**The name of the academic discipline:**

**“Musical Rhythmic Education”**

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| **Specialty code and name** | 6-05 1012 02 Coaching Activities (Athletics) |
| **Year of study** | 1 |
| **Semester of study** | 2 |
| **Number of in-class academic hours:** | 32 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 4 |
| - |
| 28 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit |
| **Number of credit points** | 3 |
| **Competences** | SC-22 – To master the technique of execution and methods of teaching the basic elements of aerobics, rhythmic gymnastics, fitness |
| **Summary of the academic discipline:**The structure of the academic discipline “Musical Rhythmic Education” is presented in four sections. The section “General issues of the theory and methodology of musical rhythmic education” reveals knowledge about the theoretical prerequisites for the use of musical and rhythmic activity in the educational process. When studying the material of the following sections, students study the basics of the methodology for organizing musical and rhythmic activity of students, master the technique of dance movements of folk, modern, ballroom dances and gymnastic exercises in strict coordination with musical accompaniment. In practical classes, the basics of musical literacy and elementary skills of musical and plastic intonation are formed. |