

Ministry of Science and Higher Education of the Russian Federation
 Federal State Budgetary Educational Institution of Higher Education
Perm National Research Polytechnic University

APPROVED BY

Pro-rector for Academic Affairs

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ACADEMIC COURSE WORKING PROGRAM

Academic course: Physical training
 (Name)

Form of education: full-time
 (Full-time /full-time – correspondence/correspondence)

Level of higher education: Bachelor's program
 (Bachelor's program/specialist program/
 Master's program)

Workload in hours (in credits): 72 (2)
 (Hours (CU))

Training program (degree): 21.03.01 Oil and Gas Engineering
 (Code and denomination of degree)

Direction: Oil and Gas Engineering
 (Title of curriculum)

1. GENERAL PROVISIONS

1.1. GOALS AND OBJECTIVES OF THE COURSE

The goal of the discipline is to form the physical culture of the individual and the use of various means of physical culture, sports and tourism to preserve and strengthen health, to form psychophysical preparation and self-preparation for the future professional activity.

1.2. STUDIED OBJECTS OF THE COURSE

The content of the course covers the following aspects:

- understanding the social role of physical culture in the development of a person and preparing it for professional activity;
- knowledge of scientific and biological, pedagogical and practical foundations of physical culture and healthy lifestyle;
- formation of a motivational-value attitude to physical culture, attitudes towards healthy lifestyle, physical self-improvement and self-education, needs for regular exercise and sports;
- mastering a system of practical skills and abilities that ensure the preservation and strengthening health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports;
- acquisition of personal experience in improving motor and functional capabilities, ensuring general and professionally applied physical fitness for the future profession and everyday life;
- creation of a basis for creative and methodically grounded use of physical culture and sports activities for the purpose of subsequent life and professional achievements.

1.3. STARTING CONDITIONS

Unstipulated

2. PLANNED RESULTS OF THE COURSE TRAINING

Competence	Indicator's Index	Planned Results of the Course Training (to know, to be able to, to master)	Indicator of Attaining Competence which the planned results of training are correlated with	Means of Assessment
1	2	3	4	5
UC-7	IA-1.UC-7	To know basic definitions physical culture; scientific and biological, pedagogical and practical	Knows the level of requirements and principles of level assessment of	Control work

1	2	3	4	5
		basics physical culture and healthy lifestyle; the basics of the technique self-study physical exercises; features use of funds physical education for optimization performance; influence of health systems of physical education on improvement of health, prevention of professional diseases and harmful habits.	physical preparedness for social and professional work; ways and methods of increasing level of physical human development.	
UC-7	IA-2.UC-7	To be able to perform complexes of wellness physical education, rhythmic composition and aerobic gymnastics, sets of athletic gymnastic exercises; perform various general developmental exercises, and also exercises of professionally applied physical preparation; – perform the simplest self-massage and relaxation techniques; to carry out creative cooperation in collective forms of physical culture activity.	Is able to assess level of physical preparedness for subsequent professional activities; monitor the state of his physical development and manage this condition.	Control work
UC-7	IA-3.UC-7	To master a system of practical skills and abilities that ensure the preservation and strengthening of health, mental well-being, the development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports; methods of self-control of those involved in physical exercise and sports; values of physical culture of a person for successful social, cultural and professional activity.	Masters the skills to assess, control and manage the state of physical development; to determine a sufficient (comfortable) state for a full-fledged social and professional activity.	Test

3. FULL TIME AND FORMS OF ACADEMIC WORK

Form of academic work	Hours in all	Distribution in hours according to semesters		
		Number of semester		
		1		
1. Holding classes (including results monitoring) in the form:	28	28		
1.1. Contact classwork, including:				
– lectures (L)	8	8		
– laboratory work (LW)				
– practice, seminars and/or other seminar-type work (PW)	16	16		
– control of self-work (CSW)	4	4		
– test				
1.2. Students' self-work (SSW)	44	44		
2. Intermediate attestation				
Exam				
Grading test				
Test (Credit)				
Course Project (CP)				
Course Work (CW)				
Workload in hours	72	72		

4. COURSE OUTLINE

Name of the units with the course outline	Full time of classroom activity in hours according to the forms			Full time of extracurricular work in hours according to the forms
	L	LW	PW	SSW
	2	3	4	5
1				
semester				
Physical culture in general cultural and professional training of students.	1	0	0	4
Basic concepts. Physical culture and sports as social phenomena of society. Modern state of physical culture and sports. Federal Law "On Physical Culture and sports in the Russian Federation". Physical culture of a person. The values of physical culture. Physical culture as an academic discipline in higher education and holistic development of a person.				
Socio-biological foundations of physical culture.	1	0	0	6
The human body as a single self-developing and self-regulating biological system. Impact of natural and socio-ecological factors on the body and human activity. Physiological mechanisms and nature of the improvement of individual systems of the body under the impact of directed physical training.				

1	2	3	4	5
Lifestyle and its reflection in professional activities	1	0	0	8
Human health as a value and factors that determine it. The relationship between the general culture of the student and his lifestyle. A healthy lifestyle and its components. Basic requirements for the organization of a healthy lifestyle. Physical self-education and self-improvement in a healthy lifestyle. Criteria for the effectiveness of a healthy lifestyle.				
General physical and sports training of students in the educational process.	1	0	0	6
Methodical principles of physical education. Physical education methods. Bases of teaching movements. The bases of improving physical qualities. Formation of mental qualities in the process of physical education. General physical training, its goals and objectives. Special physical training. Sports training, its goals and objectives. The structure of an athlete's fitness. Zones and intensity of physical activity. The value of muscle relaxation. Possibility and conditions for correction of physical development, physique, motor and functional readiness by means of physical culture and sports at student age. Forms of physical exercises. Educational and training lessons as the main form of teaching physical exercises. The structure and focus of the training session.				
Methodical bases of independent physical exercises.	1	0	0	6
Motivation and purposefulness of independent classes. Forms and content of independent classes. Organization of self-study physical exercises of various focus. Planning and management of self-study. The relationship between intensity of exercises and level of physical preparedness. Hygiene of independent classes. Self-control of efficiency of self-study. Participation in sports competitions.				
Sports. Individual choice of sports or exercise systems.	1	0	2	8
Mass sport and sport of the highest achievements, their tasks and goals. Sports classification. Student sport. Features of the organization and planning of sport training at the university. Sports competitions as a means and method of general physical, professionally applied, sports training of students. System of student sports competitions. Public student sports organizations. Olympic Games and Universiades. Modern popular systems of physical exercises. Motivation and rationale of student's individual choice of sports or exercise systems for regular classes. Brief psychophysiological characteristics of the main groups of sports and systems of physical exercises.				
Self-control of those involved in physical exercise and sports.	1	0	2	8
Diagnostics and self-diagnosis of the state of the body with regular exercise and sports. Medical control, its content. Pedagogical control, its content. Self-control, its basic methods, indicators and self-control diary.				

1	2	3	4	5
Professionally applied physical training (PAPT) of future specialists.	1	0	2	8
Personal and socioeconomic need for special psychophysical training of a person to work. Definition of the concept of PAPT, its purpose, tasks, means. Place of PAPT in the system of physical education of students. Factors determining the specific content of PAPT. Methodology for the selection of PAPT funds. Organization, forms and means of PAPT of students at the university. Control of the effectiveness of professionally applied physical fitness of students.				
Total with regard to semester	8	0	8	54
Total with regard to the course	8	0	8	54

Topics of exemplary practical work

Sl.№	Topic of practical (seminar) work
1	Methods of effective and economical ways to master vital skills (walking, running, moving skiing, swimming, etc.)
2	Methods for evaluating and self-evaluating of performance, tiredness and fatigue
3	Methods of individual programs drawing up physical self-education and health-improving, recreational and restoration orientation.
4	Methods for self-monitoring of health and physical development
5	Methods of self-control of the functional state of the body
6	Methods for research of the level of health and physical condition
7	Methods of an individual approach and the use of funds for the directed development of physical qualities
8	Methods of self-assessment of physical and sports readiness for the chosen sport (tests, control tasks)

Topics of exemplary laboratory practice

Sl.№	Topic of laboratory work
	Unstipulated

5. ORGANIZATIONAL AND PEDAGOGICAL CONDITIONS

5.1. EDUCATIONAL TECHNOLOGIES USED FOR COMPETENCES FORMATION

Holding lectures in the discipline is based on the active method of training in the process of which students are not passive but active participants of the lesson answering questions of the teacher. Teacher's questions are aimed at activating the process of learning material as well as at the development of logical thinking. The questions stimulating associative thinking and connecting new material with the previous one are identified by the teacher in advance.

Practical lessons are held by realization of the method based on active training: problem areas are determined, groups are formed. The following aims are

pursued in the process of practical education: use of definite disciplines knowledge and creative methods in solving problems and decision-making; students' skill-building of teamwork, interpersonal communication and development of leadership skills; consolidation of the basic theoretical knowledge.

Interactive lectures, group discussions, role-playing games, training sessions, and analysis of situations and simulation models are used in academic studies.

5.2. STUDENTS' MANUAL FOR THE COURSE STUDY

Learning the course students are recommended to fulfill the following positions:

1. Learning of the discipline should be done systematically.
2. After learning one of the course units with the help of the text-book or lecture notes it is recommended to reproduce in memory the basic terms, definitions, notions of the unit.
3. Special attention should be paid to the reports on practical studies, laboratory works and individual complex tasks for self-work.
4. The topic of questions studied individually is given by the teacher at the lectures. Also the teacher refers to the literary resources (first of all, to the newly published in periodicals) in order the students understand the problems touched at the lectures in detail.

6. LIST OF TEACHING MATERIALS AND INFORMATION SUPPLY FOR STUDENTS' SELF WORK IN THE DISCIPLINE

6.1. PAPER-BASED COURSEWARE

Sl.No	Bibliographic entry (author, title, mode of publication, place, publishing house, year of publication, number of pages)	Number of copies in the library
1. Basic literature		
2. Additional literature		
2.1. Educational and scientific literature		
1	Paland N., Schwedes R. Occupational Safety and Health in Germany : An Overview. Bonn : Federal Min. of Labour & Social Affairs, 1991. 95 p.	1
2	Cockerham W.C. Medical Sociology. 9 ed Upper Saddle Ri : Pearson Education, 2004. 420 p.	1
2.2. Standardized and Technical literature		
	Not used	
3. Students' manual in mastering discipline		
	Not used	
4. Teaching and learning materials for students' self work		
	Not used	

6.2. ELECTRONIC COURSEWARE

Kind of literature	Name of training tool	Reference to information resource	Accessibility of EBN (Internet/local net; authorized free assess)
Additional literature	Fischer, David. The encyclopedia of the Summer Olympics	https://www.britanica.com/sports/Olympic-Games	the local network; Free access; Internet Archive
Main literature	Prentice, William E. Fitness for College and Life Payne, Wayne A. Understanding your Health	http://irbis.cfuv.ru:8080/cgibin	the local network; Free access; Internet Archive

6.3. LICENSE AND FREE DISTRIBUTED SOFTWARE USED IN THE COURSE EDUCATIONAL PROCESS

Type of Software	Software branding
OS	Windows 10 (подп. Azure Dev Tools for Teaching)
Office applications	Adobe Acrobat Reader DC. Free PDF viewer
Office applications	Microsoft Office Professional 2007. persons. 42661567

6.4. MODERN PROFESSIONAL DATABASES AND INQUIRY SYSTEMS USED IN THE COURSE EDUCATIONAL PROCESS

Branding	Reference to information resource
Scientific Library of the Perm National Research Polytechnic University	http://lib.pstu.ru/
Lan electronic library system	https://e.lanbook.com/
Electronic library system IPRbooks	http://www.iprbookshop.ru/
Information resources of the Network Consultant Plus	http://www.consultant.ru/

7. LOGISTICS OF THE COURSE EDUCATIONAL PROCESS

Type of classes	Name of the necessary basic equipment	Number of units
Lecture	Projector and laptop	1
Practical occupation	Projector and laptop	1

8. FUND OF THE COURSE EVALUATING TOOLS

In the separated file

Ministry of Science and Higher Education of the Russian Federation
Federal State Budgetary Educational Institution of Higher Education
Perm National Research Polytechnic University

FUND OF ESTIMATING TOOLS

For students' intermediate control in the discipline
Physical training
Supplement to the Academic Course Working Program

Form of study

Full-time studies

Year (-s): 1

Semester (-s): 1, 2

Workload:

in credits: 2 CU

in hours: 72 h

The form of midterm assessment:

Test 1, 2 semester

Fund of estimating tools for midterm assessment of students' learning the subject "Physical training" is the part (supplement) to the academic course working program. Fund of estimating tools for midterm assessment of students' learning the discipline has been developed in accordance with the general part of the fund of estimating tools for midterm assessment of the basic educational program which determines the system of the midterm assessment results and criteria of putting marks. Fund of estimating tools for midterm assessment of students' learning the subject determines the forms and procedures of monitoring results and midterm assessment of the subject leaning by the students.

1. LIST OF CONTROLLED RESULTS OF STUDYING DISCIPLINE, OBJECTS OF ASSESSMENT AND FORMS OF CONTROL

According to the Academic Course Working Program, mastering course content is planned during six semesters. The discipline provides for practical lessons. Within the framework of mastering the educational material of the discipline, the components of the competences *to know, to be able, to master* specified in the ACWP are formed, which act as the controlled results of learning the discipline (Table 1.1).

Control of the level of acquired knowledge, mastered skills and acquired possessions is carried out within the framework of the current, midterm and intermediate control in the study of practical material, interviews and tests. Kinds of control are summarized in Table 1.1

Table 1.1 – List of controlled results of learning the discipline

Controlled results of learning the discipline (KAS)	Type of control					
	Current assessment		Progress check		Formative assessment	
	D	AC	LWR/ PWR	T/CW		Test
1	2	3	4	5	6	7
Acquired knowledge						
K.1 basic definitions of physical culture	D1					
K.2 scientific and biological, pedagogical and practical foundations of physical culture and healthy lifestyle	D1					
K.3. the basics methodology physical exercise of self-study	D1					
K.4. features of the use of physical means to optimize performance	D1					
K.5. the impact of the health systems of the physical education for health promotion, prevention occupational diseases and bad habits	D1					
Acquired abilities						
A.1 perform wellness complexes of physical culture, composition of rhythmic and aerobic gymnastics, exercise complexes of athletic gymnastics				CW		

1	2	3	4	5	6	7
A.2 perform various general developmental physical exercise as well as for exercise professionally applied physical training				CW		
A.3. perform the simplest self-massage and relaxation techniques				CW		
A.4. carry out creative collaboration in collective forms of physical education				CW		
Mastered skills						
S.1 a system of practical skills, ensuring the preservation and strengthening of health, mental well-being, development and improvement of psychophysical abilities, qualities and personality traits, self-determination in physical culture and sports						PT
S.2 methods of self-control of those involved in physical exercise and sports						PT
S.3 values of personal physical culture for successful social, cultural and professional activities						PT

D – topic discussion; AC – colloquium (discussion of theoretical material, academic conference); CT – case-task (individual task); LWR – report on laboratory work; PWR – report on practical work; T/CW – progress check (control work); TQ – theoretical question; PT – practical task; CT – complex task of the examination.

The final assessment of the achievement of learning results in the discipline is intermediate certification in the form of a test.

2. TYPES OF CONTROL, STANDARD CONTROL TASKS AND SCALES OF LEARNING RESULTS ASSESSMENT

The current control of progress is aimed at ensuring the maximum efficiency of the educational process, at managing the process of forming the given competencies of students, at increasing motivation to study and it provides for assessing the course of mastering the discipline. In accordance with the regulations concerning the continuous assessment of the academic performance and midterm assessment of students taught by the educational programs of Higher education – programs of the Bachelor’s Course, Specialists’ and Master’s Course the next types of students’ academic performance continuous assessment and its periodicity is stipulated in PNRPU:

- entrance control, checking the initial level of the student's readiness and its compliance with the requirements for studying this discipline;
- continuous assessment of mastering the material (the level of mastering the component “to know” defined by the competence) at every group studies and monitoring of lectures attendance;
- interim and progress check of students’ mastering the components “to know” and “to be able” of the defined competences by computer-based or written

testing, control discussions, control works (individual home tasks), reports on laboratory works, reviews, essays, etc.

Discipline progress check is conducted on the next week after learning the discipline module, while the interim control is made at every monitoring during the discipline module study;

- intersessional certification, a one-time summing up of the results of current progress at least once a semester in all disciplines for each direction of training (specialty), course, group;
- control of retained knowledge.

2.1. CONTINUOUS ASSESSMENT OF EDUCATION

Continuous assessment of learning is made in the form of discussion or selective recitation on every topic. According to the four-point system the results of assessment are put into the teachers' note-book and are considered in the form of integral mark in the process of the midterm assessment.

2.2. PROGRESS CHECK

For the complex assessment of the acquired knowledge, abilities and skills (Table 1.1) progress check is carried out in the form of laboratory and practice work presentation and midterm control works.

2.2.1. *Midterm control work*

According to the DWP, 1 midterm control work (CW) is planned after mastering by students of educational modules of the discipline.

First CW tasks:

1. Physical culture. Concept, values and role in the development of society.
2. Physical education. Physical education tasks.
3. Sports, physical training and their importance in human life.
4. Motor skills and abilities, physical qualities and their role in motor human activities.
5. Physical development. Indicators of physical development.
6. RF legislation on physical culture and sports.
7. The main provisions of the organization of physical education at the university.
8. The role of physical activity in the formation and development of a person. Organism a person as a single self-developing and self-regulating system.
9. Physiological and functional systems of the body that provide movement.
10. Musculoskeletal system, spine (influence of the state of the spine on the work of internal organs and body systems). Physical exercises preventing postural disorders, restoring spring spine function.

11. Types, structure and function of muscle tissue, means of increasing muscle strength.
12. Cardiovascular system. Functions, "risk factors", their prevention.
13. Features of the reaction of the cardiovascular system to mental and physical load.
14. "Muscle pump". Characteristics and its role in various physical activities.
15. Respiratory system. Structure and functionality during physical exertion. Correct breathing, the value of oxygen and carbon dioxide for the body.
16. Peculiarities of nutrition while practicing various kinds of sport, physical exercises.
17. Nervous system. The process of motor skill formation.
18. Fatigue and recovery, interaction mechanisms.
19. The relationship between mental and physical activity. Exercise to improve cerebral circulation.
20. The concept of "health". Factors affecting health.
21. Components of a healthy lifestyle.
22. Rationalization of mental and physical labor. Prevention of fatigue and overload. The expediency of alternating mental and physical labor.
23. Rational nutrition in a healthy lifestyle. The value and content of proteins, fats, carbohydrates, vitamins, water and mineral salts in a student's diet.
24. Hardening. Training methods and basic rules of hardening.
25. Personal hygiene, clothing and footwear hygiene.
26. Smoking and its effect on the human body.
27. Alcohol and its effect on the human body.
28. Drug addiction and its consequences for humans.
29. Dynamics of students' performance in the academic year and the factors that determine it.
30. Features of the use of physical culture means to optimize students' working capacity.
31. Methodical principles of physical education.
32. Means and methods of physical education.
33. The basics of teaching movements. Stages of training.
34. Upbringing of motor qualities (strength).
35. Upbringing of motor qualities (speed).
36. Upbringing of motor qualities (agility).
37. Upbringing of motor qualities (endurance).
38. Upbringing of motor qualities (flexibility).
39. Forms and organization of independent physical exercises.
40. Features of physical exercises for women.
41. Zones of intensity of physical activity.
42. Self-control of those involved in the state of their body. Self-control diary.

43. Assessment of the level of physical development (weight-height indicator, strength indicator).

44. Assessment of the level of functional readiness (squat test, orthostatic test, Shtange and Gench tests).

45. Justification of the student's individual choice of a sport or a system of physical exercises for regular classes.

46. Psychophysiological characteristics of the sport (swimming).

47. Psychophysiological characteristics of the system of physical exercises (walking, running).

48. Psychophysiological characteristics of the sport (cross-country skiing).

49. Security measures when practicing various sports.

50. Professionally applied physical training, goals and objectives.

51. Professionally applied physical training, basic and additional factors that determine its content.

52. Industrial physical culture. Use of physical culture means to reduce the influence of unfavorable factors of professional activity.

53. Prevention of occupational diseases and injuries by means of physical culture.

2.3. FULFILLMENT OF THE COMPLEX INDIVIDUAL SELF-WORK TASK

Individual complex tasks for the students are used for assessment of their skills and abilities acquired in the process of learning the discipline in which the course project or course paper is not stipulated.

Standard scale and criteria of assessment of the individual complex task presentation are given in the general part of FET of the educational program.

2.4. INTERMEDIATE ASSESSMENT (FINAL CONTROL)

Admission for midterm assessment is made according to the results of continuous assessment and progress check. Preconditions for admittance are successful presentation of all laboratory and practice works and positive integral estimation with respect to the results of continuous assessment and progress check.

2.4.1. Midterm assessment procedure without additional evaluation testing

Midterm assessment is made in the form of a test. Credit on the discipline is based on the results of the previously fulfilled by the student individual tasks on the given discipline.

Criteria of putting the final mark for the components of competences in the process of midterm assessment made in the form of test are given in the general part of FET of the educational program.

2.4.2. Midterm assessment procedure followed by evaluation testing

In definite cases (for example, in case of re-attestation of the discipline) midterm assessment in the form of the test on this discipline can be made as the card-based evaluation test. Every exam card includes theoretical questions (TQ) aimed at control of the acquired knowledge, practical tasks (PT) aimed at mastered abilities, and complex tasks (CT) aimed at control of the acquired skills of all declared competences.

The exam card formed so that the included questions and practical tasks could estimate the level of maturity of **all** declared competences.

2.4.2.1. Standard questions and tasks the discipline testing

1. Means and methods of physical education.
2. Methodical principles of physical education.
3. General physical fitness, its goals and objectives.
4. Concept, structure and content of physical quality. Sensitive periods of development. Methods for assessing the expressiveness (control exercises, tests, comparison tables). Gender and age characteristics of students, which must be taken into account when drawing up differentiated and individual programs for the development of physical qualities.
5. Endurance. Endurance development methods.
6. Strength. Methods for the development of strength abilities.
7. Flexibility. Flexibility development methods.
8. Speed. Means and methods for the development of speed abilities.
9. Agility. Methods for the development of coordination abilities.
10. Possibility and conditions for correction of physical development, physique, motor and functional readiness by means of physical culture and sports at student age.
11. Industrial physical culture, its goals and objectives, methodological foundations.
12. Prevention of occupational diseases and injuries by means of physical culture.
13. Personal and socio-economic necessity of special psychophysical preparation of a person for work.
14. Definition of the concept of PAPT, its goals, objectives, means.
15. Factors that determine the specific content of PAPT. Methodology for the selection of PAPT funds.
16. Control over the effectiveness of professionally applied physical fitness of students.
17. Peculiarities of PAPT of students in the chosen direction of bachelor's studies.
18. Methodology for self-control over the level of development of professionally significant qualities and personality traits for a future specialist.

19. Mass sports and sports of the highest achievements, their goals and objectives.

20. Student sports. Features of the organization and planning of sports training at the university.

21. Modern popular systems of physical exercise.

22. Motivation and justification of the student's individual choice of a kind of sport or a system of physical exercises for regular classes.

23. Characteristics of the peculiarities of the impact of this kind of sport (system of physical exercises) on physical development and fitness, mental qualities and personality traits.

24. Specific features of the chosen kind of sport as a kind of motor activity. Leading physical qualities and motor abilities characteristic of the chosen sport.

25. Technology of planning the educational and training process.

26. The main aspects of sports training.

27. Organization and structure of a separate training session.

28. Types and methods of control over the effectiveness of training sessions.

29. External signs, indicators of pulse and respiration to control and regulate the intensity of physical activity.

30. The main components of educational and training sessions (physical, technical, tactical, theoretical, psychological, integral training).

31. Planning the load depending on the objectives of the training sessions for the chosen sport. Types of planning and methodology for their composition.

32. Sports classification and competition rules for the chosen sport.

2.4.2.2. Scales of test assessment of educational achievements

Evaluation of discipline achievements in the form of maturity level of the components *to know, to be able, to master* of the declared competences is made according to the four-point assessment scale.

Standard scale and criteria of estimating educational achievements in the process of testing for the components *to know, to be able, to master* are given in the general part of FET of educational program.

3. ASSESSMENT CRITERIA FOR COMPONENTS AND COMPETENCES LEVEL OF MATURITY

3.1. ASSESSMENT OF COMPETENCES COMPONENTS LEVEL OF MATURITY

While estimating the level of competences maturity by selective control in the process of testing it is considered that *the mark obtained for the components of the examined competence is combined with the corresponding component of all competences formed in the frames of the given academic course.*

General assessment of maturity level of all competences is made by aggregation of marks obtained by the student for each component of the formed competences taking into account the results of continuous assessment and progress check in the form of integral mark according to the four-point scale. All control results are put into the assessment sheet by the teacher according to the results of midterm attestation.

The form of the assessment sheet and requirements for its completion are given in the general part of FET of the educational program.

While making the final assessment of the midterm attestation in the form of test standard criteria given in the general part of FET of the educational program are used.