

FACULTY OF PHYSICAL EDUCATION



DEPARTMENTS

Department of Physical Education and Sport

- Dean of the Faculty & Head of the Department:

V.G. Shilko, Doctor of Pedagogical Sciences, Professor

Department of Theoretical Foundations and Technologies of Physical Culture and Sports Activity

- Head of the Department:

A.I. Zagrevskaya, Doctor of Pedagogical Sciences, Associate Professor

Department of Sports and Health Tourism, Sports Physiology and Medicine

- Head of the Department:

L.V. Kapilevich, Doctor of Medical Sciences, Professor



BACHELOR'S PROGRAMS

Recreation, Sport & Health Tourism

- Degree awarded: Bachelor
- Duration: 4 years
- Career opportunities:

Our graduates can work as teachers, coaches, tour guides, instructors or as managers in the recreation, tourism and sports industries.



Physical Education

- **Degree awarded:** Bachelor
- **Duration:** 4 years
- **Career opportunities:**

Graduates of Bachelor's Degrees in this field are prepared for various activities such as:

- **Pedagogical** and **coaching activities** in all types of educational institutions, organizations, enterprises of various forms of ownership, national sport teams, including national teams of the Russian Federation;
- **Management** in the area of physical education and sport at local, regional, and federal levels;
- Achieving **recreational** and **rehabilitation aims** in sports and entertainment, tourist, medical, rehabilitation and preventive institutions of any form of ownership.



MASTER'S PROGRAMS

Technologies of Physical Education and Sport Improvement

- Degree awarded: Master
- Duration: 2 years

Physical Education, Recreation and Tourism

- Degree awarded: Master
- Duration: 2 years



Laboratories

Laboratory of Functional Diagnostics:

- Electroencephalography (EEG)
- Electromyography (EMG)
- Spirometry
- Lactate blood test, etc.



Biomechanics of Motor Action Laboratory

High speed cameras for motion analysis



- ## Portable hardware and software complex
- “Sports psychophysiological”:
- Tapping Test (hands/legs)
 - Sensorimotor reactions to light/sound (hands/legs) and other functions



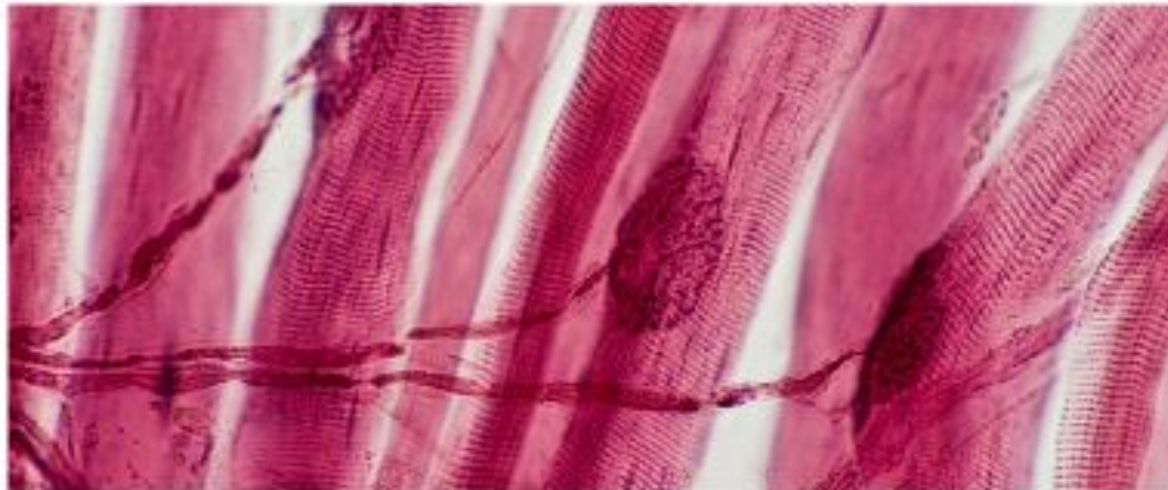
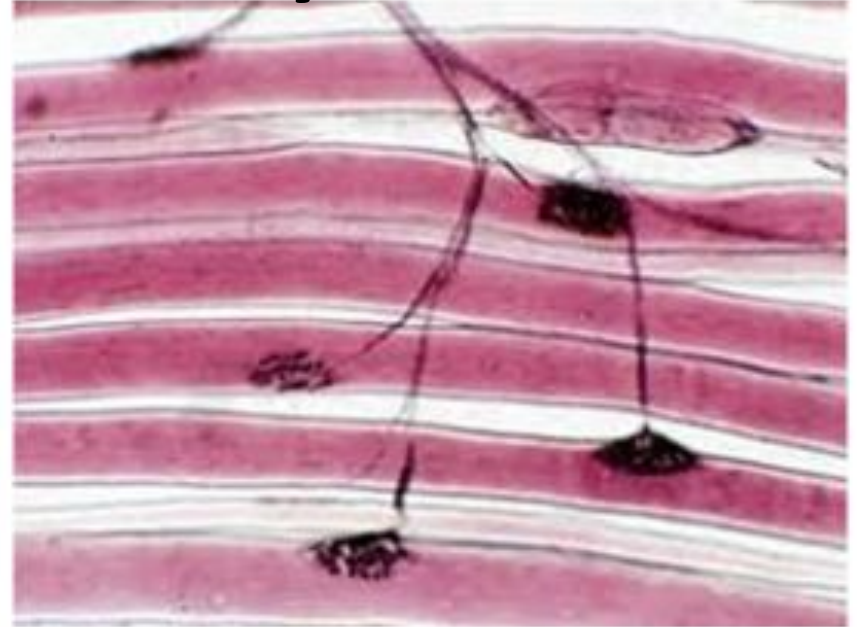
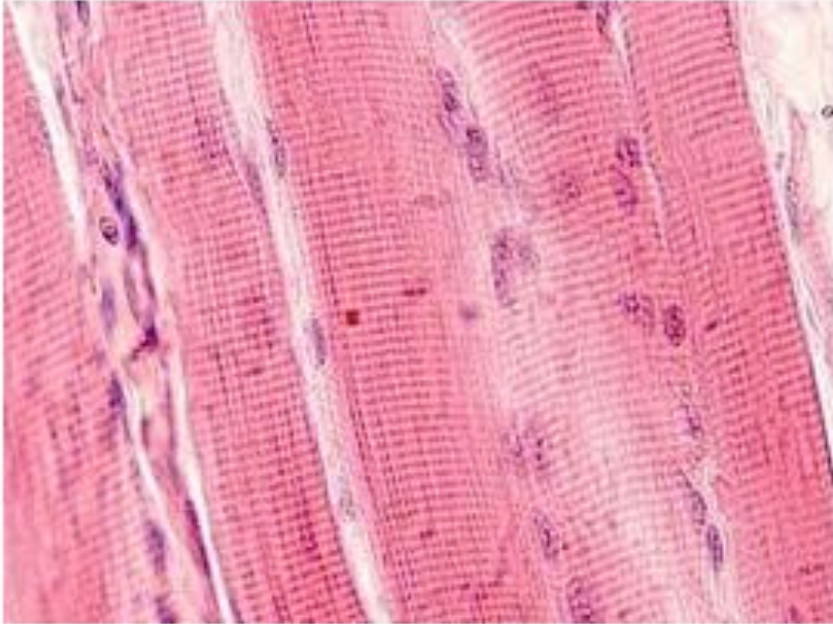
Mouse Treadmill



Cell Culture Stimulator



Electrical cells stimulation as a form of physical activity



**The mouse can withstand the load
for 1 hour of continuous swimming
or running!**

Experiments are currently underway in the cell laboratory on muscle cell cultures.

The results of the study will allow to continue the development of non-pharmacological methods for correction of metabolic disorders, in particular, diabetes and obesity.



International Internships

Baltic International Academy (Riga, Latvia)

<http://www.bsa.edu.lv/index.html>

Implementation of the program of inclusive education (student exchanges up to one semester) for:

- Bachelor's students

Program: "Recreation, Sport & Health Tourism"

- Master's students

Program: "Physical Education, Recreation and Tourism"



International Internships

**Mogilev State A. Kuleshov University
(Mogilev, Belarus)**

<https://www.msu.by/>

Implementation of the program of inclusive education (student exchanges up to one semester) for:

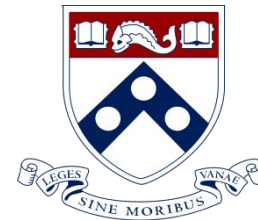
- Bachelor's students

Program: "Physical Education"



International Cooperation

- **Baltic International Academy** (Riga, Latvia)
- **Perelman School of Medicine at the University of Pennsylvania** (Philadelphia, USA)
- **Massachusetts General Hospital, Harvard University** (Boston, USA)
- **Rutgers, The State University of New Jersey** (USA)
- **University of Montreal Hospital Research Center** (Canada)
- **Latvian Academy of Sport Education** (Riga, Latvia)
- **Lietuvos sporto universitetas** (Kaunas, Lithuania)
- **Mogilev State A. Kuleshov University** (Mogilev, Belarus)





Faculty of Physical Education Today



USSR and Russian Honored Coaches and Masters of Sports teach at the Faculty



Students and alumni are participants in the Olympic Games; Russian, European and World Championship Winners



More than 1,500 students annually train in sections and clubs in 18 sports



We study the effect of physical activity at the cellular and molecular level



We help in space exploration with the Cognitive Research Laboratory



We implement grants from the Russian Science Foundation (under the supervision of Prof. L.V. Kapilevich)



Faculty life

- Pedagogical practice in preschools, secondary schools, children's and youth sports schools, summer recreation centers for children and students
- Sports facilities (swimming pool & center with three sports halls)
- Sports activities



Faculty events

Cave Camping Trip

- Where: Khakassia
- When: June – July

Student Initiation Ceremony

- Where: TSU Recreation & Training Facility
- When: September

International Student Research-to-Practice Conference “Topical Issues of Physical Education”

- When: November

Sporting Events

Football, basketball, volleyball, table tennis and chess competitions, competitive skiing and swimming, field-and-track athletics, orienteering

- When: September – May

Science Festival

- When: October



Thank you for your attention!

