

THE TRAINING SPORTS BASE OF THE UNIVERSITY

I. The students of the Faculty of Sport have annual training sessions at the base.

The students of two specialities take part in these training sessions (Physical Education, Personal and Social Safety).

The students of the Adaptive Physical Education speciality have been enlisted since 2012.

Training Sessions on Speciality 050720 – Physical Education

The main tasks of sessions:

1. The acquisition of practical skills in organization of competitions in basic kinds of sports (athletics, swimming, gymnastics, sport games).



2. The improvement of physical qualification of students, in the first place the further development of endurance, strength, dexterity, applied skills.
 - The control standard to check endurance is a march-throw. At the preliminary grade level in the I and II terms special attention is paid to racing preparation at athletics lessons. So in the conditions of training sessions there is an opportunity to strengthen a physical state, that's why a distance of 20 km is offered to run. The route is from the training sports base to the monastery of the town of Zadonsk and backwards.



The finish of a distance of a 20 km march throw.



At the distance of a march throw

- The standards on strength training are all-round power events on gymnastic apparatus.



After all-round power events on gymnastic apparatus.

- Every student gets a mark for the organization and the judging of competitions.



After the competitions in sports games.

II. The lessons are conducted by the lecturers of the department of sports disciplines and of the department of Personal and Social Safety:

1. The dean of the Faculty of Sport, associate professor A.A. Piskulin.
2. The senior lecturer of the department of sports disciplines V. I. Lavrinenko.
3. The senior lecturer of the department of sports disciplines V.P. Rodionov.



In the photo left-to-right: Rodionov V.P., Piskulin A.A., Lavrinenko V.I.

Training sessions on speciality
050104 – Personal and Social Safety with the additional speciality
050720 – Physical Education

The main task of training practice is the preparation of students for actions in dangerous and emergency situations to provide practical assistance to people who find themselves helpless after the various hazards of natural, social or technological origin in settlements and the mastering of the ways of autonomous survival in a natural environment as well.

To achieve this goal the following lessons are conducted at the training sports base:

Water canoe trip.



Stop for the replenishment of drinking water from springs.



The passage of rapids.

Building and overcoming a rope crossing over a conditional ravine and over a water obstacle.



The preparation for building a rope crossing over a conditional ravine.



The passage of the distance.