

**Academic discipline:****"Theory and Methodology of Teaching and Sports Training (Athletics)"**

<b>Code and name of specialty</b>	1-03 02 01 Physical Education
<b>Training course</b>	2, 3, 4
<b>Semester of training</b>	4, 5, 6, 7,8
<b>Number of class hours:</b>	418
<b>Lectures</b>	148
<b>Seminar classes</b>	20
<b>Practical classes</b>	158
<b>Laboratory classes</b>	92
<b>Form of current assessment (credit/differential credit/exam)</b>	Exam/Credit/Exam/Credit/Exam
<b>Number of credits</b>	3/3/3
<b>Competencies to be formed</b>	<p>To master the terms and concepts, knowledge of the history, development trends and rules of sports competitions of the chosen sport; to navigate and use knowledge of methods for the development of physical qualities, training techniques and tactics for planning training and competitive processes in the chosen sport.</p> <p>To plan, organize, control and adjust the sports training of athletes of various qualifications in their chosen sport.</p>
<b>Summary of the content of the academic discipline:</b> The academic discipline is aimed at both practical and theoretical training of students. When studying the course of the discipline "Theory and Methodology of Teaching and Sports Training (Athletics)", the student is able to master the system of practical and theoretical knowledge, skills and abilities necessary in the preparation of athletes of various qualifications in their chosen sport, master the modern system of sports training.	