**The name of the academic discipline:**

**“Sports Metrology”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 2 |
| **Semester of study** | 4 |
| **Number of in-class academic hours:** | 56 |
| **Lectures**  **Seminar classes**  **Practical classes**  **Laboratory classes** | 30 |
| - |
| - |
| 26 |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit |
| **Number of credit points** | 3 |
| **Competences** | BPC-21 To master methods of statistical processing of measurement results in physical education, sports and tourism, to use modern methods of recording, monitoring and forecasting the process of performing physical exercises. |
| **Summary of the academic discipline:**  The academic discipline “Sports Metrology” includes two sections:  1. Theoretical foundations of sports metrology (including the basics of statistical processing of measurement results).  2. Metrological foundations of comprehensive control in physical education and sports.  The first section of the course focuses on the general theoretical and engineering aspects of sports measurements and is an accessible systematic presentation of the theoretical foundations of sports metrology for students, including methods of mathematical statistics, as well as a description of the technical principles, systems and methods of measurement used in modern sports. The second section of the course is devoted to the metrological foundations of comprehensive control. Here, students will become familiar with the theoretical basis for control in physical education and sports: the content, types and organization of control over different aspects of athletes' preparedness - physical, technical, tactical, etc. A significant place in this section is given to the control of training and competition loads, calculations of their optimal ratio, as well as methods for analyzing the relationship between the dynamics of loads and the dynamics of athletes' preparedness. | |