professional activities	<ul style="list-style-type: none"> - instilling in students a sense of patriotism and citizenship, - instilling in students a sense of respect for the memory of the defenders of the Fatherland and the exploits of the heroes of the Fatherland; - developing in students a respect for people of work and the senior generation; - forming in students a respectful attitude to the cultural heritage and traditions of the multinational people of the Russian Federation, - development of students' personal qualities and attitudes.
3.	Legal bases of professional activity	UC-2. Determines the range of tasks within the set goal and chooses the best ways to solve them based on current legal regulations, available resources and limitations	<ul style="list-style-type: none"> - developing a legal culture, political awareness and literacy among students; - prevention of destructive behaviour of students; - fostering a respect for the law and the norms of collective life, and the development of civic and social responsibility as an essential personality trait, reflected in a concern for one's country and the preservation of human civilisation; - development of students' personal qualities and attitudes

Moral and ethical focus of educational work			
4	History of Russia, Philosophy	UC-5. Takes into account the diversity and multiculturalism of a society in the socio-historical, ethical and philosophical contexts in interpersonal and intergroup interaction	<ul style="list-style-type: none"> - fostering the ability to resist the negative factors of modern society and to orient themselves towards traditional Russian moral and ethical values; - development of students' personal qualities and attitudes - development of a worldview and updating of the system of basic personal values;
5	Pedagogy, Adaptive sport	UC-9. Uses the inclusion principles in social and professional fields	
Physical development and sports enhancement			
6	Physical Culture and Sport, Elective Disciplines in Physical Training and Sport	UC-7. Maintains health and physical fitness to ensure full-fledged social and professional activities	<ul style="list-style-type: none"> - formation of motivation and value attitude to physical culture, attitude to a healthy lifestyle, physical self-improvement and self-education, the need for regular physical exercise and sports;
7	Introduction to Professional Activity	UC-6. Manages their time, builds and implements a trajectory for self-development based on the principles of lifelong learning	<ul style="list-style-type: none"> - gaining experience in the creative usage of physical culture and sports activities to achieve life and professional goals; - fostering the inner need of the personality for a healthy lifestyle; - development of students' personal qualities and attitudes.
Environmental field of educational work			
8	Life safety	UC-8. Creates and maintains safe living conditions in various environments to preserve the natural environment and ensure the sustainable development of society	<ul style="list-style-type: none"> - teaching students to have a careful attitude to nature and the environment; developing the desire to be active in protecting the environment - fostering the inner need of the personality for a healthy lifestyle, responsible attitude to the natural and socio-cultural environment; - improving the culture of safe behaviour; - development of students' personal qualities and attitudes.
Cultural and creative area of educational work			
9	Russian language and speech culture Foreign language	UC-4. Communicates verbally and in writing in the state language of the Russian Federation and foreign language(s)	<ul style="list-style-type: none"> - formation of students' careful attitude to the cultures and traditions of foreign students studying at NR TSU. - encouraging students to adopt

10	History of Russia, Foundations of Russian statehood Ethics and Aesthetics History of physical culture	UC-5. Takes into account the diversity and multiculturalism of a society in the socio- historical, ethical and philosophical contexts in interpersonal and intergroup interaction	universal norms of morality, national values and academic traditions; - development of students' personal qualities and attitudes.
11	Psychology	UC-3. Carries out social interaction and plays their role in a team	
Research focus of educational work			
12	Phylosophy Sociology of physical culture Research and methodological activities Up to date information technologies in physical culture	UC-1. Searches and carries out critical analysis and synthesis of information, applies a systematic approach to solving tasks	- formation of research and critical thinking; - teaching students to respect the teaching staff and traditions of the university; - formation of motivation to research activity; - ensuring students' personal development and socio- psychological support, formation of personal qualities required for the efficient professional activity; - identifying and supporting talented youth, developing organisational skills, creative potential, involving students in self-development and self- fulfilment processes; - teaching students the culture and ethics of professional communication; - development of students' personal qualities and attitudes.
Professional and labour field of educational work			
13	Introduction to Professional Activity	UC-6. Manages their time, builds and implements a trajectory for self-development based on the principles of lifelong learning	- orientation students to further work on the solving of professional tasks, - development of personality, creation of conditions for students' self-determination and socialisation; - development of students' personal qualities and attitudes.
14	Theory and methodology of sport Students competitive training management	CC-1 - Carries out the training process at different stages of sports training taking into account personal	- orientation students to further work on the solving of professional tasks, - development of personality, creation of conditions for students'

	Pedagogical PE and sports improvement	characteristics of people of different sex and age	self-determination and socialisation; - development of students' personal qualities and attitudes.
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