**The name of the academic discipline:**

**“Fundamentals of Sports Nutrition”**

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| **Specialty code and name** | 7-06-1012-01 Physical Education and Sports |
| **Year of study** | 1 |
| **Semester of study** | 1 |
| **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** | Develop comprehensive health and correction programs for various population groups. |
| **Summary of the academic discipline:**  In the curriculum of the specialty, the discipline "Fundamentals of Sports Nutrition" refers to the module "Theoretical and Methodological Aspects of Physical Education and Sports Training". Mastering the discipline is aimed at obtaining the knowledge, skills and abilities necessary for organizing and conducting educational, methodological, educational and training, and physical education and health work among the general population. The discipline forms the basis of pedagogical knowledge on the main principles of athlete nutrition, planning, organization, design of the educational process, instills the ability to communicate, develops pedagogical thinking. A certain advantage of the subject is the ability to design moments of creative psychological and pedagogical activity of a sports teacher. The ability to show creativity, solve problems in non-standard situations, flexibility of thinking and behavior are important requirements for a modern specialist, which is largely laid down within the framework of the course studied. | |