

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

Code and name of specialty	1-03 02 01 Physical Training
Training course	1-3
Semester of training	1-6
Number of class hours:	250
Lectures	34
Seminar classes	40
Practical classes	176
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	Credit/Exam
Number of credits	12
Competencies to be formed	To work in a team, to perceive social, aesthetic, confessional, cultural and other differences with tolerance. To demonstrate initiative and to adapt to changes in professional practice. To understand the meaning of physical culture and sports in the system of socio-cultural values and to define socio-political factors of the impact on the development of physical culture and sports in the context of the historical process. To possess the technique of performing and teaching methodology of athletics, and to plan the content of classes.

Summary of the content of the academic discipline:

The academic discipline "Athletics and teaching methodology" provides for the study of various aspects of the use of special means and methods of directed influence on the functional, motor, mental and personal properties of students. Much attention is paid to the disclosure of the potential of athletics in the process of harmonious education of school-age children, in strengthening their health, in preparation for work. In the course of practical classes, students master the technique of movement in athletics, terminology, insurance and assistance; teaching methods and forms of organization of classes; ways of using exercises to target the functions of individual systems and the body as a whole, the development of motor, mental and personal properties of the students.