

**Academic discipline:
«Improving sportsmanship»**

Code and name of specialty	1-03 02 01 Physical Training
Training course	1-4
Semester of training	1-8
Number of class hours:	790
Lectures	-
Seminar classes	-
Practical classes	790
Laboratory classes	-
Form of current assessment (credit/differential credit/exam)	credit
Number of credits	-
Competencies to be formed	To possess terms and concepts, knowledge of history and trends of development and rules of sports competitions of selected sport; to orient and use knowledge on methods of physical qualities development, training of techniques and tactics for planning of educational and training and competitive processes in selected sport. To master the skills of organizing and judging sports competitions, implement the existing level of technical, tactical and physical fitness in the conditions of training and competitive activities in the chosen sport.

Summary of the content of the academic discipline:

The structure of the discipline "Improving sportsmanship" is represented by the following sections: theoretical training, special physical training, technical training, tactical training, judicial practice, integral training. During the course of the discipline, students acquire the necessary knowledge for independent pedagogical work, study the means and methods of sports training, improve the level of physical, technical, tactical and competitive training, acquire the skills of instructor and judicial practice.