**The name of the academic discipline:**

**“Fundamentals of Athleticism”**

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| **Specialty code and name** | 6-05 1012 02 Coaching Activities (Athletics) |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **Number of in-class academic hours:** | 32 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 6 |
| 4 |
| 22 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | credit |
| **Number of credit points** | 3 |
| **Competences** | Master the technique of performing and teaching methods for strength exercises. |
| **Summary of the academic discipline:**The academic discipline “Fundamentals of Athleticism” provides for the study of historical aspects of the development and formation of athleticism, mastering the fundamentals of the theory and methodology of practical classes in athletic sports, acquiring knowledge, skills and abilities necessary for pedagogical and organizational work in the specialty. The academic discipline provides for the study of two sections by students: theoretical and methodological and practical and methodological. Theoretical and methodological foundations allow you to gain knowledge in the field of special terminology, nutrition, as well as master the methods of drawing up educational and training programs at the stages of long-term sports training. Practical and methodological foundations are aimed at improving physical fitness in the direction of developing all forms of manifestation of strength abilities. |