**The name of the academic discipline:**

**“Track and Field Athletics and Teaching Methods”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 1, 2, 3 |
| **Semester of study** | 1, 2, 4, 5, 6 |
| **Number of in-class academic hours:** | 228 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 18 |
| 34 |
| 176 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** |  |
| **Number of credit points** | 15 |
| **Competences** | To master the technique of performance and methods of teaching types of athletics, to plan the content of classes, to ensure compliance with safety rules for conducting classes. |
| **Summary of the academic discipline:**The academic discipline “Track and Field Athletics and Teaching Methods” provides for the study of various aspects of special means and methods of targeted impact on the functional, motor, mental and personal properties of those involved. Much attention is paid to the disclosure of the potential of track and field in the process of harmonious education of school-age children, in strengthening their health, in preparation for work. During practical classes, students master the technique of movement in track and field, terminology, insurance and assistance; teaching methods and forms of organizing classes; ways of using exercises for the purpose of targeted impact on the functions of individual systems and on the body as a whole, development of motor, mental and personal properties of those involved. |