

**The name of the academic discipline:
“History of Physical Culture and Sports”**

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| Specialty code and name | 1-03 02 01 Physical Training |
| Year of study | 3 |
| Semester of study | 5 |
| Number of in-class academic hours: | 54 |
| Lectures | 36 |
| Seminar classes | - |
| Practical classes | 18 |
| Laboratory classes | - |
| Form of the current assessment (<i>credit/graded credit /exam</i>) | exam |
| Number of credit points | 3 |
| Competences | <p>The academic discipline ensures the formation of the following competencies:</p> <ul style="list-style-type: none"> - understand the importance of physical culture and sports in the general system of socio-cultural values and determine the socio-political factors influencing the development of physical culture and sports in the context of the historical process; - have a humanistic worldview, qualities of citizenship and patriotism; - navigate the subject area of sports theory, understand specific phenomena and trends in the development of sports, analyze and apply knowledge about the patterns, principles, content, structure and management of sports training in professional activities. |
| <p style="text-align: center;">Summary of the academic discipline:</p> <p>The academic discipline “History of Physical Culture and Sports” studies the means, forms, methods, ideas, theories and systems of physical education, sports, recreation throughout the existence of civilization. Physical culture is an integral part of the general culture of human society, upbringing and education of people. History reflects the evolutionary processes of physical culture from primitive society to the present day. The academic discipline is aimed at forming a system of knowledge and mastering the necessary basic level of students’ mastery of theoretical knowledge, practical skills and abilities in interpreting and presenting material to an audience of different ages, for orientation to the ongoing changes in modern approaches to assessing historical facts of physical culture and sports.</p> | |