

**Academic discipline:  
"Gymnastics and Teaching Methodology"**

<b>Code and name of specialty</b>	1-03 02 01 Physical Training
<b>Training course</b>	1,2, 3,4
<b>Semester of training</b>	1,2,3,4,5,6,7,8
<b>Number of class hours:</b>	250
<b>Lectures</b>	40
<b>Seminar classes</b>	40
<b>Practical classes</b>	170
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	Credit / credit/ credit / exam
<b>Number of credits</b>	3/3/3/3/3/3/3
<b>Competencies to be formed</b>	Владеть техникой выполнения базовых упражнений и методикой обучения в гимнастике, To possess the technique of performing basic exercises and teaching methodology of gymnastics, to provide assistance and insurance when performing gymnastic exercises, to ensure compliance with the safety rules for conducting classes.

**Summary of the content of the academic discipline:**

The structure of the subject "Gymnastics and teaching methodology" includes two sections. The first section contains the theoretical and methodological grounds of gymnastics. It considers the following information: the role of gymnastics in the system of physical education; historical aspects of gymnastics; basics of gymnastic terminology; measures to prevent injuries in gymnastics, methods of insurance, assistance and self-insurance; general grounds of technique and biomechanical patterns of technique of gymnastic exercises; physical qualities and methods of their development in gymnastics; features of gymnastics with school children; planning and accounting of educational and training work in gymnastics; basics of training and training in gymnastics; organizing and conducting gymnastics competitions at school.

The section of practical and methodological grounds is devoted to the formation of the skills and abilities of the teacher, mastering the methods of drill techniques, figured marching, applied exercises, exercises on gymnastic apparatus, vaults and acrobatics.