**The name of the academic discipline:**

**“Technology of programming health-improving classes”**

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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*)** | credit |
| **Number of credit points** | 3 |
| **Competences** | UK-8 Apply systemic and comparative analysis of modern scientific achievements, generate and use new knowledge in solving research and practical problems, including in an interdisciplinary context.SK-7 Program personal and group classes in modern types of health-improving physical culture, taking into account gender, age, and level of physical fitness. |
| **Summary of the academic discipline:**The purpose of the academic discipline is to form an understanding of the technology of programming physical exercise classes with a health focus in the system of physical education and health work and adaptive physical education.Objectives of the academic discipline:– to form a theoretical base of modern knowledge for work in various subsystems of physical education;– to study the algorithms of pedagogical activity that ensure the construction and conduct of health-focused classes taking into account the capabilities of various contingents of students;– to prepare a highly qualified specialist in the field of physical education and sports. |