# Organization of Extracurricular Physical Education and Sports of Students of a Multidisciplinary College

**V. L. Lerner, G. I. Deryabina, A. N. Gruzdev, S. V. Shpagin**

*Derzhavin Tambov State University, Tambov, Russia;*
*Tambov State Technical University, Tambov, Russia*

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**Abstract:** The article is devoted to the development of the content and organization of sectional judo classes within the framework of extracurricular physical education activities of students of economic and managerial specialties studying at the multidisciplinary college of the Tambov State Technical University. The curriculum of the presented classes is designed for a two-year implementation and includes all types of sports training for judo wrestlers, taking into account the volume of training facilities that meet the requirements of the Federal Standard for Sports Training for the sport of judo. To assess the effectiveness of judo classes after the first year of their implementation, motor tests were carried out, revealing the level of development of general and special physical fitness of students who participated in the study. The comparative analysis of the obtained data demonstrates positive dynamics in all control exercises.