

**Academic discipline:  
«Athletics and methodology of teaching»**

<b>Code and name of specialty</b>	6-05-0115-03 Physical Culture Education
<b>Training course</b>	1-3
<b>Semester of training</b>	1-6
<b>Number of class hours</b>	250
<b>Lectures</b>	34
<b>Seminar classes</b>	40
<b>Practical classes</b>	
<b>Laboratory classes</b>	
	176
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<b>Form of current assessment (credit/differential credit/exam)</b>	credit/exam
<b>Number of credits</b>	12
<b>Competencies to be formed</b>	Work in a team, perceive social, aesthetic, confessional, cultural and other differences with tolerance. Take the initiative and adapt to changes in professional activity. Understand the importance of physical education and sports in the system of socio-cultural values and to determine the socio-political factors influencing the development of physical education and sports in the context of the historical process. Master the technique of performing and teaching methods of athletics, plan the content of classes.

**Summary of the content of the academic discipline:**

The academic discipline "Athletics and methodology of teaching" provides for the study of various aspects of the use of special means and methods of directed influence on the functional, motor, mental and personal properties of students. Much attention is paid to the disclosure of the potential of athletics in the process of harmonious education of school-age children, in strengthening their health, in preparation for work. During practical classes, students master the technique of movement in athletics, terminology, insurance and assistance; methods of teaching and forms of organization of classes; methods of applying exercises for the purpose of directed impact on the functions of individual systems and on the body as a whole, the development of motor, mental and personal properties of students.