

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

<b>Code and name of specialty</b>	1-03 02 01 Physical Training
<b>Training course</b>	2-3
<b>Semester of training</b>	4-6
<b>Number of class hours:</b>	70
<b>Lectures</b>	24
<b>Seminar classes</b>	16
<b>Practical classes</b>	30
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	Credit/Exam
<b>Number of credits</b>	6
<b>Competencies to be formed</b>	To possess the technique of performing and teaching methods, of movement on skis, to plan the content of classes, to ensure compliance with the safety rules of classes.

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

The discipline "Skiing and teaching methodology" is aimed at obtaining the knowledge, skills and abilities necessary for the organization and conduct of educational, methodological, training and physical culture and health work among the general population in skiing. The discipline "Skiing and teaching methodology" forms the basis of pedagogical knowledge on planning, organizing, designing the educational process of ski training in educational institutions. The content of the program promotes the mastery of methods of movement on skis, as well as the organization of sports and pedagogical activities in the form of "Skiing races" and other types of skiing.