**The name of the academic discipline:**

**“Comprehensive medical and pedagogical control in health-improving physical culture”**

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| **Specialty code and name** | 7-06-1012-01 Physical Education and Sports |
| **Year of study** | 1 |
| **Semester of study** | 2 |
| **Number of in-class academic hours:** | 32 |
| **Lectures****Seminar classes** **Practical classes****Laboratory classes** | 16 |
| - |
| 16 |
| - |
| **Form of the current assessment (*credit/ graded credit /exam*)** | exam |
| **Number of credit points** | 3 |
| **Competences** | Apply scientific methods of knowledge in research activities, generate and implement innovative ideas. Plan, organize and control health and adaptive physical education classes, taking into account a comprehensive assessment of the condition of those involved. |
| **Summary of the academic discipline:**The academic discipline "Comprehensive medical and pedagogical control in health-improving physical culture" is an integral part of the module "Theoretical and methodological aspects of physical education and sports training", ensuring the correctness and high efficiency of all physical education and sports events, the widespread use of physical culture and sports in the interests of comprehensive development, preservation and strengthening of the health of those involved. Medical control is aimed at studying the health status, physical development and functional fitness of those involved, the impact of physical exercise on them. It makes it possible to promptly identify deviations in health and plan training loads without harming the health of those involved. The purpose of the discipline is to master the basics of medical and pedagogical control and its features for people of different ages and genders involved in physical culture and sports. |