

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

Code and name of specialty	1-03 02 01 Physical Education
Training course	1/2/3/4
Semester of training	4,5,6,7,8
Number of class hours:	418
Lectures	148
Seminar classes	20
Practical classes	158
Laboratory classes	92
Form of current assessment (credit/differential credit/exam)	Exam/Credit/Exam/Credit/Exam
Number of credits	3/3/3/3/6
Competencies to be formed	To master the terms and concepts, knowledge of history and the modern state of physical-recreational and tourist-recreational activity; to orient and use knowledge of recreational methods and mass tourist physical-recreational activities in organizations and institutions of various types. To plan, organize, supervise and adjust physical-recreational and tourist-recreational activities.

Summary of the content of the academic discipline:

The curriculum material is divided into four parts – "General Fundamentals of Theory and Methodology of Recreational Physical Culture", "Means of Recreational Physical Culture ", "Theory and Practice of Tourist and Recreational Activities" and "Sports and Tourism Activities".

In mastering the material in the first section, students become familiar with the general structure, patterns, principles and forms of health-improving physical culture. They master the methodological and organizational foundations of physical culture and health-improving work with the population. In passing the content of the second section, they study the modern directions of health-improving fitness technology. The third and fourth sections provide mastering the methodology of tourist recreational routes, as well as special knowledge, skills and abilities of physical culture and health activities in the field of recreational tourism in the work with different categories of the population.