

Министерство здравоохранения Иркутской области  
Областное государственное бюджетное профессиональное образовательное учреждение  
«Иркутский базовый медицинский колледж»

КОНСПЕКТ  
практического занятия  
**Нервная система**  
по дисциплине ОУД.02 Иностранный язык  
специальности 34.02.01 Сестринское дело  
(базовая подготовка на базе основного общего образования)

Иркутск 2023

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## УЧЕБНО-МЕТОДИЧЕСКАЯ КАРТА (план) ЗАНЯТИЯ

**Предмет:** иностранный язык

**Тема занятия:** Нервная система.

**Вид занятия:** практическое занятие

**Время:** 90 минут

Курс  
специальность

2 курс

34.02.01

Сестринское дело

**Цель** практического занятия – актуализировать, дополнить и совершенствовать произносительные, лексические и грамматические знания по теме «Нервная система» с использованием ИКТ; ознакомить с новыми лексическими единицами по теме и активизировать их в речи; - активизировать учебно-познавательную деятельность студентов путём введения в учебный процесс разных видов наглядности, а именно видеофрагментов;

**Задачи** практического занятия:

- **учебная:** способствовать формированию знаний по теме, развитию умения осуществлять неподготовленные высказывания по теме, соблюдая логику и последовательность, выражать свое отношение к информации и обосновывать его; развитию умения принимать участие в диалогах, обогащать словарный запас.

- **развивающая:** способствовать развитию внимания, памяти, овладению основными способами мыслительной деятельности (умение анализировать, ставить и разрешать проблемы); содействовать формированию и развитию самостоятельности обучающихся.

- **воспитательная:** способствовать формированию и развитию познавательного интереса обучающихся к дисциплине.

**Межпредметные связи:**

- обеспечивающие: русский язык.

- обеспечиваемые: клинические дисциплины.

**Технологии и методы обучения:**

-проблемное обучение,

-технология многократного повторения,

- ИКТ,

- работа в парах\малых группах (выполнение упражнений, работа над текстом, составление диалога),

- технология развития критического мышления,

- здоровье берегающие технологии

и активные методы обучения (АМО): игра «Снежный ком», турнир «Brain Game».

При изучении темы предполагается формирование и развитие **компетенций:**

- ОК 1. Понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес.
- ОК 2. Организовывать собственную деятельность, выбирать типовые методы и способы выполнения профессиональных задач, оценивать их эффективность и качество.
- ОК 3. Принимать решения в стандартных и нестандартных ситуациях и нести за них ответственность.
- ОК 4. Осуществлять поиск и использование информации, необходимой для эффективного выполнения возложенных на него профессиональных задач, а также для своего профессионального и личностного развития.
- ОК 6. Работать в коллективе и команде, эффективно общаться с коллегами, руководством, потребителями.
- ОК 7. Брать ответственность за работу членов команды (подчиненных), за результат выполнения заданий.
- ОК 8. Самостоятельно определять задачи профессионального и личностного развития, заниматься самообразованием, осознанно планировать повышение квалификации.
- ПК 2.1. Представлять информацию в понятном для пациента виде, объяснять ему суть вмешательств.
- ПК 2.3. Сотрудничать с взаимодействующими организациями и службами.
- ПК 3.3. Взаимодействовать с членами профессиональной бригады и добровольными помощниками в условиях чрезвычайных ситуаций.
- ПК 3.4. Проводить контроль эффективности проводимых мероприятий.
- ПК 4.3. Проводить санитарно-гигиеническое просвещение населения.

По окончании изучения данной темы обучающийся должен:

- **знать:** медицинскую терминологию (нервная система, части и органы нервной системы, функции нервной системы) и понимать, как она функционирует в организме. Кроме того, студенты должны знать, что хотя мы изучаем человеческие системы и органы как независимые системы, они взаимозависимы, чтобы функционировать правильно.
- **уметь:** образовывать простые фразы с использованием медицинской терминологии.

**А. Наглядные пособия:** мультимедийная презентация.

**Б. Раздаточный материал:** тренировочные упражнения, карточки с вопросами и заданиями для турнира «Brain Game».

**В. Технические средства обучения:** мультимедийное оборудование.

**Г. Учебные места:** учебный кабинет № 208.

**Д. Литература:**

**Основная:**

1. Козырева Л.Г. Английский язык для медицинских колледжей и училищ: учебное пособие / Л.Г. Козырева, Т.В. Шадская. – Ростов н/Д: Феникс, 2018. – 329 с. – (Среднее медицинское образование).

Дополнительная:

1. Английский язык. Базовый курс: учебник для медицинских училищ и колледжей / И.Ю. Марковина, Г.Е. Громова, С.В. Полоса. – М.: ГЭОТАР-Медиа, 2019. – 152 с.: ил.

2. Raymond Murphy. Essential Grammar in Use. Fifth edition - Cambridge, United Kingdom, University Printing House, 2019.

# ХОД ЗАНЯТИЯ

## Структура занятия

Время	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
№ элемента	I	II	III	III	III	IV	IV	IV	V	V	V	VI	VII	VII	VIII	VIII	IX	X
Использование ТСО и др.	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+

## Содержание занятия

№ элемента	Элементы занятия, учебные вопросы, формы и методы обучения	Добавления, изменения, замечания
I	<p>Организационный момент.</p> <ul style="list-style-type: none"> <li>- Good morning, students. I'm glad to see you!</li> <li>- How are you today?</li> <li>- What is the date today?</li> <li>- What is the day of the week today?</li> </ul> <p>Преподаватель приветствует и проверяет явку обучающихся, их внешний вид, заполняет журнал, проверяет готовность обучающихся к занятию. – Обучающиеся отвечают на английском языке.</p>	5 минут
II	Актуализация темы: значение, роль данного занятия при изучении темы в будущей практической деятельности; название цели и плана занятия; инструктаж обучающихся.	5 минут (введение)
III	<p>Контроль исходного уровня.</p> <p>Преподаватель: - In the second semester, we study anatomy, internal organ systems. What systems have we already studied?</p> <p>Обучающиеся: - Skeletal, digestive, respiratory...</p> <p>Преподаватель проводит устный фронтальный опрос по ранее изученным лексическим темам с применением активной формы - игры «Снежный ком».</p>	15 минут (приложение А)
	Реализация интерактивного подхода.	
IV	1 этап. Введение 1 части нового материала (презентация, просмотр видео-ролика). Составление конспекта (тезисы).	15 минут (приложение Б)
V	2 этап. Введение 2 части нового материала (текст для самостоятельного изучения в малых группах: текст делится на несколько частей по количеству групп ) с применением метода «Ученик в роли учителя» - после совместной работы представитель каждой малой группы рассказывает суть своего отрывка студентам других групп.	15 минут (приложение Б)
VI	3 этап. Промежуточный контроль: Проверка правильности понимания. Проверочное упражнение.	5 минут (приложение Б)

VII	4 этап. Закрепление нового материала. Выполнение тренировочного упражнения.	10 минут (приложение Б)
VIII	5 этап. Турнир «Brain Game». Соревнование 2 команд – на основе изученного материала и знаний, полученных по предмету Анатомия	10 минут (приложение Б)
IX	6 этап. Обсуждение, что полезно для нашей нервной системы. Выводы. Рефлексивный контроль.	5 минут (приложение Б)
X	7 этап. Резюме. Подведение итогов занятия. Выдача домашнего задания.	5 минут (приложение В)

Активные формы работы на уроках английского языка

Повторение изученной лексики с использованием игровых технологий.

Игра «Снежный ком» в режиме: Т – Р<sub>1</sub> – Р<sub>2</sub> – Р<sub>3</sub>

Поскольку студенты уже изучили несколько систем внутренних органов, преподаватель может сказать любое слово – название системы, орган или функцию. Например, «bone». Первый студент говорит свою ассоциацию: либо другой орган этой же системы, либо его функцию, либо синоним из другой системы (слово, словосочетание или предложение).

The teacher	The 1 <sup>st</sup> student	The 2 <sup>nd</sup> student
bone	cartilage	
	The skeletal system is made of <i>bones</i> , cartilage, ligaments and <b>joints</b> .	Our <i>joints</i> help us <b>move</b> .
	The skeletal system <b>produces</b> blood cells.	The salivary gland <i>produces</i> <b>saliva</b> . (переход к словарю «пищеварительная система»)
	backbone	

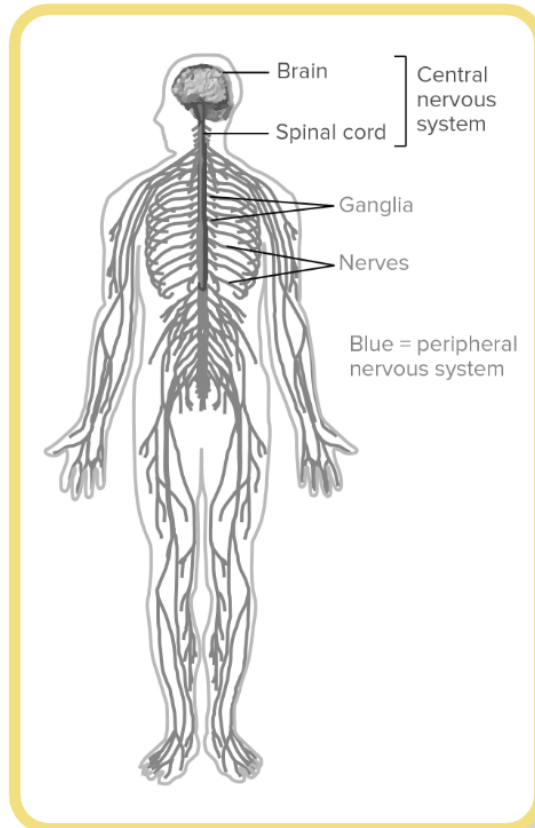
The 3 <sup>rd</sup> student	The 4th student
The tongue <i>moves</i> the food around, mixes it with <i>saliva</i> and forms the bolus	И т.д.



1) Введение новых лексических единиц по теме занятия.

Слайд 1

## The Nervous System



A command center is a central place for carrying out orders and for supervising tasks. And that's precisely what your nervous system does. It oversees and regulates almost everything you think, do, say, and feel. It controls your movements and automatic responses to stimuli around you. It also controls bodily functions like digestion, breathing, blushing, and even blinking. It affects every other system in your body and every aspect of your health such as:

Learning and memory

Balance and coordination

Five senses

Sleeping

Healing

Aging

Слайд 2

The nervous system is a massive network of nerves that send electrical signals all over your body through cells, glands, and muscles. The nerves receive information, then interpret the information and create a response.

### There are three main functions of the nervous system:

1. Keep the body in balance (homeostasis)
2. Send and receive messages about the world around you
3. Control movement

Have you ever seen a picture of the highway system running through a big city? Your nervous system is a super information highway running throughout your body!

# The Nervous System

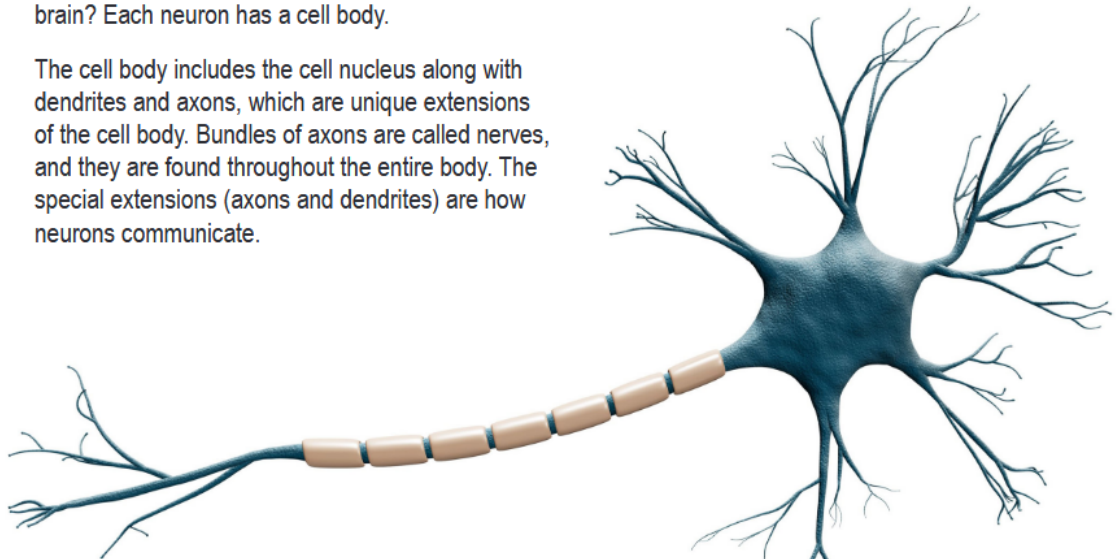
## The nervous system is made up of 2 parts:

1. The Central Nervous System (brain and spinal cord)
2. The Peripheral Nervous System (nerves that branch off the spinal cord)

Specialized cells called neurons send electrical signals (messages). The electrical signals travel throughout your body from your brain to your skin, organs, muscles, and glands and then back again. The messages give you information about moving your limbs or what sensations you are feeling from stimuli in your environment.

Another name for a nerve cell is a neuron. Did you know that there are about 100 billion nerves in your brain? Each neuron has a cell body.

The cell body includes the cell nucleus along with dendrites and axons, which are unique extensions of the cell body. Bundles of axons are called nerves, and they are found throughout the entire body. The special extensions (axons and dendrites) are how neurons communicate.

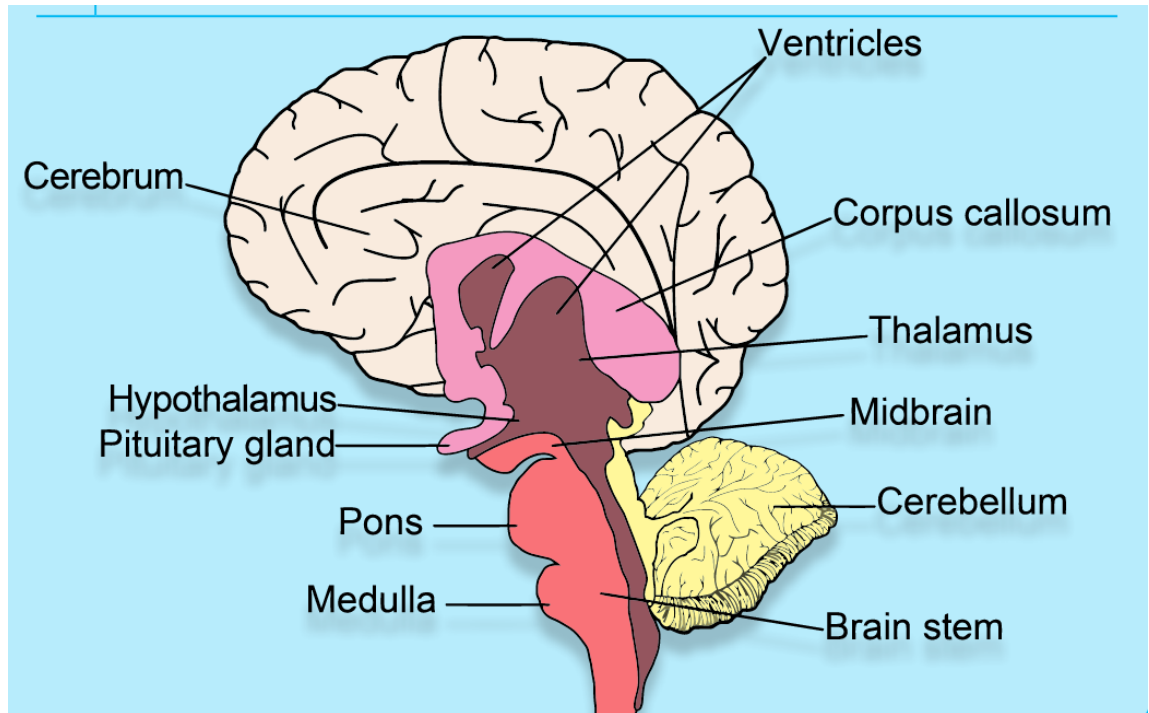


## Different types of neurons send different signals.

- Motor neurons – tell muscles to move
- Sensory neurons – activated by information from your senses (light, sound, odor, taste, pressure, and heat)
- Interneurons – connect the motor and sensory neurons

Other parts of the nervous system control our involuntary processes. These are things like your heartbeat, breathing, releasing hormones, and even when your pupil opens to let in light.

Слайд 6



Слайды 7-10

<p><b>Cerebrum</b></p> <ul style="list-style-type: none"> <li>• The largest part, making up about 85% of the brain's weight.</li> <li>• Allows you to control <b>voluntary muscles</b>, which are the muscles you can control.</li> <li>• You can kick a ball, walk down the street, or jump in the air because the cerebrum.</li> <li>• Allows you to think. It is active when you are thinking during a test, making decisions, or playing a video game.</li> <li>• Manages memory, including <b>short-term</b> memory, recalling a recent occurrence, or <b>long-term</b> memory, a distant occurrence.</li> <li>• Two halves, one on each side of the head.</li> <li>• Right half helps you think about <b>abstract</b> things like art, music, colors, shapes, and other parts of the imagination.</li> <li>• Left half is more <b>analytical</b>, which helps you speak, make logical decisions, do math problems, and reason.</li> <li>• Scientists are unsure about which half of the brain controls the left or right side of the body.</li> </ul>	<p><b>Pituitary Gland</b></p> <ul style="list-style-type: none"> <li>• Controls the growth of your body by producing and releasing hormones into the body.</li> <li>• The size of a pea. If it did not function, your body would not change as you age.</li> <li>• Controls sugars and water in the body, as well as keeping the <b>metabolism</b> of the body going, which is related to the body's use of energy.</li> </ul>
<p><b>Brain Stem</b></p> <ul style="list-style-type: none"> <li>• Responsible for all of the functions of the body for you to remain alive, such as breathing, food digestion, and blood circulation.</li> <li>• Below the cerebrum, front of the cerebellum, connects the rest of the brain to your spinal cord.</li> <li>• Controls <b>involuntary muscles</b>, works on their own.</li> <li>• It tells the heart to pump blood to the body, and stomach muscles to break food down.</li> <li>• Sends &amp; receives millions of messages back and forth between the brain and the body.</li> </ul>	<p><b>Hypothalamus</b></p> <ul style="list-style-type: none"> <li>• Controls the temperature of the body.</li> <li>• When the body is too hot, this part of the brain tells the body to sweat; too cold, and it tells the body to shiver.</li> </ul>
<p><b>Cerebellum</b></p> <ul style="list-style-type: none"> <li>• Controls your balance, movement, and coordination.</li> <li>• Includes how you stand, move, and balance.</li> <li>• Located in the back of the brain under the cerebrum</li> <li>• About one-eighth the size of the cerebrum, though it is a vital part of the brain.</li> <li>• Without the cerebellum a person would have difficulty moving</li> </ul>	<p><b>Amygdala</b></p> <ul style="list-style-type: none"> <li>• Control center for feelings.</li> <li>• Located on each side of the brain there are groups of cells responsible for emotions.</li> </ul>

The six parts of the brain connect with the body's nervous system. It is made up of thousands of nerves that communicate information to and from the brain. Memories and thoughts move through cells as tiny electrical charges. They connect to one another at **synapses**, which are junctions between two cells. The more messages sent to the brain through these synapses, the stronger the connections become.

This is how good habits, like brushing your teeth, and bad habits, like nail biting, are formed. It is also how you learn new skills like playing a sport or a musical instrument. The more you practice something, the connections become stronger and stronger.

In conclusion, the brain is the control center of the body, and it must be treated well by eating healthy, staying safe, and avoiding alcohol, drugs, and tobacco. Finally, just like you exercise your body, your brain needs to be exercised by challenging your mind, so keep the wheels turning to keep it strong.



## Контроль понимания

### Ex.1 Find English equivalents. Найдите английские эквиваленты.

Нервная система состоит из; центральная нервная система; периферическая нервная система; вести себя как человек; достигать всех частей тела; защищать от повреждений; получать информацию (сообщения) от кожи; электрический импульс

### Тренировочные упражнения

### Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

It sends, receives, and processes nerve impulses; to respond to the environment; to keep the body in order; brain communicates with the rest of the body; nerves divide many times; tunnel of holes in backbone or spine; thick bundle of nerves

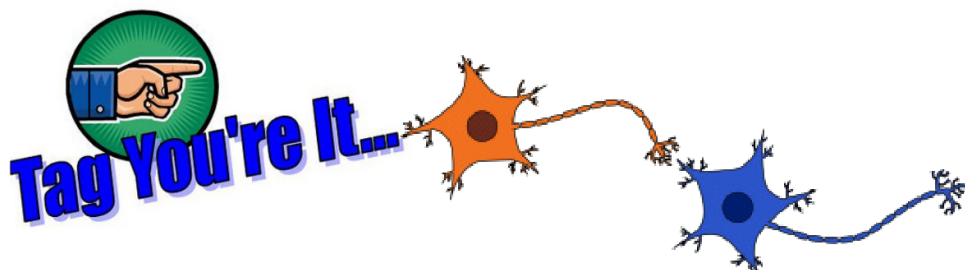
### Ex.3 Answer the questions

1. What is the function of brain?
2. How does the brain communicate with the rest of the body?
3. What senses do you know?
4. What is neuron?
5. What is the function of neuron?

### Ex.4 Instructions: Follow the instructions to play the game!

#### Neuron Chain Tag

- One person starts as 'It' – they are the first neuron.
- They try to tag the other players.
- When a person is tagged, they must hold the person's hand who is 'It.'
- Together they must tag other players.
- Each player that is tagged joins the neuron chain.
- The game ends when everyone is part of the chain.

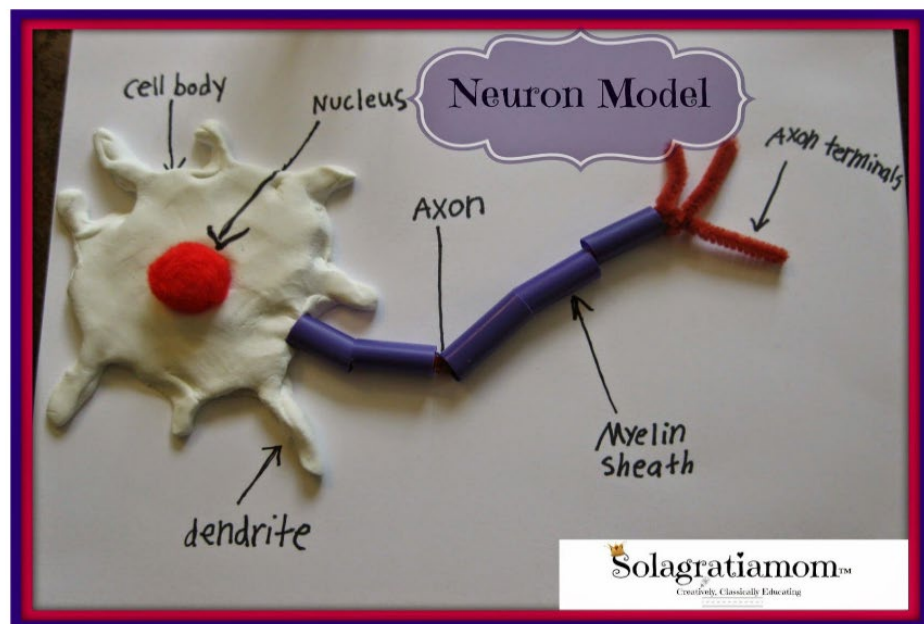


**Ex.4** Instructions: Using your playdough, pipe cleaners, and beads, create a neuron model. In your model, you must include:

- dendrites
- axon
- nucleus
- cell body
- myelin sheath
- axon terminals

Answers will vary, but a sample should look like this:

Use different colors for the components!



## BRAIN CHARADES

Supplies: Charade cards, stopwatch

Instructions:

1. This is a tournament to find the Brain Champions.
2. You and your two partners must pick a creative name for your team, related to the brain.
3. Write your team name on a slip of paper and hand it to the teacher.
4. Teams will be chosen randomly to compete against each other. The team names will be written in a bracket similar to the one on the next page. It is a single-elimination tournament.
5. Each round will last no more than 3 to 5 minutes.
6. A player will randomly choose a charade card and act out what it says to do on the card.
7. His/her team members will guess the action the player is doing and which part of the brain controls the action. All other students must remain silent.

8. If the charade actor speaks, the team loses a point and the next player chooses a new card.
9. The teacher will say “POINT” if BOTH answers are correct.
10. When both answers are correct, the second player on the team will pick another card and do the same thing.
11. The teacher will again say “POINT” when BOTH answers are correct.
12. This continues for up to 5 minutes. Each team will try to guess as many of the charade actions and brain parts associated with the action during the time limit chosen by the teacher.
13. The total correct answers will be recorded.
14. The opponent will then play their game, trying to outscore the other team.
15. Before the start of each new game, the charade cards may be reshuffled or used until all have been acted out. At the beginning of each new round, the cards will be reshuffled

### Задание для турнира 1

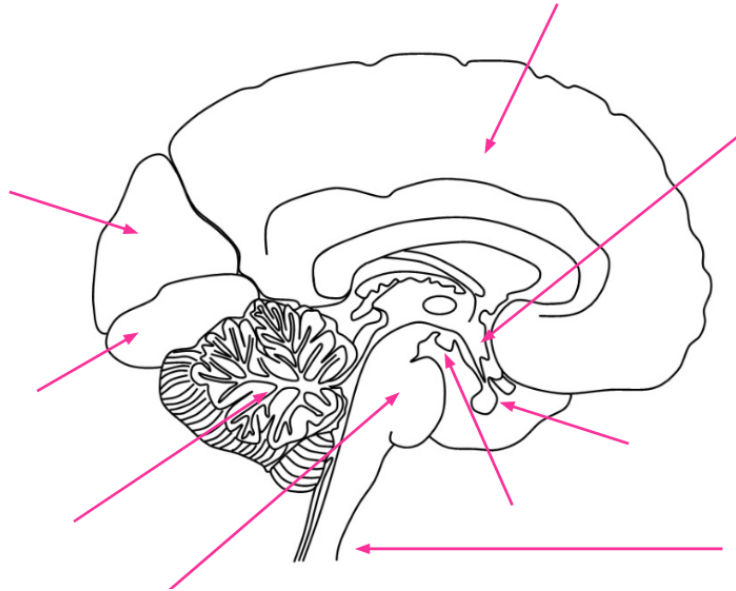
Карточки (сделать нужное количество копий по числу команд)

Drawing A Picture	Sends Messages	Standing	Excited	Controlling Water In The Body	
Having A Conversation	Receives Messages	Standing On One Foot	Walking In A Straight Line	Angry	
Sugar Control	Hot And Sweaty	Surprised	Thankful	Lifting Weights	Blood Circulation
Running Laps	Building Up Muscles	Touching Thumbs With Eyes Closed	Has A Fever	Standing On One Foot	Breathing
Thinking Of A Memory	Digesting Food	Balancing	Sad	The Size Of A Pea	Thankful

## Задание для турнира 2

Without using the content pages, correctly label each part of the brain.

AMYGDALA	BRAIN STEM	CEREBELLUM
CEREBRUM	PARIETAL LOBE	HYPOTHALAMUS
PITUITARY GLAND	OCCIPITAL LOBE	SPINAL CORD



## Задание для турнира 3

Circle the correct answer for each question.

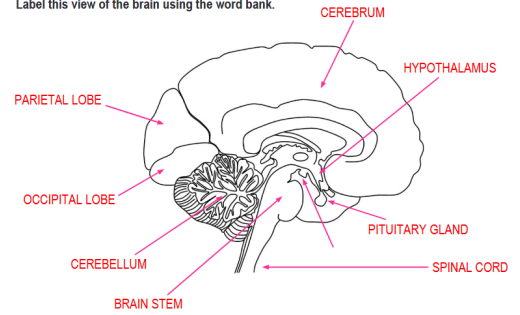
1. Which part of the brain is responsible for short- and long-term memory? a Brain stem b Cerebrum c Cerebellum d Pituitary gland	2. All of the following are considered to be abstract things EXCEPT: a Music b Art c Reasoning d Colors	3. Which function is the brain stem NOT responsible for? a Breathing b Food digestion c Voluntary muscles d Blood circulation
4. A normally healthy man has trouble balancing when he walks. Which part of the brain is not functioning properly? a Cerebellum b Cerebrum c Hypothalamus d Amygdala	5. As Noah's grandfather ages, he has trouble remembering things from when he was young. Which type of memory is affected? a Mid-term b Short-term c Long-term	6. Which part of the brain is only 1/8 the size of the cerebrum but controls balance, movement, and coordination? a Amygdala b Cerebellum c Hypothalamus d Brain stem
7. A talented artist became famous for her painting and poetry. Which part of the brain was likely functioning well? a Left half of the cerebrum b Left half of the cerebellum c Right half of the cerebrum d Right half of the cerebellum	8. Which lobe of the brain is located on the side of the head? a Frontal b Temporal c Parietal d Occipital	9. What are the junctions called where memories and thoughts move through cells as tiny electrical charges? a Nerves b Muscles c Amygdalae d Synapses
10. Which body part is an example of an involuntary muscle? a Arm b Leg c Finger d Heart	11. Which component of the brain is the largest? a Cerebellum b Cerebrum c Hypothalamus d Amygdala	12. The brain is the main part of which body system? a Circulatory b Respiratory c Nervous d Endocrine
13. Which part of the brain is like a pipeline that sends messages back and forth between the body and brain? a Pituitary gland b Brain stem c Amygdala d Brain stem	14. Tara struggles to express her feelings. When she is sad, she sometimes laughs. What brain part may have a problem? a Cerebrum b Cerebellum c Hypothalamus d Amygdala	15. A famous writer wrote many books, won a Nobel Prize, and could reason easily. Which brain part is working well? a Left half of the cerebrum b Left half of the cerebellum c Right half of the cerebrum d Right half of the cerebellum
16. A boy in a hospital stopped growing and didn't sweat even when it was hot. Which parts of the brain may not be working? a Hypothalamus and pituitary gland b Amygdala and hypothalamus c Pituitary gland and brain stem d Cerebellum and cerebrum	17. Which part of the brain is pea-sized and responsible for controlling body growth by producing and releasing hormones? a Hypothalamus b Pituitary gland c Amygdala d Brain stem	18. Which muscle tells the body to pump blood to the heart and the stomach to break down food for digestion? a Round muscles b Smooth muscles c Voluntary muscles d Involuntary muscles

## Отвѣты (задание 1)

CEREBRUM	BRAIN STEM	CEREBELLUM	AMYGDALA	PITUITARY GLAND	HYPOTHALAMUS
Drawing A Picture	Sends Messages	Standing	Excited	Controlling Water In The Body	
Having A Conversation	Receives Messages	Standing On One Foot	Walking In A Straight Line	Angry	
Sugar Control	Hot And Sweaty	Surprised	Thankful	Lifting Weights	Blood Circulation
Running Laps	Building Up Muscles	Touching Thumbs With Eyes Closed	Has A Fever	Standing On One Foot	Breathing
Thinking Of A Memory	Digesting Food	Balancing	Sad	The Size Of A Pea	Thankful

## Отвѣты (задание 2)

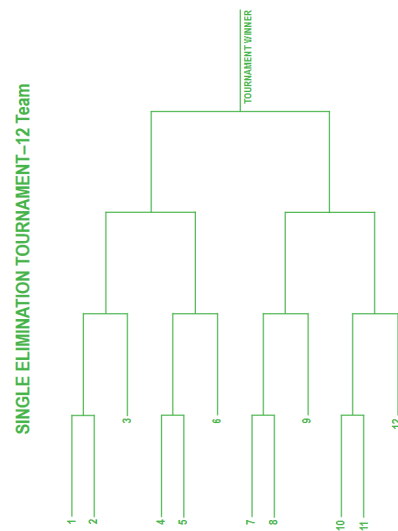
Label this view of the brain using the word bank.



## Отвѣты (задание 3)

1. Which part of the brain is responsible for short- and long-term memory? a Brain stem <b>b Cerebrum</b> c Cerebellum d Pituitary gland	2. All of the following are considered to be abstract things EXCEPT: a Music b Art <b>c Reasoning</b> d Colors	3. Which function is the brain stem NOT responsible for? a Breathing b Food digestion <b>c Voluntary muscles</b> d Blood circulation
4. A normally healthy man has trouble balancing when he walks. Which part of the brain is not functioning properly? <b>a Cerebellum</b> b Cerebrum c Hypothalamus d Amygdala	5. As Noah's grandfather ages, he has trouble remembering things from when he was young. Which type of memory is affected? a Mid-term b Short-term <b>c Long-term</b> d Brain stem	6. Which part of the brain is only 1/8 the size of the cerebrum but controls balance, movement, and coordination? <b>a Amygdala</b> b Cerebellum c Hypothalamus d Brain stem
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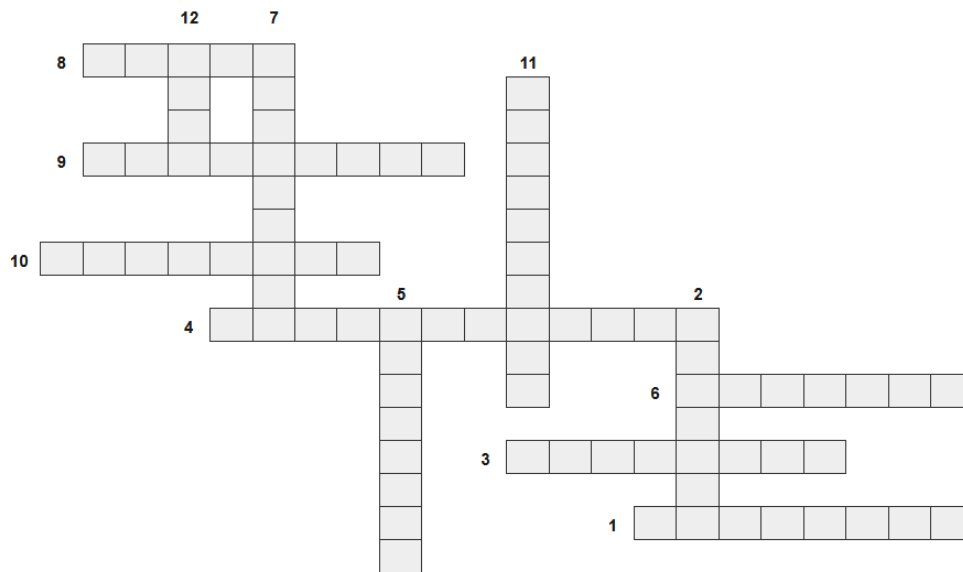
## Схема турнира на выбывание





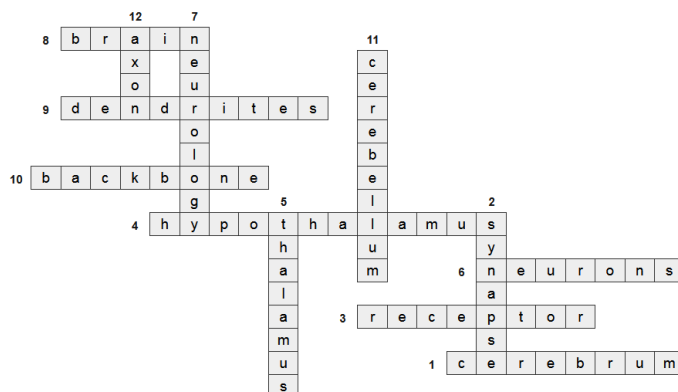
Домашнее задание. Закрепление знаний обучающихся.

The Nervous system



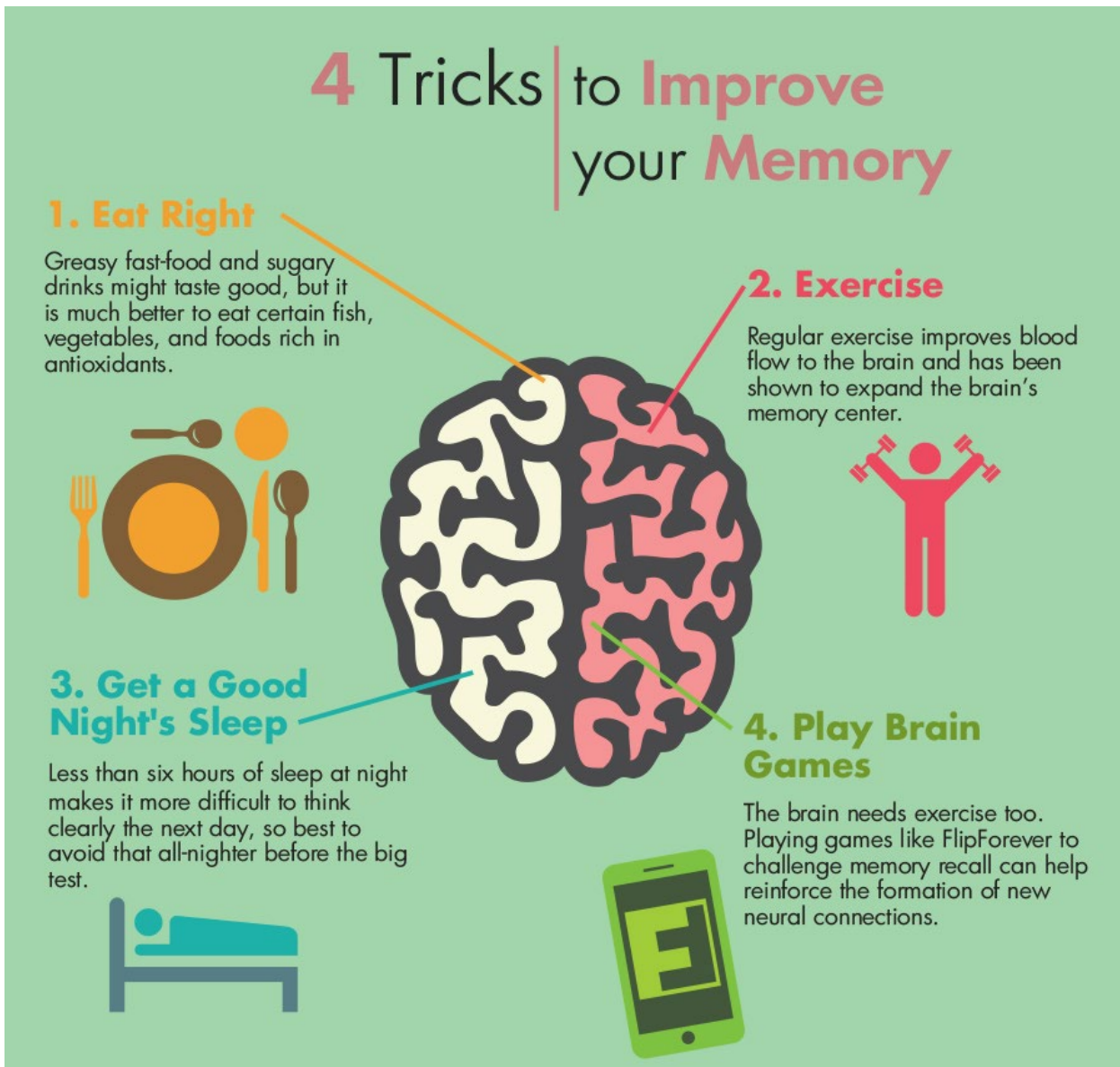
1. The biggest part of the brain.
2. It is a connection between two neurons across which electrical signals pass.
3. It is a part of the nervous system are chemical structures, composed of protein, that receive and transduce signals that may be integrated into biological systems.
4. It is a part of the intermediate brain, which controls body temperature and appetite.
5. It is a part of the brain, that carries message from the sensory organs to the cerebrum.
6. There are the fundamental units of the brain and nervous system, the cells responsible for receiving sensory input from the external world.
7. What studies the nervous system.
8. This organ that serves as the center of the nervous system
9. Nerve cells are like long, thin threads with fingers.
10. The main part of the axial skeleton of a person. Consists of 32-34 vertebrae.
11. Little brain. It is a part of the brain responsible for coordinating motor movements including balance and motor learning
12. It can be unipolar, bipolar, or multipolar.

ОТВЕТЫ:




Составьте монологическое высказывание по теме «Что поможет улучшить твою память?»»


## 4 Tricks to Improve your Memory




**1. Eat Right**  
Greasy fast-food and sugary drinks might taste good, but it is much better to eat certain fish, vegetables, and foods rich in antioxidants.



**2. Exercise**  
Regular exercise improves blood flow to the brain and has been shown to expand the brain's memory center.



**3. Get a Good Night's Sleep**  
Less than six hours of sleep at night makes it more difficult to think clearly the next day, so best to avoid that all-nighter before the big test.



**4. Play Brain Games**  
The brain needs exercise too. Playing games like FlipForever to challenge memory recall can help reinforce the formation of new neural connections.

