ПРОГРАММА ДОПОЛНИТЕЛЬНОГО ВСТУПИТЕЛЬНОГО ИСПЫТАНИЯ ТВОРЧЕСКОЙ И ПРОФЕССИОНАЛЬНОЙ НАПРАВЛЕННОСТИ ПО ДИСЦИПЛИНЕ «ФИЗИЧЕСКАЯ КУЛЬТУРА» ДЛЯ НАПРАВЛЕНИЯ 49.03.02 ФИЗИЧЕСКАЯ КУЛЬТУРА ДЛЯ ЛИЦ С ОТКЛОНЕНИЯМИ В СОСТОЯНИИ ЗДОРОВЬЯ (Адаптивная физическая культура)

К сдаче экзамена профессиональной направленности по дисциплине «Физическая культура» для направления 49.03.02 «Физическая культура для лиц с отклонениями в состоянии здоровья» абитуриенты допускаются только при наличии справки о состоянии здоровья.

Экзамен по дисциплине «Физическая культура» включает в себя:

- три норматива для девушек (прыжок в длину с места; подтягивание из виса лежа на низкой перекладине; бег 1000 м) и юношей (прыжок в длину с места; сгибание-разгибание рук (подтягивание) в висе; бег 1000 м);
- два норматива (прыжок в длину с места; бег 60 метров) для женщин и мужчин старше 39 лет.

Данные нормативы соответствуют программе одноименной дисциплины в учреждениях среднего общего образования, и предоставляют равные возможности во время вступительных испытаний, как для спортсменов-разрядников, так и для физически развитых абитуриентов.

При выполнении нормативов абитуриент должен соблюдать следующие правила:

1) Прыжок в длину с места выполняется одновременным отталкиванием, заступ за линию отталкивания является основанием для аннулирования результата попытки. Предоставляется три попытки, засчитывается лучший результат.
2) Сгибание-разгибание рук в висе (подтягивание) выполняется «силой», т.е. без использования кинетической энергии других звеньев тела (недопустимы раскачивания, рывки). Результат фиксируется, когда подбородок достигает уровня перекладины.
3) Сгибание-разгибание рук в висе на низкой перекладине (90 см): вис лежа, лицо смотрит наверх, хват идет сверху; кисти рук расположены на ширине плеч; голову, тело и нижние конечности выстраиваем в прямую линию; пятки можно упереть в опору не выше 4 см.
4) Бег 1000 метров выполняется по правилам легкоатлетических соревнований (нельзя заступать за меньший радиус беговой дорожки; общий старт; в забеге – до 15 человек)
5) Бег 60 метров выполняется по правилам легкоатлетических соревнований (каждый участник бежит по своей дорожке; команды: «на старт!», «внимание!», «марш!»)
Абитуриент должен выполнить все испытания своей возрастной группы вне зависимости от уже набранного количества баллов. Баллы за выполненные испытания суммируются, но итоговая сумма не может превышать 100 баллов.

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Девушки «Подтягивание из виса лежа на низкой перекладине»

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Девушки «Бег 1000 метров»

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