

**Academic discipline:  
"Basics of Athleticism"**

<b>Code and name of specialty</b>	1-03 02 01 Physical Training
<b>Training course</b>	1
<b>Semester of training</b>	1
<b>Number of class hours:</b>	32
<b>Lectures</b>	6
<b>Seminar classes</b>	4
<b>Practical classes</b>	22
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	Credit
<b>Number of credits</b>	3
<b>Competencies to be formed</b>	To master the technique of performance and the methodology of training athleticism
<b>Summary of the content of the academic discipline:</b>	
The purpose of the discipline "Basics of athleticism" is the purposeful formation of professional and pedagogical skills and the creation of a foundation of physical fitness for a stronger assimilation of the practical material of sports disciplines by students of the Faculty of Physical Education.	