УТВЕРЖДАЮ

Заведующий кафедрой СБЕиСП

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Протокол № 1 от 01.09.2023

Программные зачетные требования по учебной дисциплине «Спортивно-педагогическое совершенствование» для специальности

1-88 02 01-01 «Спортивно-педагогическая деятельность (тренерская работа по скалолазанию спортивному)»

Курс 4 (дневная форма получения образования)

1. Представить отчет о содержании и результатах тренировочной и соревновательной деятельности.

2. Принять участие в 3-4 и более спортивных соревнованиях. Подтвердить норматив не ниже второго спортивного разряда.

3. Принять участие в судействе 3-х или более спортивных соревнованиях.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Таблица 1 – Оценка результатов Ректорских тестов физической подготовленности студентов БГУФК** | | | | | | | | | | | | | | | |
| О Ч К И | **Юноши** | | | | | | О Ч К И | **Девушки** | | | | | | | О Ч К И |
| Бег 2000 м (мин, с) | Бег 60 м (с) | Подтягивание (кол-во раз) | Прыжок в длину (см) | Подъем туловища за 30 сек. (кол-во раз) | Наклон вперед (см) | Бег 1000 м (мин, с) | Бег 60 м (с) | | Сгиб. и разгиб. рук в упоре лежа | Прыжок в длину (см) | Подъем туловища за 30 сек. (кол-во раз) | Наклон вперед (см) |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 11 | 12 | 13 | 14 | 15 |
| 100 | 5,45 | 7,0 | 50 | 315 | 50 | 35 | 100 | 2,54 | 7,9 | | 50 | 2,50 | 50 | 40 | 100 |
| 99 | 5,46 | – | – | 314 | – | – | 99 | 2,55 | – | | – | 2,49 | – | – | 99 |
| 98 | 5,47 | – | 49 | 313 | 49 | 34 | 98 | 2,56 | – | | 49 | 2,48 | 49 | 39 | 98 |
| 97 | 5,48 | – | – | 312 | – | – | 97 | 2,57 | – | | – | 2,47 | – | – | 97 |
| 96 | 5,49 | 7,1 | 48 | 311 | 48 | 33 | 96 | 2,58 | 8,0 | | 48 | 2,46 | 48 | 38 | 96 |
| 95 | 5,50 | – | – | 310 | – | – | 95 | 2,59 | – | | – | 2,45 | – | – | 95 |
| 94 | 5,51 | – | 47 | 309 | 47 | 32 | 94 | 3,00 | – | | 47 | 2,44 | 47 | 37 | 94 |
| 93 | 5,52 | – | – | 308 | – | – | 93 | 3,01 | – | | – | 2,43 | – | – | 93 |
| 92 | 5,53 | 7,2 | 46 | 307 | 46 | 31 | 92 | 3,02 | 8,1 | | 46 | 2,42 | 46 | 36 | 92 |
| 91 | 5,54 | – | – | 306 | – | – | 91 | 3,03 | – | | – | 2,41 | – | – | 91 |
| 90 | 5,55 | – | 45 | 305 | 45 | 30 | 90 | 3,04 | – | | 45 | 2,40 | 45 | 35 | 90 |
| 89 | 5,56 | – | – | 304 | – | – | 89 | 3,05 | – | | – | 2,39 | – | – | 89 |
| 88 | 5,57 | 7,3 | 44 | 303 | 44 | – | 88 | 3,06 | 8,2 | | 44 | 2,38 | 44 | 34 | 88 |
| 87 | 5,58 | – | – | 302 | – | – | 87 | 3,07 | – | | – | 2,37 | – | – | 87 |
| 86 | 5,59 | – | 43 | 301 | 43 | 29 | 86 | 3,08 | – | | 43 | 2,36 | 43 | 33 | 86 |
| 85 | 6,00 | – | – | 300 | – | – | 85 | 3,09 | – | | – | 2,35 | – | – | 85 |
| 84 | 6,02 | 7,4 | 42 | 298 | 42 | – | 84 | 3,10 | 8,3 | | 42 | 2,34 | 42 | 32 | 84 |
| 83 | 6,04 | – | – | 296 | – | – | 83 | 3,11 | – | | – | 2,33 | – | – | 83 |
| 82 | 6,06 | – | 41 | 294 | 41 | 28 | 82 | 3,12 | – | | 41 | 2,32 | 41 | 31 | 82 |
| 81 | 6,08 |  | – | 292 | – | – | 81 | 3,13 | – | | – | 2,31 | – | – | 81 |
| 80 | 6,10 | 7,5 | 40 | 290 | 40 | – | 80 | 3,14 | 8,4 | | 40 | 2,30 | 40 | 30 | 80 |
| 79 | 6,12 | – | – | 288 | – | – | 79 | 3,15 | – | | – | 2,29 | – | – | 79 |
| 78 | 6,14 | – | 39 | 286 | 39 | 27 | 78 | 3,16 | – | | 39 | 2,28 | 39 | 29 | 78 |
| 77 | 6,16 | – | – | 284 | – | – | 77 | 3,17 | – | | – | 2,27 | – | – | 77 |
| 76 | 6,18 | 7,6 | 38 | 282 | 38 | – | 76 | 3,18 | 8,5 | | 38 | 2,26 | 38 | – | 76 |
| 75 | 6,20 | – | – | 280 | – | – | 75 | 3,19 | – | | – | 2,25 | – | – | 75 |
| 74 | 6,22 | – | 37 | 278 | 37 | 26 | 74 | 3,20 | – | | 37 | 2,24 | 37 | 28 | 74 |
| 73 | 6,24 | 7,7 | – | 276 | – | – | 73 | 3,21 | 8,6 | | – | 2,23 | – | – | 73 |
| 72 | 6,26 | – | 36 | 274 | 36 | – | 72 | 3,22 | – | | 36 | 2,22 | 36 | – | 72 |
| 71 | 6,28 | – | – | 272 | – | – | 71 | 3,24 | – | | – | 2,21 | – | – | 71 |
| 70 | 6,30 | 7,8 | 35 | 270 | 35 | 25 | 70 | 3,26 | 8,7 | | 35 | 2,20 | 35 | 27 | 70 |
| 69 | 6,33 | – | – | 268 | – | – | 69 | 3,28 | – | |  | 2,19 | – | – | 69 |
| 68 | 6,36 | 7,9 | 34 | 266 | 34 | – | 68 | 3,30 | 8,8 | | 34 | 2,18 | 34 | – | 68 |
| 67 | 6,39 | – | – | 264 | – | – | 67 | 3,32 | – | | – | 2,17 | – | – | 67 |
| 66 | 6,42 | 8,0 | 33 | 262 | 33 | 24 | 66 | 3,34 | 8,9 | | 33 | 2,16 | 33 | 26 | 66 |
| 65 | 6,45 | – | – | 260 | – | – | 65 | 3,36 | – | | – | 2,15 | – | – | 65 |
| 64 | 6,48 | 8,1 | 32 | 258 | 32 | – | 64 | 3,38 | 9,0 | | 32 | 2,14 | 32 | – | 64 |
| 63 | 6,51 | – | – | 256 | – | – | 63 | 3,40 | – | | – | 2,13 | – | – | 63 |
| 62 | 6,54 | 8,2 | 31 | 254 | 31 | 23 | 62 | 3,42 | 9,1 | | 31 | 2,12 | 31 | 25 | 62 |
| 61 | 6,57 | – | – | 252 | – | – | 61 | 3,44 | – | | – | 2,11 | – | – | 61 |
| 60 | 7,00 | 8,3 | 30 | 250 | 30 | – | 60 | 3,46 | 9,2 | | 30 | 2,10 | 30 | – | 60 |
| 59 | 7,04 | – | – | 248 | – | – | 59 | 3,48 | – | | – | 2,09 | – | – | 59 |
| 58 | 7,08 | 8,4 | 29 | 246 | 29 | 22 | 58 | 3,50 | 9,3 | | 29 | 2,08 | 29 | 24 | 58 |
| 57 | 7,12 | – | – | 244 | – | – | 57 | 3,52 | – | | – | 2,07 | – | – | 57 |
| 56 | 7,16 | 8,5 | 28 | 242 | 28 | – | 56 | 3,54 | 9,4 | | 28 | 2,06 | 28 | – | 56 |
| 55 | 7,20 | – | – | 240 | – | – | 55 | 3,56 | – | – | | 2,05 | – | – | 55 |
| 54 | 7,24 | 8,6 | 27 | 238 | 27 | 54 | 54 | 3,58 | 9,5 | 27 | | 2,04 | 27 | 23 | 54 |
| 53 | 7,28 | – | – | 236 | – | – | 53 | 4,00 | – | – | | 2,03 | – | – | 53 |
| 52 | 7,32 | 8,7 | 26 | 234 | 26 | – | 52 | 4,02 | 9,6 | 26 | | 2,02 | 26 | – | 52 |
| 51 | 7,36 | 8,8 | – | 232 | – | – | 51 | 4,04 | 9,7 | – | | 2,01 | – | – | 51 |
| 50 | 7,40 | 8,9 | 25 | 230 | 25 | – | 50 | 4,06 | 9,8 | 25 | | 2,00 | 25 | 22 | 50 |
| 49 | 7,45 | 9,0 | – | 228 | – | – | 49 | 4,08 | 9,9 | – | | 1,99 | – | – | 49 |
| 48 | 7,50 | 9,1 | 24 | 226 | 24 | 20 | 48 | 4,10 | 10,0 | 24 | | 1,97 | 24 | – | 48 |
| 47 | 7,55 | 9,2 | – | 224 | – | – | 47 | 4,13 | 10,1 | – | | 1,95 | – | 21 | 47 |
| 46 | 8,00 | 9,3 | 23 | 222 | 23 | – | 46 | 4,16 | 10,2 | 23 | | 1,93 | 23 | – | 46 |
| 45 | 8,06 | 9,4 | – | 220 | – | – | 45 | 4,19 | 10,3 | – | | 1,91 | – | – | 45 |
| 44 | 8,12 | 9,5 | 22 | 218 | 22 | 19 | 44 | 4,22 | 10,4 | 22 | | 1,89 | 22 | 20 | 44 |
| 43 | 8,18 | 9,6 | – | 216 | – | – | 43 | 4,25 | 10,5 | – | | 1,87 | – | – | 43 |
| 42 | 8,24 | 9,7 | 21 | 214 | 21 | – | 42 | 4,28 | 10,6 | 21 | | 1,85 | 21 | – | 42 |
| 41 | 8,30 | 9,8 | – | 212 | – | – | 41 | 4,31 | 10,7 | – | | 1,83 | – | 19 | 41 |
| 40 | 8,36 | 9,9 | 20 | 210 | 20 | 18 | 40 | 4,34 | 10,8 | 20 | | 1,81 | 20 | – | 40 |
| 39 | 8,42 | 10,0 | – | 208 | – | – | 39 | 4,37 | 10,9 | – | | 1,79 | – | – | 39 |
| 38 | 8,48 | 10,1 | 19 | 206 | 19 | – | 38 | 4,40 | 11,0 | 19 | | 1,77 | 19 | 18 | 38 |
| 37 | 8,54 | 10,2 | – | 204 | – | – | 37 | 4,44 | 11,1 | – | | 1,75 | – | – | 37 |
| 36 | 9,00 | 10,3 | 18 | 202 | 18 | 17 | 36 | 4,48 | 11,2 | 18 | | 1,73 | 18 | – | 36 |
| 35 | 9,06 | 10,4 | – | 200 | – | – | 35 | 4,52 | 11,3 | – | | 1,71 | – | 17 | 35 |
| 34 | 9,12 | 10,5 | 17 | 198 | 17 | – | 34 | 4,56 | 11,4 | 17 | | 1,69 | 17 | – | 34 |
| 33 | 9,18 | 10,6 | – | 196 | – | – | 33 | 5,00 | 11,5 | – | | 1,67 | – | – | 33 |
| 32 | 9,24 | 10,7 | 16 | 194 | 16 | 16 | 32 | 5,04 | 11,6 | 16 | | 1,65 | 16 | 16 | 32 |
| 31 | 9,30 | 10,8 | – | 192 | – | – | 31 | 5,08 | 11,7 | – | | 1,63 | – | – | 31 |
| 30 | 9,36 | 10,9 | 15 | 190 | 15 | – | 30 | 5,12 | 11,8 | 15 | | 1,61 | 15 | – | 30 |
| 29 | 9,42 | 11,0 | – | 188 | – | 15 | 29 | 5,16 | 11,9 | – | | 1,59 | – | 15 | 29 |
| 28 | 9,48 | 11,1 | 14 | 186 | 14 | – | 28 | 5,20 | 12,0 | 14 | | 1,57 | 14 | – | 28 |
| 27 | 9,54 | 11,2 | – | 184 | – | – | 27 | 5,24 | 12,1 | – | | 1,55 | – | – | 27 |
| 26 | 10,00 | 11,3 | 13 | 182 | 13 | 14 | 26 | 5,28 | 12,2 | 13 | | 1,52 | 13 | 14 | 26 |
| 25 | 10,06 | 11,4 | – | 180 | – | – | 25 | 5,32 | 12,3 | – | | 1,49 | – | – | 25 |
| 24 | 10,12 | 11,5 | 12 | 178 | 12 | – | 24 | 5,36 | 12,5 | 12 | | 1,46 | 12 | – | 24 |
| 23 | 10,18 | 11,6 | – | 175 | – | 13 | 23 | 5,40 | 12,7 | – | | 1,43 | – | 13 | 23 |
| 22 | 10,24 | 11,7 | 11 | 172 | 11 | – | 22 | 5,44 | 12,9 | 11 | | 1,40 | 11 | – | 22 |
| 21 | 10,30 | 11,8 | – | 169 | – | – | 21 | 5,48 | 13,1 | – | | 1,37 | – | – | 21 |
| 20 | 10,37 | 11,9 | 10 | 166 | 10 | 12 | 20 | 5,52 | 13,3 | 10 | | 1,34 | 10 | 12 | 20 |
| 19 | 10,44 | 12,0 | – | 163 | – | – | 19 | 5,57 | 13,5 | – | | 1,31 | – | – | 19 |
| 18 | 10,51 | 12,1 | 9 | 160 | 9 | – | 18 | 6,02 | 13,7 | 9 | | 1,27 | 9 | – | 18 |
| 17 | 10,58 | 12,2 | – | 156 | – | 11 | 17 | 6,08 | 13,9 | – | | 1,24 | – | 11 | 17 |
| 16 | 11,05 | 12,3 | 8 | 152 | 8 | – | 16 | 6,14 | 14,1 | 8 | | 1,21 | 8 | – | 16 |
| 15 | 11,14 | 12,4 | – | 148 | – | – | 15 | 6,20 | 14,3 | – | | 1,18 | – | – | 15 |
| 14 | 11,23 | 12,5 | 7 | 144 | 7 | 10 | 14 | 6,24 | 14,5 | 7 | | 1,15 | 7 | 10 | 14 |
| 13 | 11,32 | 12,6 | – | 140 | – | – | 13 | 6,30 | 14,7 | – | | 1,12 | – | – | 13 |
| 12 | 11,41 | 12,7 | 6 | 136 | 6 | – | 12 | 6,36 | 14,9 | 6 | | 1,09 | 6 | – | 12 |
| 11 | 11,50 | 12,8 | – | 132 | – | 9 | 11 | 6,42 | 15,1 | – | | 1,06 | – | 9 | 11 |
| 10 | 12,00 | 12,9 | 5 | 128 | 5 | – | 10 | 6,48 | 15,3 | 5 | | 1,03 | 5 | – | 10 |
| 9 | 12,10 | 13,0 | – | 124 | – | – | 9 | 6,54 | 15,5 | – | | 1,00 | – | – | 9 |
| 8 | 12,20 | 13,1 | 4 | 120 | 4 | 8 | 8 | 7,06 | 15,7 | 4 | | 96 | 4 | 8 | 8 |
| 7 | 12,30 | 13,2 | – | 116 | – | 7 | 7 | 7,18 | 15,9 | – | | 92 | – | 7 | 7 |
| 6 | 12,40 | 13,3 | 3 | 112 | 3 | 6 | 6 | 7,32 | 16,2 | 3 | | 88 | 3 | 6 | 6 |
| 5 | 12,50 | 13,4 | – | 108 | – | 5 | 5 | 7,46 | 16,5 | – | | 84 | – | 5 | 5 |
| 4 | 13,00 | 13,5 | 2 | 104 | 2 | 4 | 4 | 8,02 | 16,8 | 2 | | 80 | 2 | 4 | 4 |
| 3 | 13,10 | 13,6 | – | 100 | – | 3 | 3 | 8,20 | 17,1 | – | | 76 | – | 3 | 3 |
| 2 | 13,20 | 13,7 | 1 | 96 | 1 | 2 | 2 | 8,40 | 17,4 | 1 | | 72 | 1 | 2 | 2 |
| 1 | 13,30 | 13,8 | – | 92 | – | 1 | 1 | 9,02 | 17,7 | – | | 68 | – | 1 | 1 |