

**Academic discipline:  
"Theory and Methodology of Physical Culture"**

<b>Code and name of specialty</b>	1-03 02 01 Physical Training
<b>Training course</b>	2-3
<b>Semester of training</b>	3-6
<b>Number of class hours:</b>	180
<b>Lectures</b>	80
<b>Seminar classes</b>	66
<b>Practical classes</b>	34
<b>Laboratory classes</b>	-
<b>Form of current assessment (credit/differential credit/exam)</b>	Credit/Exam
<b>Number of credits</b>	12
<b>Competencies to be formed</b>	To orient oneself in the subject area of the theory and methodology of physical education, to analyze and apply in professional activity knowledge about the laws, principles, means and methods, content and organization of physical education.

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

The discipline "Theory and Methodology of Physical Culture" is aimed at obtaining the knowledge, skills and abilities necessary for the organization and conduct of educational, methodological, training and physical culture and wellness work among the general population. The discipline "Theory and Methodology of Physical Culture" forms the basis of pedagogical knowledge on planning, organization, design of the educational process, instills the ability to communicate, and develops pedagogical thinking. The content of the program contributes to mastering the methods of sports and pedagogical activity accumulated in the field of physical culture and sports. A certain advantage of the subject is the ability to design moments of creative activity of a sports teacher.