**The name of the academic discipline:**

**“Theory and Methodology of Health-Related Physical Culture”**

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| **Specialty code and name** | 6-05-0115-01 Physical Culture Education |
| **Year of study** | 2, 3, 4 |
| **Semester of study** | 4/5/6/7/8 |
| **Number of in-class academic hours:** | 370 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 110 |
| 20 |
| 150 |
| 90 |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam / credit / exam / credit / exam |
| **Number of credit points** | 18 |
| **Competences** | To master the terms and concepts, knowledge of the history and current state of physical culture, health and tourism and recreational activities; navigate and use knowledge of health methods and mass tourism physical culture and sports events in organizations and institutions of various types. To plan, organize, control and adjust physical culture, health and tourism and recreational activities. |
| **Summary of the academic discipline:**The curriculum is divided into 4 parts: "General Fundamentals of Theory and Methodology of Health-Related Physical Culture", "Means of Health-Related Physical Culture", "Theory and Practice of Tourism and Recreational Activities", and "Sports and Tourism Activities". When mastering the material of the first section, students become familiar with the general structure, patterns, principles, and forms of health-related physical culture. They master the methodological and organizational foundations of physical culture and health-related work when working with the population. When studying the content of the second section, they study modern trends in health-related fitness technologies. The third and fourth sections provide for mastering the methodology for organizing tourist recreational routes, as well as special knowledge, skills, and abilities in physical culture and health-related activities in the field of recreational tourism when working with different categories of the population. |