

**Academic discipline:
"Gymnastics and methodology of teaching"**

Code and name of specialty	1-03 02 01 Physical Training
Training course	1
Semester of training	1,2
Number of class hours:	86
Lectures	14
Seminar classes	12
Practical classes	60
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	credit
Number of credits	3
Competencies to be formed	Master the technique of performing basic exercises and teaching methods in gymnastics, provide assistance and insurance when performing gymnastic exercises, ensure compliance with safety rules during classes.

Summary of the content of the academic discipline:

The structure of the academic discipline "Gymnastics and methodology of teaching" includes two sections. The first section contains the theoretical and methodological foundations of gymnastics. It discusses the following information: the role of gymnastics in the system of physical education; historical aspects of gymnastics; fundamentals of gymnastic terminology; measures to prevent injuries in gymnastics classes, methods of insurance, assistance and self-insurance; general fundamentals of technique and biomechanical patterns of gymnastic exercises techniques; physical qualities and methods of their development in gymnastics; features of gymnastics with school-age children; planning and accounting of training work in gymnastics; basics of training and training in gymnastics; organization and holding of gymnastics competitions at school.

The section of practical and methodological foundations is devoted to the formation of the teacher's skills and abilities, the teacher's mastery of the methods of drill techniques, figure marching, applied exercises, exercises on gymnastic equipment, support jumps and acrobatics.