

**Sports and pedagogical module-2:
«Musical rhythmic education»**

Code and name of specialty	1-03 02 01 Physical Training
Training course	1
Semester of training	1
Number of class hours:	32
Lectures	6
Seminar classes	4
Practical classes	22
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	credit
Number of credits	3
Competencies to be formed	Be capable of self-development and improvement of professional activity. Apply pedagogical knowledge to solve the tasks of professional activity, use the technology of pedagogical influence on the personality of the student in accordance with age, individual characteristics and pedagogical situation. Master the technique of execution and methods of teaching the basic elements of aerobics, rhythmic gymnastics, fitness.

Summary of the content of the academic discipline:

The structure of the sports and pedagogical module-2 "Musical rhythmic education" is represented by four sections. The section "General questions of the theory and methodology of musical rhythmic education" reveals knowledge about the theoretical prerequisites for the use of musical and rhythmic activity in the educational process. When passing through the material of the following sections, students study the basics of the methodology of organizing musical and rhythmic activity of students, master the technique of dance movements of folk, modern, ballroom dances and gymnastic exercises in strict coordination with the musical accompaniment. In practical classes, the basics of musical literacy and elementary skills of musical and plastic intonation are formed.